

Caregiver Courier

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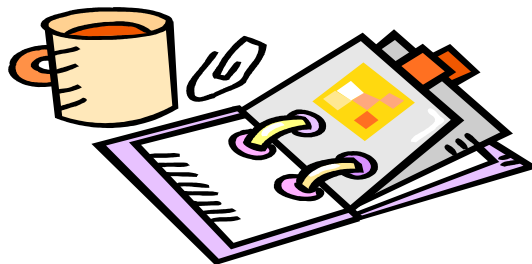
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Winter/Spring 2010

Issue 1

SAVE THESE DATES!



Our Community Education Program Booklet for Winter/Spring 2010 is hot off the press and available **NOW!** We have many informative and educational programs planned and we hope that you will take advantage of many, if not all of them.

Upcoming programs are as follows:

February 10 at 1:00PM

* ***SIMPLE TIPS FOR A HAPPY HEART*** at the Presbyterian Church in Mayfield

March 8 at 6:30PM

* ***MIND, BODY, SPIRIT*** at Forest Hill Towers Community Room in Gloversville

March 31 at 12:30

* ***SEASONAL AFFECTIVE DISORDER*** at Broadalbin Presbyterian Church

April 21 at 12 noon

* ***MEDICATION MANAGEMENT AND DISPOSAL*** at Perth Senior Citizens Club

May 11 at 10:00AM

* ***M.O.L.S.T.*** (*Medical Orders for Life Sustaining Treatment*) and *Advance Care Planning* at the Senior Center of Gloversville and Fulton Co., Inc.

...more programs...

May 20 at 1:15PM

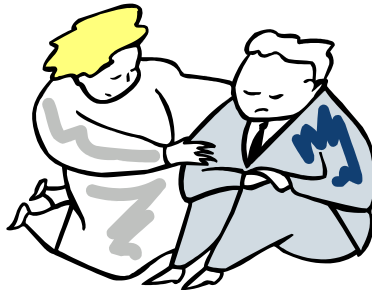
**MEDICARE 101* at the Johnstown Senior Center

June 24 at 5:45PM

**SMART SENIORS* (Learn about scams and how to protect yourself) at Johnstown Sr. Center

If you have not received the booklet in the mail, please give us a call at 736-5650 and we'll get a booklet out to you so you can plan ahead to attend the programs.

CAREGIVER SUPPORT GROUP



Our Caregiver Discussion and Support group meets monthly at the Fulton Co. Office for Aging Conference Room, 19 N. William St., Johnstown. The meetings are held on the first Monday of every month at 7PM. If you are caring for a loved one with Alzheimer's disease, dementia, or any other chronic condition that requires a lot of care, you are a Caregiver. We invite you to attend the meetings to gather information, meet others who are caregivers and discuss your very important role as a caregiver.

We have some special programs planned this year at the meetings. On February 1, Bill Hinrichs of the Alzheimer's Association will present part 1 of "**Coping Keys.**" This program gives helpful tips on how to cope with the stress of caring for a loved one. The group will always have time for discussion after the presentations are finished. On March 1 will be a regular support group meeting.

On April 5, Bill Hinrichs will present Part II of "**Coping Keys.**" On May 3, will be a regular support group meeting, and on June 7, Bill Hinrichs will present Part III of "**Coping Keys.**" While the meetings are free to all who attend, we do ask that you bring a non-perishable food item for the local food pantry. Refreshments are always served! Call Becky White at 736-5650 if you have questions or would like more information.



RESPIRE TIME: HOW TO REDUCE CAREGIVER STRESS AND AVOID BURNOUT

Article provided by: Caregiving.com

Every caregiver needs respite time if she is to last. It may be hard to think of yourself and your needs at this time, but if you don't, your life will be consumed by your duties and you will burn out. Respite (a temporary break from responsibility) is not a luxury, it is a necessity. Your friend or relative's level of disability determines whether he can be left alone and for how long.

Care options include:

- *asking a family member or friend to stay with the patient for an hour or two
- *taking him to adult daycare (if ambulatory)
- *employing a professional sitter or healthcare aide for a few hours a week or month
- *hiring a college student (if skilled care is not needed) to stay with him
- *enrolling the person in your care in a support group

Check with the Office for Aging 518-736-5650 or NYConnects 518-736-5718 to find out more about respite.



ARE YOU A COMPUTER USER?

If you are a caregiver who is also a computer user this information is for you. Many people today use the internet on the World Wide Web as a resource and a way to get the information they need right at their fingertips. You may not know it but a wealth of Caregiver information exists right at your fingertips. You can start out by checking out our local website, www.fcofa.org, which will lead you directly to the Fulton County Office for Aging and provide you with information about our services and programs. There is a link off from our home page to *New York Connects* and links to other programs and services available in Fulton County. There is a Service Directory and many links to other community services and programs that might assist you. There is even a special section designated for Caregivers. If you haven't logged on, do so today and check us out!

You can also check out the New York State Office for the Aging at www.aging.ny.gov, for information about what's going on statewide and what programs and services are available now or coming up in the future.

Other links specifically for Caregivers are www.caregiver.com, which offers an online newsletter, lists of resources available, information on different medical conditions and "carenotes;" which are stories from caregivers like you.

www.thefamilycaregiver.org is another site that has resources, an on-line store, caregiver advocacy and a volunteer network, among many other things.

Finally, if your loved one is suffering from dementia or Alzheimer's disease you should check out the local Alzheimer's Association at www.alz.org/northeasternny. This website will bring you directly to the Association and link you to their services and programs.

There is wealth of information out there that can enrich your life, offer new ideas, and put you in touch with other caregivers and the agencies that serve them. Check it out today!

PRESIDENT OBAMA PROPOSES \$102M MORE FOR CAREGIVER/RESPITE PROGRAMS

Helping Middle Class Families Care for Aging Relatives.

An estimated 38 million Americans provide unpaid care to an aging relative, including approximately 23 million caregivers with jobs and 12 million who are also caring for their own children. The \$102.5 million Caregiver Initiative will ease the burden on families with elder care responsibilities and allow seniors to live in the community for as long as possible. The Initiative adds \$52.5 million in funding to Department of Health and Human Services caregiver support programs that provide temporary respite care, counseling, training, and referrals to critical services. The extra funding will allow nearly 200,000 additional caregivers to be served and 3 million more hours of respite care to be provided. It also adds \$50 million to programs that provide transportation help, adult day care, and in-home services, such as aides to help seniors bathe and cook, help which eases the burden for family members and helps seniors stay in their homes.

Read more: http://www.politico.com/news/stories/0110/31951_Page3.html#ixzz0ddRuDMPK



MAKING THE IN-HOME HELP DECISION

Article taken from the *Caregiver Corner*

Nationwide there are more than 22,000 agencies that provide home care to people who need some assistance. The need for care is expected to grow, and yet when we personally need to make the decision to have a "stranger" come to our home, it can be a difficult decision. If you are feeling like you don't have enough time to get everything done or if you are spending time on tasks you find less important than just being with your loved one, home care may help.

Here are some things to think about:

Even if the helper is someone you or the person being cared for knows, it's still easy to feel "invaded." How can you welcome someone into your home and establish a rapport but also protect your own privacy, space, and personal boundaries? Work on the boundaries from the very beginning. Have a set list of responsibilities and expectations to begin with. You can always adjust them as you go along and you all become more familiar with one another and the daily routine.

We don't all live in houses that are perfectly clean and ready for a visitor at any second. Sometimes you may feel "judged" by the care provider, but keep in mind they are familiar with many other families that also need a helping hand. The point is to give yourself a break and to have time to enjoy your family.

It is normal to worry that “everyone will know my business!” Fears of snooping and thievery are also very normal. It is important to be clear with the person helping you what you prefer and expect. For example, state clearly that you expect that they **will not** discuss your affairs with others.

In home services will need to be managed. Managing the process includes interviewing prospective candidates, contacting references, orientating and training a new care provider, dealing with the “turn over” issue (locating a new helper when someone quits or is let go) and addressing conflicts that arise. In the rare instance that misconduct occurs, reporting that would also be required.

Even though there is much to consider before choosing in-home help, it’s a choice that most are glad they made. An in-home care provider can bring a new and positive dynamic to an older person’s life. A long-term working relationship can develop that allows an older person to stay in the home for much longer than at first was imagined, while giving the primary caregiver a break from some of the daily responsibilities and an opportunity to enjoy quality time with their loved one.

Most caregivers tell us they wish they had made the decision to get help sooner. Discuss it with your loved one; maybe the time is right for you to consider in-home help.

Home Care is currently available for those individuals who are 60 yrs of age, who do not have Medicaid, who, based on the results of an assessment seem to be in need of intermittent help with tasks such as laundry, housework, shopping, bathing, changing the beds...call Central Assessment at 518-736-5718 and ask about EISEP!

Article taken from the *Caregiver Corner*

Food for thought

Inspiration

The art of being wise is the art of knowing what to overlook.

William James



You can push the envelope all you want, but it's still stationery...

**Don't forget the Winter Olympics coming up in February! You and your loved one can enjoy some sporting events from the comfort of your own home.... A little break from the ordinary!*

