

Newsletter

OCTOBER 2016

Family Caregiver Program

When family caregivers are well supported receivers of their care are able to stay in their homes longer and can have a better quality of life. Family caregivers provide needed assistance to help their loved one stay in their home from doing chores like shopping, housekeeping, cooking to providing personal care. However, caregivers face many challenges and issues of their own including, physical and emotional stress, less time for their personal and family life, balancing work and caregiving responsibilities as well as financial hardship.

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Do you...

- ...take Dad to appointments?
- ...sort Mom's mail and bills?
- ...help your mate dress and move around the house?
- ...check in daily on a loved one?

If yes, then YOU are a family caregiver!

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Upcoming Events

TAI CHI CLASS

Beginning:

October 4th & 6th, 9am-10am

Continuing Every Tues. And Thur.
No class on Thanksgiving (Nov. 24th)
Last class Dec. 16

Location:

Vale Senior Center
100 Longfellow St. S.
Vale, OR 97918



SAFETY FIRST FOR SENIORS

Learn tips on home, vehicle and scam safety. Presenters include: law enforcement, bank personnel and Citizens on Patrol. Everyone is welcome at any of the following presentations:

ONTARIO

Tues. & Thur., Oct. 11 & 13
11:30 a.m.
Malheur Council on Aging &
Community Services
842 SE 1st Ave. Ontario

VALE

Mon. & Wed., Oct. 17 & 24
11:30 a.m.
Vale Senior Center
100 Longfellow S., Vale

NYSSA

Tues. & Thur., Oct. 25 & 27
11:30 a.m.
Nyssa Senior Center
316 Good Ave., Nyssa

AARP SAFE DRIVING COURSE

If we get enough interest, AARP will come put on a class. Call for more details, 541-889-7651.



Support Groups

CAREGIVER SUPPORT GROUP

Every First Thursday of the month
3:30 PM

ALZHEIMER'S SUPPORT GROUP

Every Third Thursday of the month
3:30 PM

Groups are held at Edgewood Senior Living
1255 Allen Ave, Fruitland ID, 83619
3:30 PM. Respite care is available on site for no cost.

Whether as an informal caregiver, providing support to a family member from a long distance or in the home, or providing care professionally, all caregivers share common experiences. They are the foundation of the nation's long term care system by providing the majority of long-term care services and supports received by persons with disabilities of all ages, which significantly reduce costs to Medicare, Medicaid and private insurance.

Regulatory Authority

The federal Older American's Act, Title III, Part E - Family Caregiving Support Programs provides limited funding for family caregiving support programs. This program provides funding to support caregivers or other individuals who are "informal" providers to an older individual. If a care receiver has a diagnosis of Alzheimer's disease or related dementia, support can be provided regardless of their age. In addition, this program supports relatives (not a parent) age 55 or older when they are caring for a child 18 years old or younger or caring for an adult child (18 years or older) that has a disability and is financially dependent on them.

Eligibility Criteria for Family Caregiver Program

1. Caregiver of a person age 60 years of age or older, the caregiver can be an adult of any age.
2. Caregiver of a person with Alzheimer's disease or other dementia of any age, the caregiver can be an adult of any age.
3. Caregiver of a child age 18 years or younger and the caregiver is a grandparent or relative caregiver age 55 or older and the child lives with the caregiver.
4. Caregiver of an adult or child with disabilities of any age where the caregiver is a grandparent or other relative caregiver age 55 or older and the adult or child lives with the caregiver.
5. Adult child with a disability who is a 19 years of age or older and has a disability and is financially dependent (including TANF, Child Support, Social Security etc...) on their caregiver who is a grandparent or other relative 55 years or older. The adult child lives with the caregiver.
6. Older caregiver of their own adult child with disabilities where the child is 60 years of age or older.

**Call our office to learn more or to begin receiving services and support.
(541) 889-7651**

Do you help someone you know with:

- Transportation
- Housework
- Preparing meals
- Medications
- Medical appointments
- Managing finances
- Dealing with a chronic condition such as diabetes, dementia or falls
- Getting in and out of chairs or bed
- Getting dressed

If so, you may be able to get help from the Family Caregiver Support Program.

Have you or are you experiencing any of the following?

Check any statements that apply:

<input type="checkbox"/>	I've had to make adjustments to work, time spent with family and finances to care for my loved one.
<input type="checkbox"/>	I have made changes in personal plans to care for my loved one.
<input type="checkbox"/>	I have demands from other family members.
<input type="checkbox"/>	It is distressing to see the person I'm caring for change so much from his/her former self.
<input type="checkbox"/>	Some of the behavior of the person I care for is upsetting.
<input type="checkbox"/>	Caregiving has become a physical strain.
<input type="checkbox"/>	My sleep is disturbed at night.
<input type="checkbox"/>	I have no time to visit with friends or work on my hobbies.
<input type="checkbox"/>	I am feeling completely overwhelmed as a caregiver.

If you have checked any of the above, you may be experiencing caregiver stress. You may benefit from the services your local Family Caregiver Support Program provides. Call our office to learn more or to begin receiving services and support.

(541) 889-7651

Services that may be provided in your area are:

- Information and referral on resources and services in your community;
- Individual counseling to help make decisions in your caregiver role;
- Caregiving training to enhance your role as a caregiver;
- Support groups where you can discuss your experiences in caregiving with others who can help with decision making and problem solving in caregiving situations.;
- Respite care that offers a brief break from caregiving by providing short-term substitute support in the home, adult day program or alternate living arrangements for overnight care;
- Other services that complement the caregiver's duties and help make them easier and safer. These services can also increase your loved one's independence. Services may include legal assistance, transportation, home modifications, equipment or assistive technology.



Note: Services will vary from area to area. Talk with your local ADRC staff to see what services are provided in your area.

Visit our website to learn more about caregiving resources:

<http://mcoacs.org/family-caregivers>

- Caregiver Services
- Caregiver Trainings
- Support Groups
- Resources

Also learn more about caregiver retreats available:

- A Gift of Time - Redmond, OR
- Alzheimer's related retreat - Wallowa Lake

Types of Caregiver Applications and Websites

Article from National Caregiver Alliance

Below is a list of applications and websites that may be helpful to caregivers. When reviewing the types of applications and websites below, remember to search on the manufacturer's website for compatibility with your device and platform (or on the platform-specific store, such as iTunes for Apple devices, and Google Play for Android devices).

COORDINATING CARE:

Need a place where family, friends and neighbors can go to find out how they can help you with caregiving? Post information for people to stay updated about life and care issues? Offer a calendar where members of your group sign up to provide transportation to doctor appointments or come by for a visit and more?

Examples: www.LotsaHelpingHands.com, www.Tyze.com.

MANAGING APPOINTMENTS AND TASKS:

Maintain a single calendar color-coded by user, assign and coordinate tasks, establish a list of what needs to be done and notes for the status of a given project or event.

Examples: [Google Calendar](#).

MEDICATION MANAGEMENT:

When faced with multiple prescriptions and over-the-counter medications, remembering when to take what pill when and with what can be confusing at best. These applications often include pill identification tools such as the FDA Drug Database, medication scheduling trackers and reminder alarms all personalized to fit your requirements. There are even apps for the person who needs an



incentive to adhere to their medication regime, employing the use of prizes, fun games, and educational tips.

Examples: [PillBox](#) (National Library of Medicine), [MedMinder](#).

PERSONAL HEALTH RECORD TRACKING:

Keeping track of your health, the health of the person your care for and possibly the health of children and spouse in your family are important. These apps offer secure tools to protect privacy, offer strategies to organize personal health records, and often include a way to record symptoms and keep track of test results and diagnoses. They can track hospital visits, immunization dates, maintain insurance records, and provide health-related alerts. There is even a tool to suggest questions for a doctor's visit and then record the visit (with the okay of your doctor of course), to help remind you what was said and to share all or part of this with other key family members who were unable to attend the appointment.

Examples: [Health Vault](#), [Mayo Health Manager](#), [WebMD Health Manager](#).

MEDITATION AND SPIRITUALITY:

Sometimes a physical respite from caregiving isn't always possible. You may find yourself with a mere 10-15 minutes to yourself on a particularly stressful day of caregiving not long enough for a hot bath, perhaps, but enough time to calm your mind with an audio-based app playing nature sounds, soothing music or a repetition of mantras or chants. One popular place to listen to music and sounds online is Pandora (both a website, www.pandora.com, and an app), an online radio site that allows users to type in an artist, genre or composer to build their own personalized radio station.

Examples: At www.Pandora.com, try "Nature Sounds Radio." Also, [Meditation Oasis](#) has iPhone/iPad apps like "Simply Being - Guided Meditation for Relaxation and Presence."

INFORMATION & EDUCATION:

Caregiver information classes are now being offered by webinar. Webinars are seminars where you can listen to a live presenter by phone or through the speakers on your computer while watching their visual presentation on a computer screen. Typically, these sessions offer time during or after the presentation for you to ask questions and make comments just as you might during an in-person class.

Examples: Look for announcements about upcoming webinars on trusted websites such as the [Family Caregiver Alliance website \(www.Caregiver.org\)](http://www.Caregiver.org), the [Alzheimer's Association website \(www.alz.org\)](http://www.alz.org), and AgingCare.com

SAFETY:

What if you could set up two mobile devices that communicated with each other? One might be on your smart phone and the other installed safely on your loved one in their shoe or on the back of their belt to help locate them should they become lost due to severe memory loss. This is now possible with GPS devices that can be programmed and personalized for your situation. For long-distance caregiving, programmable webcams and video conferencing might offer you and your loved one reassurance and peace of mind, just being able to see each other, or provide early warning if something doesn't look right.

Examples: [Tell My Geo](#), [Skype](#), [Google Chat](#).

EXERCISE AND NUTRITION:

Mobile applications are making it easier for you to have a few more minutes to take care of you. Staying in touch by mobile phone allows you to go for a walk while your neighbor sits with your husband who has dementia. With an application that provides a selection of simple healthy meals, suggestions each morning help you decide what to make for dinner. You can also order your groceries online if you can't make it to the grocery store for a few days.

Examples: [My Fitness Pal](#), [Pedometer apps](#), [AllRecipe.com](#), [SpecialFork \(app\)](#).

Source: <https://www.caregiver.org/digital-technology-family-caregiver>

Visit this newsletter online to link directly to the apps and websites listed above: <http://mcoacs.org/newsletter/>

October Meals

Vale Meals:
Mondays & Wednesdays
Nyssa and Ontario Meals:
Tuesdays & Thursdays

	DAY 1	DAY 2
WEEK 1 Vale: Oct. 3 & 5 Ont/Nys: Oct. 4 & 6	Soup of the Day Hot Turkey Sandwich Mashed Potatoes Turkey Gravy Hot Vegetable Wheat Bread Dessert Milk	Green Salad w/ Ranch Dressing Meat Loaf Mashed Potatoes Beef Gravy Hot Vegetable Wheat Dinner Rolls Dessert Milk
WEEK 2 Vale: Oct. 10 & 12 Ont/Nys: Oct. 11 & 13	Coleslaw (Vale) Soup of the Day (Ontario & Nyssa) Pork Finger Steaks Baked Potato w/ Toppings Hot Vegetable Dipping Sauce Wheat Dinner Rolls Dessert Milk	Egg Flower Soup Orange Chicken Fried Rice Hot Vegetable Wheat Bread Happy Birthday Cake!!!! (Vale) Dessert (Ontario & Nyssa) Milk
WEEK 3 Vale: Oct. 17 & 19 Ont/Nys: Oct. 18 & 20	Green Salad w/ 1000 Island Baked Ham Macaroni & Cheese Hot Vegetable Dinner Rolls Dessert Milk	Green Salad w/ Creamy Italian Lasagna Hot Vegetable Garlic Bread Dessert Milk
WEEK 4 Vale: Oct. 24 & 26 Ont/Nys: Oct. 25 & 27	Green Salad w/ Ranch Dressing Chicken Enchilada Refried Beans Spanish Rice Hot Vegetable Salsa / Sour Cream Crescent Rolls Dessert Milk	Cabbage Salad Beef Stroganoff Pasta Hot Vegetable Potato Bread Dessert Milk
WEEK 5 Vale: Oct. 31	Soup of the Day BBQ Chicken Baked Potato w/ Toppings Hot Vegetable Artisan Bread Dessert Milk Happy Halloween!!!!	

Have a great October!