

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Fire Safety and Storm Emergencies

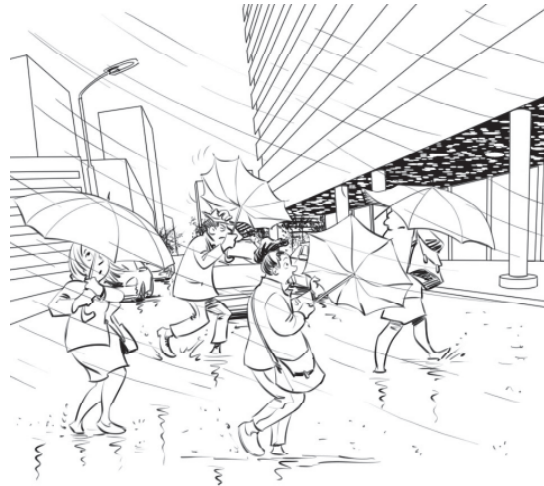
Every area has its potential hazards and all households need a plan to ensure that everyone stays safe if disaster strikes. The specifics will vary by where you live and which hazards you're most likely to face but the basics are the same everywhere. As people age, their needs and their capabilities change, so in preparing for a disaster, it's important to think differently than you might have at earlier ages.

Four Essential Steps

1. Know Your Hazards – Visit your local health department's website to see what the potential hazards are in your community.

2. Create a Physical Safety Plan - In case you need to evacuate, have a plan in place for where you and your family members will meet and make sure that everyone in the household knows exactly where this place is located. Always keep at least a half tank of gas in your car and follow any evacuation routes that have been established.

Other emergencies may require you to “shelter-in-place,” which means to take immediate shelter wherever you are—at home, work, or in between. The safest place to do that may depend on the type of disaster; in a tornado, for example, the best spot is the lowest place possible away from windows. Visit the www.ready.gov/shelter for specific tips in different locations.



3. A Family Communications Plan

- Your family may not be together when disaster strikes, so plan how you will contact one another. During a disaster, it may be easier to make long-distance calls than it is to make local ones. You and your family members should each know the designated non-local contact for your family and have that phone number programmed into your phones as *ICE (In Case of Emergency)*. Consider signing up for text messages or emails to let you know about emergencies in your community through your local Office of Emergency Management (FEMA).

4. The Emergency Kit - Every household should have a disaster supply kit that has the basic items you may need during an emergency.

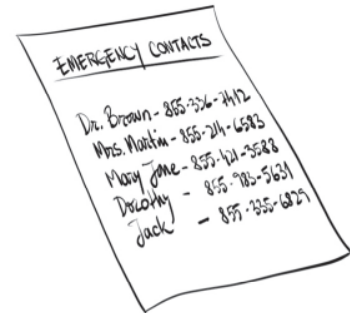
Source: Ready.gov; Berkeleywellnessalerts.com; CDC; FEMA

Article continues
on page 2

Emergency Supplies Kit

Assemble a disaster recovery kit and make sure everyone in the home knows where it is. Put your kit in two easy to carry bags. Include in your kit:

- List of prescription **medications**, dosage, and allergies. Also include at least a one week supply of medications.
- Extra **eyeglasses** and hearing-aid batteries, **wheelchair batteries** or other special equipment.
- A list of the style and **serial numbers of medical devices** such as pacemakers.
- Copies of medical **insurance and Medicare cards**.
- **List of doctors and emergency contacts**.
- Flashlight, battery-operated radio, cell phone recharger, fresh batteries, extra blankets, a manual can opener, eating utensils and a whistle.
- **Extra clothing and incontinence supplies**.
- **Water**—One gallon of water per person per day, for drinking and sanitation. If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles. **Keep at least a three-day supply of water per person.**
- **Food**—Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water such as **ready-to-eat canned meats, fruits and vegetables** and foods for **special diets**.



To purchase a Red Cross emergency preparedness kit, visit the Red Cross online store. Find a full list of supplies on the CDC website.

Fire—The Deadliest Threat

No disaster is more frequent or deadly for a person with a mobility disability than fire. Contact the local fire department for help in evacuation planning, but make sure the advice fits the needs of the person in your care. Besides the usual advice about home fire safety, such as buying and maintaining smoke alarms and fire extinguishers, help the person in your care follow these tips:

1. Buy clothing, linens, and blankets made of fire-resistant material.
2. Arrange furniture so it does not obstruct a quick exit.
3. Attach a small *ready-to-go* bag to wheelchair or walker.
4. Contact support network members to help if he or she must evacuate a building by stairway.
5. Memorize a few phrases to quickly explain the situation to first responders.

Sources: National Organization on Disability at www.nod.org; Ready.gov is from the U.S. Department of Homeland Security; FEMA; American Red Cross

Taking Care of Yourself—Keep Something for Yourself

A common side effect of caregiving is “loss of self” by focusing so much on the care recipient for so long that you forget you have your own needs and interests too. To help you remember to nurture your own soul, maintain a “hopes” list:

- If you had an extra hour of time, how would you fill it?
- If you could take a long weekend break, what would you do? If you could take a week-long vacation, where would you go?
- If you could re-start your career, what profession would you pursue?

Commit to spending time on an activity that you enjoy each day.



Be Wary of Scams

If an insurance agent calls or visits your home—and they haven’t set up an appointment or been invited—to sell or endorse any Medicare product, he or she is acting illegally.

Inspiration

Nothing can bring you peace but yourself.

Ralph Waldo Emerson

Live Life Laughing!

Don't worry the doctor has performed thousands of these operations and has not cut himself once.



Don't Fall – Be Safe

Rushing is a major cause of falls. To help avoid taking a misstep, paint wooden or concrete steps with a strip of contrasting color on the **edge of each step** or on the top and bottom steps. Even in an emergency, don't rush going up or down stairs.

Caregiving in The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

*Caregiving in
The Comfort of Home®*

Caregiver Series

available from...

CareTrust Publications LLC
PO Box 10283, Portland, OR 97296
800-565-1533
or www.comfortofhome.com

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SAFETY TIPS—Extra Care for People with Disabilities

Elders and people with disabilities must take *additional* precautions. Practice the emergency plan regularly.

- ★ **Personal Care Assistance:** If the senior receives assistance from a home healthcare agency, find out how they respond to an emergency. Designate emergency backup providers.
- ★ **Blind or visually impaired:** Keep an extra cane by the bed and attach a whistle to it. Remind the person to be cautious when moving, as paths may have become obstructed.
- ★ **Hearing Impaired:** Keep extra batteries for hearing aids with emergency supplies. Store hearing aids in a container attached to the nightstand so they can be located quickly.
- ★ **Wheelchairs:** If the person is in a wheelchair or has mobility problems, plan for how he or she will evacuate and discuss it with your care providers.

NEXT ISSUE... DRUG & ALCOHOL ABUSE

Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

One of the most important aspects of emergency planning is keeping your family or the person in your care physically safe, which includes knowing where to go and where to meet in different disaster scenarios. Also think about how you will communicate in different emergency situations. Read the issue and answer True or False to the questions below.

1. As people age, their needs and capabilities change, so in preparing for a disaster, it's important to think differently than you might have at earlier ages.
T F
2. The safest place to take shelter in a disaster depends on the type of disaster.
T F
3. During a disaster, it may be easier to make long-distance calls than it is to make local ones.
T F
4. In the emergency kit, a two day's supply of medications is sufficient.
T F
5. One gallon of water per person per day, for drinking and sanitation is required. If you live in a warm weather climate more water may be necessary.
T F
6. No disaster is more frequent or deadly for a person with a mobility disability than fire.
T F
7. It is not important to maintain a smoke alarm.
T F
8. Since rushing is a major cause of falls, even in an emergency, a person should not rush going up or down stairs.
T F
9. Your local fire department does not help in evacuation planning.
T F
10. You can sign up for text messages or emails to let you know about emergencies in your community through your local Office of Emergency Management (FEMA).
T F

Name _____

Signature _____ Date _____

AUGUST 2016 EVENTS

You are not alone ... Please join us at one of the following sessions

~ "FREE" Family Caregiver Support Groups and Educational Trainings ~

ALZHEIMER'S SUPPORT GROUP

WHEN: TUESDAY, AUGUST 2ND
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, AUGUST 11TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: MONDAY, AUGUST 15TH
TIME: 12:00 p.m.
WHERE: Lindale Center/ Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343

WHEN: TUESDAY, AUGUST 16TH
TIME: 9:30 a.m.
WHAT: General Caregiver Support Group
WHERE: Brookdale
(Formerly Homewood Residence)
ADDR.: 6410 Meadow Vista, Corpus Christi
PHONE: (361) 980-0208
FACILITATOR: Anita Valles

WHEN: WEDNESDAY, AUGUST 17TH
TIME: 3:00 p.m.
WHERE: Alice Public Library
ADDR.: 401 E. Third Street, Alice
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, AUGUST 18TH
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: THURSDAY, AUGUST 25TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935 or 1-800-817-5743

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

(*) SUMMER SESSION

WHEN: TUESDAY, AUGUST 23RD
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Ben F. McDonald Library
(Formerly: Greenwood Library)
ADDR.: 4044 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

(* Children are encouraged to attend and participate in library activities.

WHAT: (*) EVENING SUPPORT GROUP

WHEN: Thursday August 25th
TIME: 6:00 p.m. — 7:00 p.m.
WHERE: First United Methodist Church
ADDR: 900 South Shoreline Blvd.; Corpus Christi
2nd floor—Rm #216 / parking & entrance behind church
PHONE: (361) 334-2255

FACILITATED/PRESENTED BY: MCH FAMILY OUTREACH

(* Please call if you will bring your grandchild(ren)

For additional information contact:

FELIPA LOPEZ WILMOT

Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-817-5743

email: felipa@cbcogaaa.org

~ OR ~

MONZERATT SILGERO

NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-817-5743

email: NFCSP@cbcogaaa.org



Facilitations are provided by:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of the:

FREE 12 Hour Class

SCHMIEDING DEMENTIA TRAINING

(*) CLASSES: Tuesday, August 9th
Tuesday, August 16th
Tuesday, August 23rd

TIME: 12:30 p.m. ~ 4:30 p.m.

WHERE: Del Mar College West Campus
Health Science Building 2
4101 Old Brownsville Road
Corpus Christi, Texas 78415

() Pre-Register by August 2nd**

(361) 883-3935 OR 1-800-817-5743

COURSE CONTENT INCLUDES:

- ◆ *Activities*
- ◆ *Behavior Issues*
- ◆ *Caregiver Stress and Caregiver Burnout*
- ◆ *Communication*
- ◆ *Dignity and Quality of Life*
- ◆ *End-of-Life Care*
- ◆ *Introduction to Dementia and Alzheimer's Disease*
- ◆ *Maintenance of Respect*
- ◆ *Nutrition and Fluid Balance*

For additional information contact:

~ FELIPA LOPEZ WILMOT ~

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Facilitation provided by the:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

*The Area Agency on Aging
is a program of the:*



**COASTAL BEND
COUNCIL OF
GOVERNMENTS**



The Area Agency on Aging is funded in part by the Texas Department of Aging and Disability Services

Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Alzheimer's
Disease or Dementia**

**Do you provide care for a loved one with Alzheimer's
disease or dementia?**

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Caregiver SOS @ Lindale
3135 Swantner

When: Classes begin June 27th, 6 to 7:30 pm

*"I was at a very low point in my life. This program saved my life."
Participant*



Distributed by

WELLMED
CHARITABLE FOUNDATION



Developed at
UT HEALTH
SCIENCE CENTER
SAN ANTONIO

Please call for more information or to register:

361-826-2343

www.caregiverstressbusters.org

D-SBP19

Stress-Busting Program for Family Caregivers™



Programa para eliminar el estrés de las personas que cuidan a sus familiares

¿Cuidas a un ser querido que tiene la enfermedad de Alzheimer o demencia?

¡No estás solo!

- Sabemos que cuidar a otra persona puede ser estresante
- Este programa te enseñará:
 - las técnicas para manejar el estrés
 - las estrategias de relajación y para sobrellevar el estrés
- El programa se ofrece sin costo alguno

Información

Quién: las personas que cuidan de un ser querido que tiene demencia

Qué: un programa de varios componentes que se reúne

- 90 minutos cada semana durante 9 semanas
- en grupos de hasta 8 personas

Dónde: En Corpus Christi

Cuándo: Sera anunciado en el futuro

"Había llegado a un punto muy bajo en mi vida. Este programa me salvó la vida".

Distribuido por



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Elaborado en
UT HEALTH
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SAN ANTONIO

Para pedir más información o para inscribirte llama al:

Felipa Lopez Wilmot
361-883-3935



Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Wednesday, August 3rd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	How to Reap Positive Rewards of Caregiving with Dr. Barry Jacobs <i>Dr. Barry Jacobs has recently coauthored a second caregiving book--AARP Meditations for Caregivers--Practical, Emotional and Spiritual Support for You and Your Family, with Julia Mayer, Psy.D. The book is comprised of nearly 150 short, real-life stories of caregivers who found ways to reap caregiving's positive rewards, including personal and spiritual growth, an enhanced sense of purpose, and greater family closeness. Dr. Jacobs will be sharing information on reaping these positive rewards with participants in this session.</i>
Monday, August 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Siblings, Family Conferences, and Caregiving with Zanda Hilger, LPC <i>Often family caregiving is provided by one person but there are ways to engage siblings to help. Learn ways to talk to siblings, family conferences, and ways to match siblings skills with the needs of the older adults needing help. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, August 16th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Overcoming the Emotional Hurdles to Accepting Help with Evalyn Greb, LCSW <i>Sometimes caregivers encounter hurdles that get in the way of getting the support they need. These hurdles may be personal, such as overcoming guilt, or external, such as coping with financial challenges. Evalyn Greb, Licensed Clinical Social Worker, will discuss how caregivers can overcome these hurdles to get the support they and their loved one need to live well throughout the caregiving experience.</i>
Thursday, August 25th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Safe Meds for Seniors and Their Caregivers with Lucy Barylak, LMSW <i>Many caregivers have questions and concerns about the management of medicines for their loved one. Join in this 4 session series featuring Lucy Barylak, LMSW, a primary developer of this educational material, and a member of the steering committee of the Canadian Caregiver Coalition. All caregivers participating in this 4 session series will receive a booklet and the opportunity to participate in an evaluation of the program sponsored by the University of Texas Health Science Center. **Space for 20 participants (Family Caregivers Only)**</i>



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Registration required at least 24 hours in advance

**17th ANNUAL
GRANDPARENTS AND OTHER RELATIVES
RAISING CHILDREN CONFERENCE
WEDNESDAY, SEPTEMBER 28, 2016
8:00 a.m. – 1:00 p.m.**

**American Bank Center – Watergarden Room
1901 North Shoreline, Corpus Christi**

Register to attend by calling:

361-883-3935 or 1-800-817-5743



GRANDPARENTING TOOLS & AVAILABLE RESOURCES INCLUDE:

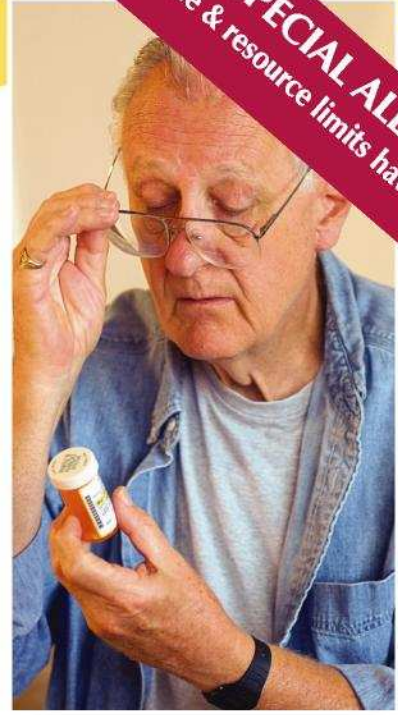
- * Legal Issues
- * School Facts
- * Social Services
- * Healthy Lifestyles
- * Exhibitors & Informational Booths

Continental Breakfast & Lunch will be served

Door Prizes & Much More!

Like us on  www.facebook.com

Annual Grandparents and Other Relatives Raising Children Conference



SPECIAL ALERT!
Income & resource limits have changed!

YOU MAY QUALIFY FOR **"EXTRA HELP"**

There are many services available to assist people with disabilities, older Texans, their families and caregivers.

Apply now and you may qualify for "EXTRA HELP" with Medicare Prescription Drugs and/or other Medicare Savings Programs.

**1-800-817-5743 or
1-855-937-2372**

www.aaacoastalbend.org

