

# 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 ”

## Falls Prevention—Safety on Outings

According to the Centers for Disease Control and Prevention, even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it. It is essential to notify the doctor about the event. The doctor can make sure that an *invisible* injury did not result from the fall.

### Fear of Falling

Balance can be affected in a person with a disability, such as stroke, and consequently many elderly people fear falling. Certain eye and ear disorders may increase risk of falls. If the person in your care has balance

problems, dizziness, or a spinning sensation, a therapy subscription from the doctor may help.

To reduce fear of falling, therapists often have people practice getting up from a lying position. This increases confidence that they can get up if they fall. Any amount of exercise helps reduce risk of falls.

### Water Therapy

Water therapy is also a safe way for a person with a disability and the elderly to exercise because there is no danger of falling. Floating in water allows easy movement and little strain on joints and muscles.



## Fall Prevention Measures

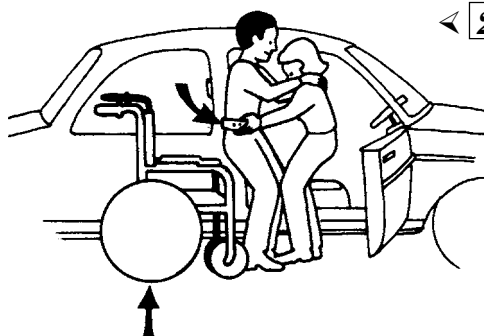
- ✓ Staying in when it is rainy or icy outside.
- ✓ Having regular vision screening check-ups for eyeglasses.
- ✓ Using separate reading glasses and other regular glasses if bifocals make it difficult to see the floor.
- ✓ Being cautious when walking on wet floors. Look carefully at floor surfaces in public buildings. Many floors are made of highly polished marble or tile that can be very slippery.
- ✓ Wearing good foot support when walking. New shoes are slippery and crepe-soled shoes can cause the toe to catch.
- ✓ Having foot pain problems corrected and keep toenails trimmed and feet healthy for good balance.
- ✓ Avoid gravel or rock yards or paths.
- ✓ Stop at curbs and check the height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline may lead to a fall.
- ✓ Consider wearing hip protectors for added protection should you fall.
- ✓ Use a shoulder bag or fanny pack to leave your hands free to use hand rails as you go up and down steps and on escalators.
- ✓ Use a walker or cane as needed for added stability.



## Transferring from a Wheelchair to a Car

Be sure the car is parked on a level surface without cracks or potholes.

- Open the passenger door as far as possible.
- 1** • Move the left side of the wheelchair as close to the car seat as possible.
- **Lock the chair's wheels.**
- Move both footrests out of the way.



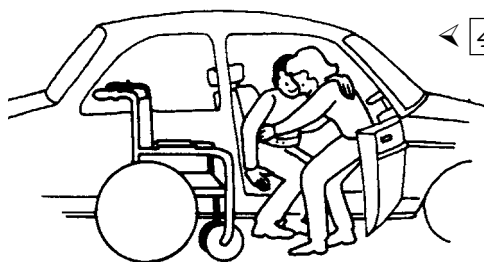
◀ **2**

- Position yourself facing the person.
- Tell him what you are going to do.
- Bending your knees and hips, lower yourself to his level.
- By grasping the transfer belt around his waist help him stand while straightening your hips and knees.
- If his legs are weak, brace his knees with your knees.



◀ **3**

- While he is standing, turn him so he can be eased down to sit on the car seat. **GUIDE HIS HEAD** so it is not bumped.



◀ **4**

- Lift his legs into the car by putting your hands under his knees.
- Move him to face the front.
- Put on his seat belt.
- Close door carefully.

## Transportation

A network of transportation services, public and private, will pick up the disabled and the elderly at their homes. These services rely on vans and paid drivers and run on a schedule to specific locations. Free transportation is available from community volunteer organizations, although most public services charge on a sliding scale.

## Taking Care of Yourself—What is influenza?

Influenza (“the flu”) is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older. The immune system weakens with age, which makes it harder to fight disease. The flu can be dangerous in older adults whether they are healthy or have a chronic health condition such as heart disease or diabetes, which can worsen as a result of the flu.

Getting an annual flu vaccination is one of the things you can do to help maintain your health. According to the U.S. Centers for Disease Control and Prevention, the single best way to help prevent the flu is to get an annual vaccination, which is recommended for everyone six months of age and older, with rare exception.

Source: NCOA National Council on Aging

### NOTE

If the person falls and cannot move or use the injured limb, keep the limb from moving. Do not straighten a deformed arm or leg. Splint an injury in the position you find it. Seek advice from the healthcare provider.

## Live Life Laughing!

Are you diagnosing yourself on the internet again?



### Inspiration

An ounce of prevention is worth a pound of cure.

~Benjamin Franklin

## 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](http://www.comfortofhome.com)

Comments and suggestions welcome.

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## SAFETY TIPS—Outdoor Areas

Safe outdoor areas are important, especially for those who are frail or elderly and are mobile. Safety features should include the following:

- ★ Ramps for access on ground that is not level or even
- ★ A deck with a sturdy railing
- ★ Alarmed or locked outside doors
- ★ Enough light to see walkway hazards at night
- ★ Non-slip step surfaces in good repair
- ★ Stair handrails fastened to their fittings
- ★ Cover porch steps with a gritty, weather-proof paint and step edges marked with reflective paint

NEXT ISSUE... COMING HOME FROM THE HOSPITAL – PREPARE THE HOME

# 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

Falls and fractures are not an inevitable part of growing older. Many can be prevented. Many falls result from personal or lifestyle factors that can be changed. Read the issue and answer True or False to the questions below.

1. According to the Centers for Disease Control and Prevention, one-third of adults age 65 and older experience a fall each year.  
T F
2. Balance can be affected in a person with a disability, such a person living with stroke.  
T F
3. Certain eye and ear disorders may increase your risk of falls.  
T F
4. Having regular vision screening does not help prevent falls.  
T F
5. Influenza (“the flu”) is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older.  
T F
6. If the person falls and cannot move or use the injured limb, keep it from moving. Do not straighten a deformed arm or leg. Splint an injury in the position you find it.  
T F
7. When transferring from a wheelchair to a car, place the wheelchair as close to the car seat as possible and lock the chair’s wheels.  
T F
8. Water therapy is a safe way for a person with a disability and the elderly to exercise because there is no danger of falling.  
T F
9. Having foot pain problems corrected and keep toenails trimmed and feet healthy helps a person have good balance.  
T F
10. The incline at curbs that have been cut away to allow access for bikes or wheelchairs cannot lead to a fall.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# SEPTEMBER 2017 EVENTS

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

## ~ Family Caregiver Support Groups ~

### ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN:** TUESDAY, SEPTEMBER 5TH

**TIME:** 6:00 p.m.

**WHERE:** Y.W.C.A.

**ADDR.:** 4601 Corona Drive, Corpus Christi

**PHONE:** (361) 883-3935

**WHEN:** THURSDAY, SEPTEMBER 14TH

**TIME:** 3:00 p.m.

**WHERE:** Mirador Plaza (back side of facility)

**ADDR.:** 5857 Timbergate Drive, Corpus Christi

**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, SEPTEMBER 12TH

**TIME:** 6:00 p.m.

**WHERE:** Woodridge Nursing & Rehab Center

**ADDR.:** 600 So. Hillside Dr., Beeville

**PHONE:** (361) 358-8880

**WHEN:** WEDNESDAY, SEPTEMBER 13TH

**TIME:** 12:00 p.m.

**WHERE:** Lindale Center/Caregiver SOS

**ADDR.:** 3133 Swantner St., Corpus Christi

**PHONE:** (361) 826-2343

**WHEN:** THURSDAY, SEPTEMBER 21ST

**TIME:** 10:30 a.m.

**WHERE:** Lexington Place Nursing & Rehab

**ADDR.:** 1661 West Yoakum, Aransas Pass

**PHONE:** (361) 758-7686

**WHEN:** TUESDAY, SEPTEMBER 19TH

**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 Valle

**WHEN:** TUESDAY, SEPTEMBER 19TH

**TIME:** 3:00 p.m.

**WHERE:** SCC River Ridge Nursing Rehab Center

**ADDR.:** 3922 West River Dr. (Off FM 624) Corpus Christi

**PHONE:** (361) 767-2000

**WHEN:** THURSDAY, SEPTEMBER 28TH

**TIME:** 4:30 p.m.

**WHERE:** Kleberg County Nursing & Rehab.

**ADDR.:** 316 General Cavazos Blvd., Kingsville

**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, SEPTEMBER 26TH

**TIME:** 4:00 p.m.

**WHERE:** Alice Public Library

**ADDR.:** 401 E. Third Street, Alice

**PHONE:** (361) 883-3935

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

**WHEN:** CANCELLED

**TIME:** DUE TO GRRC CONFERENCE

**WHERE:** Ben F. McDonald Library

**ADDR.:** 4044 Greenwood Drive, Corpus Christi

**PHONE:** (361) 883-3935

**WHAT:** (\*) EVENING SUPPORT GROUP

**WHEN:** Thursday, September 28th

**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)

**CLASSES FOR ALL AGES**

For additional information contact:

**FELIPA LOPEZ WILMOT**

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

email: felipa@cbcogaaa.org

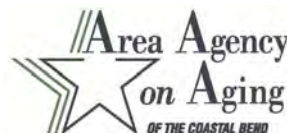
~ OR ~

**SALLY EDSILL**

*NFCSP Administrative Assistant*

Office: (361) 883-3935 ext - 5156

email: NFCSP@cbcogaaa.org



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of  
Texas Health and Human Services



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Wednesday, September 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>About younger-onset Alzheimer's with Ginny Funk</b> <i>Younger-onset Alzheimer's with Ginny Funk, the Director of Programs and Advocacy with the Alzheimer's Association. Learning about the unique challenges of living with younger-onset Alzheimer's (under the age of 65) is the first step in understanding the impact the disease will have on you and your family, which can help relieve some of the anxieties and fears you may have about the future, and allow you more time to focus on the things that bring you joy.</i>
Monday, September 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Dealing with Grief and Loss with Lynell Bond, LPC</b> <i>Learn more about how to deal with the natural response to grief, Stages of grief, physical and emotional symptoms of grief, guilt, useful and harmful ways to deal with grief and loss, dealing with significant dates and events, Learn tools for self-care and how to manage your life during this difficult time. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Thursday, September 21st	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 pm Pacific	<b>Strokes and what Caregivers need to know with Dr. Susan Epner</b> <i>Dr. Epner is a board certified adult neurologist and has been practicing adult general neurology in Texas for the past 18 years. Strokes are a common disease that can have devastating effects. Dr. Epner will discuss the impact of strokes and what caregivers need to know in order to best care for their loved one who has suffered one.</i>
Tuesday, September 26th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>The Paradox of Loving Life while Caregiving with Maria Sirois, PsyD</b> <i>This session will explore the paradoxes of finding happiness while present to anguish, of remembering the good as we live with fear, anger, sadness, and of loving the life we have, even as it may not be the life we wanted. Dr. Sirois, PsyD is a licensed clinical psychologist and consultant and author of A Short Course in Happiness After Loss (and Other Difficult Times) and Every Day Counts: Lessons in Love, Faith and Resilience.</i>



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

\*\*\*Registration required at least 24 hours in advance\*\*\*

# JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



## Walk to End Alzheimer's - Corpus Christi, TX Heritage Park

1581 N. Chaparral

### Saturday, September 9, 2017

7:30 am Check-In / 8:30 am Ceremony / 9:00 am Walk

#### To Start a New Team:

1. [www.alz.org/walk](http://www.alz.org/walk)
2. Enter your Zip Code
3. Click on Corpus Christi, TX
4. Click the yellow "Register" button
5. Click the "Start a Team" button
6. Follow the registration process online



#### To Join a Team:

1. [www.alz.org/walk](http://www.alz.org/walk)
2. Enter your Zip Code
3. Click on Corpus Christi, TX
4. Click the yellow "Register" button
5. Click the "Join a Team" button
6. Click the "Search for a Team" button
7. Look up your team and click "Join"
8. Follow the registration process online

For more information contact us at 361-445-9764 or [mamoseley@alz.org](mailto:mamoseley@alz.org)

**START A TEAM**

[alz.org/walk](http://alz.org/walk)  
800.272.3900

NATIONAL PRESENTING SPONSOR  
**Edward Jones**



# **18th Annual Grandparents and Other Relatives Raising Children Conference**

**Wednesday, September 20, 2017**

**8:00 a.m. - 1:00 p.m.**

**American Bank Center ~ Watergarden Room**

**1901 S. 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
- \* Advocacy
- \* Exhibitors & Informational Booths

***Continental Breakfast & Lunch will be served***

***Door Prizes & Much More!***

### **EVENT SPONSORS:**

AARP, Area Agency on Aging of the Coastal Bend and Aging and Disability Resource Center, Arms Wide Adoption Services, Brush Country Co-Op, City of Corpus Christi Parks and Recreation Department, 78415 Community Youth Development, Senior Community Services Division, Corpus Christi Independent School District, Driscoll Children's Hospital-Injury Prevention, Mayor's Council on Aging, Methodist Children's Home Family Outreach, Nueces County Community Action Agency Birth-to-Five/Head Start, Texas Department of Family & Protective Services Child Protective Services Division, Texas Health and Human Services Commission, Texas A&M AgriLife Extension Service, Prairie View A&M University Cooperative Extension Program

**Like us on  [www.facebook.com](http://www.facebook.com)**

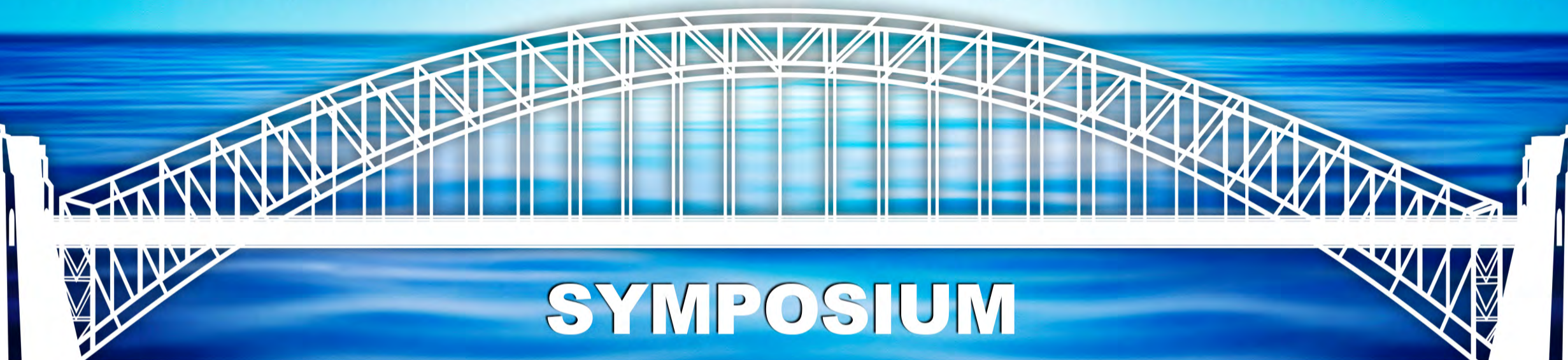
***Annual Grandparents and Other Relatives Raising Children***

Area Agency on Aging of the Coastal Bend and Aging and Disability Resource Center promotes participation regardless of race, color, national origin, sex, age, religion or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 883-3935 at least 48 hours in advance.

# SAVE THE DATE

## 7<sup>th</sup> ANNUAL BUILDING A BRIDGE

Between Physicians, Nurses, Families, Caregivers and the Community



**SYMPOSIUM**

**Tuesday, NOVEMBER 7, 2017**

**12:00 to 2:30 p.m.**

**Del Mar Center for Economic Development**

**3209 S. Staples Corpus Christi**

**PRE-REGISTRATION REQUIRED**

Call to Reserve Your Seat:

**Sally Edsil**

361-883-3935 ext.5156

or 1-800-252-9240

[nfcsp@cbcogaaa.org](mailto:nfcsp@cbcogaaa.org)

- Complementary Lunch Provided
- Door Prizes Available

**A Community Partnership with:**



# CARE PROVIDER TRAINING

A facilitation provided by:  
*The National Family Caregiver Support Program*  
a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **Sept. 13, 2017**

TIME: 9:00 a.m. to 5:00 p.m.

WHERE: **AREA AGENCY ON AGING**

ADDRESS: **2910 LEOPARD ST., CORPUS CHRISTI**

**!! FREE 8 HOUR TRAINING !!**

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

## ***MODULE TOPICS:***



- ◆ Roles & Responsibilities of a Care Provider
- ◆ Assisting with Personal Care
- ◆ How to Help Someone who uses Adaptive Aide(s)
- ◆ Caring for Someone with Early to Mid Stage Alzheimer's
- ◆ Caring for Someone with Mid to Late Stage Alzheimer's
- ◆ Community Resources

\* Seating is limited; call to reserve your space \* Certificate of completion will be awarded at end of class \*

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: [felipa@cbcogaaa.org](mailto:felipa@cbcogaaa.org)

**OR**

~ **SALLY EDSILL** ~

*NFCSP Administrative Assistant*

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: [nfcsp@cbcogaaa.org](mailto:nfcsp@cbcogaaa.org)



*The Area Agency on Aging of the Coastal Bend  
is funded in part by the:  
Texas Health and Human Services*

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



# DO YOU HAVE **concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies for managing concerns about falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**YWCA Corpus Christi**

is Hosting

**"A MATTER OF BALANCE"**

**September 6th- September 27<sup>th</sup>**

**Mondays and Wednesdays**

**1:30 PM - 3:30 PM**

**4601 Corona, Corpus Christi, TX**

For Additional Information Contact:

**SYLVIA ALVARADO**

**(361) 883-3935 ext - 5333**

**sylvia@cbcogaaa.org**

**THIS FREE EDUCATIONAL PROGRAM IS  
BROUGHT TO YOU IN PARTNERSHIP WITH:**



# **CLASSES ARE FREE!**



### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

# “SAVE-THE-DATE”

**WHEN: OCTOBER 15th TO DECEMBER 7th**

**WHAT: MEDICARE OPEN ENROLLMENT**

## **WHEN is the Medicare Open Enrollment Period?**

*Every year, Medicare’s open enrollment period is **October 15th to December 7th.***

## **WHAT is the Medicare Open Enrollment Period?**

*Medicare health and drug plans can make changes each year — things like cost, coverage, and what providers and pharmacies are available in their networks. **October 15th to December 7th is when ALL PEOPLE WITH MEDICARE CAN CHANGE THEIR MEDICARE HEALTH PLANS AND PRESCRIPTION DRUG COVERAGE for the following year to better meet their needs.***

## **HOW do people know if they need to change plans?**

*People on a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans still meet their needs for the following year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything.*

## **WHEN can people get information about next year’s Medicare plans?**

*Information for next year’s plans will be available beginning in October.*

## **WHERE can people find Medicare plan information or compare plans?**

***1-800-MEDICARE, Medicare.gov or call your local Area Agency on Aging (see below).***

**The AREA AGENCY ON AGING OF THE COASTAL BEND  
can help answer your Medicare questions and help  
evaluate your Medicare options.**

**If you prefer to schedule an appointment with a  
Benefits Counselor or to schedule a presentation  
event, please call:**

**361-883-3935 or 1-800-252-9240**



funded in part by Texas Health and Human Service

**N**ow's the time to get the most out of your Medicare. The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health. The Affordable Care Act makes many improvements to Medicare. If you have Original Medicare, you can get a yearly "WELLNESS" visit and many other covered preventive services. Whether it's online, in person, or on the phone, Medicare is committed to helping Medicare beneficiaries get the information they need to make smart choices about their Medicare benefits.

**The AREA AGENCY ON AGING  
can help answer your Medicare  
questions and help evaluate your  
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