

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

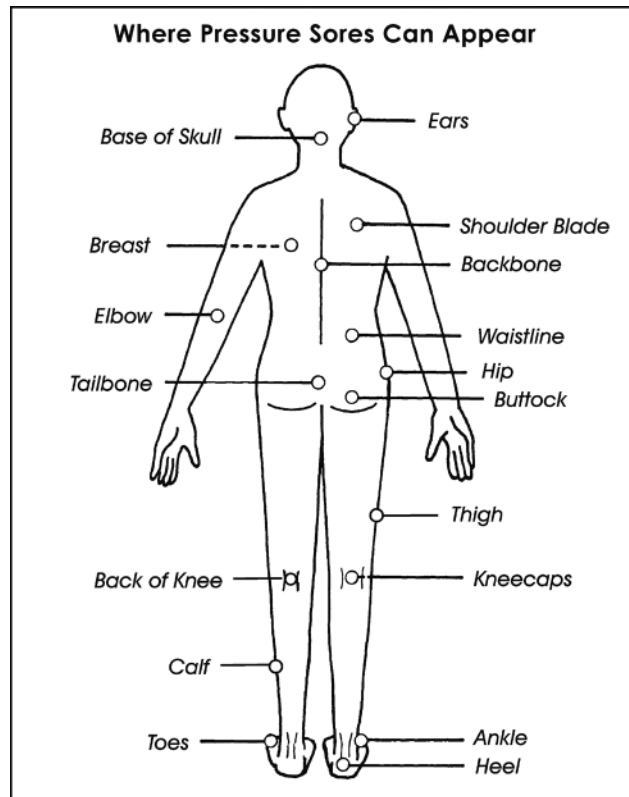
Skin Care – Recognizing Changes

Pressure sores (also called decubiti, or bedsores) are blisters or breaks in the skin. They are caused when the body's weight presses blood out of a certain area. How much time they take to heal depends on how advanced they are. **The best treatment of pressure sores is prevention.**

- The most common areas for sores are the bony areas—tailbone, hips, heels, and elbows.
- Sores can appear when the skin keeps rubbing on a sheet.
- The skin breakdown starts from the inside, works up to the surface, and **can happen in as little as 15 minutes.**
- Damage can range from a change in color in unbroken skin to deep wounds down to the muscle or bone.
- *For people with light skin*, in the first stage of a bedsore, the skin color may change to dark purple or red and does not turn pale under fingertip pressure. *For people with dark skin*, this area may become darker than normal.
- The affected area may feel warmer than the skin around it.
- Pressure sores that are not treated can lead to hospitalization and can require skin grafts.

Preventing Pressure Sores

This is one case where an ounce of prevention really is worth a pound of cure, especially if the cure is a skin graft.

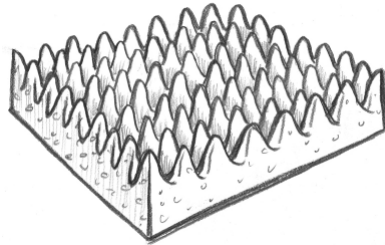


- ✓ **Check the skin daily.** (Bath time is ideal.)
- ✓ **Provide a well-balanced diet**, with enough vitamin C, zinc, and protein.
- ✓ **Keep skin dry and clean** (urine left on the skin can cause sores and infection). Use an ointment to protect the skin.
- ✓ **Keep clothing loose.**
- ✓ **Turn a person who cannot get out of bed at least every 2 hours.** Change the person's positions. Smooth wrinkles out of sheets.

Article continues
on page 2

Continued from page 1

- ✓ **Lightly tape foam to bony sections of the body** using paper tape, which will not hurt the skin when peeled off.
- ✓ **Use flannel or all-cotton** sheets to absorb moisture.



- ✓ **Provide an egg-crate or sheepskin mattress pad** for added comfort.
- ✓ **Avoid using a plastic sheet** or a Chux if they cause sweating.
- ✓ When the person is sitting, **encourage changing the body position** every 15 minutes.
- ✓ Use foam, gel or air pads on chair seats to cushion the buttocks.
- ✓ Change the type of chair the person sits in; try an open-back garden chair occasionally.

- ✓ Provide **exercise** as much as possible.

Treatment Guidelines

If you see pressure sores in your daily checking of the skin, alert the healthcare team.

- To reduce the chance of infection, **wear disposable gloves** when providing care.
- **Use pillows or a foam pad** with at least 1 inch of padding to support the body.
- Never position the person on his or her bony parts.
- Do not let the person lie on pressure sores.
- Follow the doctor or nurse's treatment plan in applying medication to sores and bandaging the areas to protect them while they heal.

It is estimated that 1 to 3 million people in the U.S. develop pressure sores each year.

Source: *The National Pressure Ulcer Advisory Panel*

SHINGLES

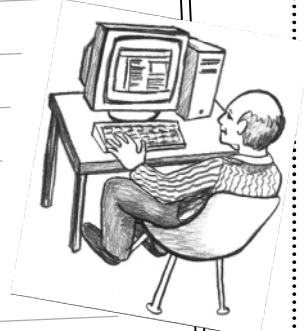
Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

Source: *Mayoclinic.org*

Taking Care of Yourself— Too Much Sitting

Too much time spent in a chair could shorten our lives, even if we exercise, according to a study that finds the links between lengthy sitting time and death among middle-aged and older adults. The study also suggests that we might be able to reduce our risks by taking a few steps every half-hour or so. Being seated and unmoving all day is unhealthy. The longer people sit on a daily basis, the likelier they are to develop various diseases, including obesity, diabetes and heart disease. The men and women who sat for the most hours every day had the highest risk for early death, especially if this sitting often continued for longer than 30 minutes at a stretch.



Try setting an alert on your phone or computer to ping every half-hour and remind you that now is time to get up and move.

Source: NYT; Get Up, Stand Up

Inspiration

A sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the unbearable.

~Moshe Waldoks

Live Life Laughing!

Doctor, what is the difference between an allergy and an itch?
About \$100.



Memory Care

People with Alzheimer's may get upset when somebody touches them. You may be trying to do something to help him, such as checking for a pressure sore, but he doesn't understand what's going on. He may be feeling uncomfortable, powerless, frightened, tired, in pain, or confused.

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

Comments and suggestions welcome.

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SAFETY TIPS—Edema

Edema is swelling or puffiness of parts of the body. It is caused by water that is trapped in body tissues. Edema usually happens in the feet, ankles, and legs. It also can affect the face and hands.

Many things can cause edema. Sometimes gravity pulls water down into the legs and feet. Sitting in one place for too long can cause edema of the legs. Eating food with too much salt, which causes the body to retain water, can make the problem worse.

Congestive heart failure and liver, kidney and thyroid diseases can cause Edema cannot be “cured.” The only way to treat it is to treat the condition that is *causing* it. To keep the swelling down:

To keep the swelling down:

- ★ Put a pillow under the legs when lying down.
- ★ Wear support stockings.
- ★ Do not sit or stand for too long without moving.
- ★ Follow the doctor's orders about limiting the amount of salt eaten.

Source: National Institute of Health

NEXT ISSUE... COMMUNICATION & CONFIDENTIALITY

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

Pressure sores or bed sores happen when a person lies or sits in one position too long. People might get them from bed rest or sitting in a wheelchair. Read the issue and answer True or False to the questions below.

1. The skin breakdown starts from the inside, works up to the surface, and can happen in as little as 15 minutes.
T F
2. Pressure sores that are not treated can lead to hospitalization and can require skin grafts.
T F
3. Urine left on the skin cannot cause sores and infection.
T F
4. To reduce the chance of infection, wear disposable gloves when providing care.
T F
5. Never position the person on his or her bony parts.
T F
6. When the person in your care is sitting, encourage changing the body position every 15 minutes.
T F
7. Shingles is a viral infection but does not cause a painful rash.
T F
8. Congestive heart failure and liver, kidney and thyroid diseases can cause edema.
T F
9. People with Alzheimer's may get upset when somebody touches them.
T F
10. If you see pressure sores in your daily checking of the skin, wait and see if it gets worse before alerting the health care team.
T F

Name _____

Signature _____ Date _____

FEBRUARY 2018 EVENTS

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

~ Family Caregiver Support Groups ~

ALZHEIMER'S & GENERAL SUPPORT GROUPS

WHEN: TUES, POSTPONED UNTIL FURTHER
TIME: 6:00 p.m. NOTICE DUE TO RENOVATION
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935

WHEN: WEDNESDAY, FEBRUARY 7th
TIME: 10:00A.M.
WHERE: SCC River Ridge Nursing Rehab Center
ADDR.: 3922 West River Dr. (Off FM 624), Corpus Christi
PHONE: (361) 767-2000

WHEN: THURSDAY, FEBRUARY 8th
TIME: 3:00 p.m.
WHERE: Mirador Plaza (back side of facility)
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935

WHEN: TUESDAY, FEBRUARY 13TH
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880

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

WHEN: WEDNESDAY, FEBRUARY 14TH
TIME: 12:00P.M.
WHERE: Lindale Center/ Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343

WHEN: TUESDAY, FEBRUARY 20TH
TIME: 9:30a.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: THURSDAY, FEBRUARY 22ND
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab.
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935

WHEN: TUESDAY, FEBRUARY 27TH
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: TUESDAY, FEBRUARY 27TH
TIME: 10:00am —11:00am
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive, Corpus Christi
PHONE: (361) 883-3935

WHAT: (*) EVENING SUPPORT GROUP
WHEN: THURSDAY, FEBRUARY 22ND
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: sally@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
Thursday, February 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Mindfulness with Cynthia Hazel, M.A. <i>Research shows that mindfulness, the practice of accepting what is without judgment can lower psychological stress. Caregivers who share their lives while valuing themselves can reduce their stress levels and become open to the possibility of joyful moments with their loved one(s). In this session, we will explore how being mindful will help caregivers provide compassionate self-care, let go and make heartfelt connections.</i>
Thursday, February 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by email or phone.</i>
Monday, February 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Family Meetings: Effective Planning for Aging, Even When A Loved One Resists with Kim Olmedo, LCSW, CCM, CSW-G <i>Identify what a family meeting is and why you may need one. Listen in on a step-by-step plan to identify medical and other needs of a loved one and how to meet them. During the session, the speaker will explore the answers to questions about family meetings, such as: When do you need one? Who needs to be part of a family meeting? ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Monday, February 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Managing Family Conflict During Family Caregiving with Barry Jacobs, PsyD <i>Differences of opinion are a natural part of family life. Little wonder, then, that such differences and even heated debates arise during family caregiving when the stakes and emotions run high. During this hour, psychologist, family therapist and co-author of AARP Meditations for Caregiving, Barry J. Jacobs, Psy.D., will present a framework for managing conflict between the primary caregiver and care recipient, among caregiving family members, and between the caregiving family and healthcare and social service professionals.</i>
Thursday, February 22nd	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by email or phone.</i>



WELLMED CHARITABLE FOUNDATION

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

CARE PROVIDER TRAINING

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., Feb. 7, 2018

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

OR

~ **SALLY EDSILL** ~

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: 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:*



STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS



*DO YOU PROVIDE CARE FOR A LOVED ONE WITH DEMENTIA?
If so, this FREE program is for YOU!*

PROGRAM FOR:

Family caregivers caring for a loved one with dementia

PROGRAM COMMITMENT:

- 9 week program
- 90 minute weekly session
- Group of up to 8 family caregivers
- Confidential & Supportive
- Trained & Caring Facilitators

All Materials Are Provided

YOU ARE NOT ALONE

- We recognize that caregiving can be very stressful
- This FREE program will teach and enhance:
 - ✓ **STRESS MANAGEMENT TECHNIQUES**
 - ✓ **RELAXATION AND COPING STRATEGIES**
- These basic skills can reduce daily stress in your life

This Stress-Busting Program is

Distributed by: **WELLMED Charitable Foundation**

~ AND ~

Developed by: **UT Health Science Center - San Antonio**

1st Session Begins: MONDAY, MARCH 5, 2018

Time: 3:00 p.m. ~ 4:30 p.m.

Where: Caregiver SOS/Lindale Senior Center 3135 Swantner C.C. TX.

CALL 361-232-5156 to RESERVE YOUR SPACE

FOR ADDITIONAL INFORMATION:

(361) 883-3935 or 1-800-252-9240

FELIPA LOPEZ WILMOT ~ FAMILY CAREGIVER SPECIALIST

ext - 5153 OR felipa@cbcogaaa.org

SALLY EDSILL ~ ASSISTANT

ext - 5156 OR sally@cbcogaaa.org

FREE Virtual Dementia Tour[®]

Wednesday, March 7, 2018
1:00 p.m. – 4:00 p.m.

The Plaza at Mirador
5857 Timbergate Drive
Corpus Christi, TX 78414



Space is limited.
To register, call (361) 651-1103.

The Area Agency on Aging of the Coastal Bend and Disability Resource Center in partnership with The Plaza at Mirador has scheduled a FREE Virtual Dementia Tour for the community.

The Virtual Dementia Tour (VDT) is a scientifically proven method designed to build sensitivity and awareness in individuals caring for those with dementia. This “dementia simulation tool” was created to guide anyone in understanding the condition. The tour will help both families and professional caregivers to better understand the physical and mental challenges facing those who suffer from dementia.

Call to reserve your time for this innovative hands-on dementia experience.

For additional information contact Felipa Lopez Wilmot, Family Caregiver Program Specialist
Office: (361) 883-3935 ext.5153 • Toll Free: 1-800-252-9240 • e-mail: felipa@cbcogaaa.org

The Area Agency on Aging is funded in part by the Texas Health and Human Services.





Alzheimer's Education and Support Program

Nestor H. Praderio, MD hosts an interactive learning experience for Caregivers of loved ones Alzheimer's Disease and Related Dementia. Sessions are held every fourth Wednesday of the month (January to October) at the Conference Center located behind the Doctor's Regional Hospital Emergency Room, 3315 S. Alameda. Sessions begin at 6:30 PM and complimentary refreshments are sponsored by our trusted community partners.

2018

January 24, 2018
February 28, 2018
March 28, 2018
April 25, 2018
May 23, 2018

June 27, 2018
July 25, 2018
August 22, 2018
September 26, 2018
October 24, 2018

www.TexasFacetoFace.com
TexasFacetoFace@gmail.com

Facebook.com/TexasFacetoFace
361-238-7777



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www.TexasFacetoFace.com
TexasFacetoFace@gmail.com

Facebook.com/TexasFacetoFace
361-238-7777



Protecting the rights of assisted living and nursing home residents.

Long-term care (LTC) ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anybody who lives in a nursing home or an assisted living facility.

Ombudsmen can be volunteers or paid employees of agencies that are independent of any long-term care facility. Services are free, confidential and available statewide.



What Does an LTC Ombudsman Do?

Some of the ways LTC ombudsmen help nursing home and assisted living residents include:

- Listening to residents and family members when they have concerns or issues.
- Telling residents about their rights.
- Protecting resident health, safety, welfare and rights.
- Helping families learn about nursing homes and how to pay for them.

Ombudsmen work to solve problems and make sure state regulations and laws protect residents.

How Do I Become an LTC Ombudsman?

People who live in nursing homes and assisted living facilities may have little or no contact with the outside world. Many feel they lack control over their lives. A volunteer LTC ombudsman who visits regularly can be the highlight of a resident's day and ensure residents get good care.

If you have a passion for helping others, a caring spirit and a willingness to learn, we need you! Become an ombudsman and help improve the quality of life and care for residents in a facility near you. We provide training, tools and ongoing support.



*Funded in part by
The Health and Human Services*

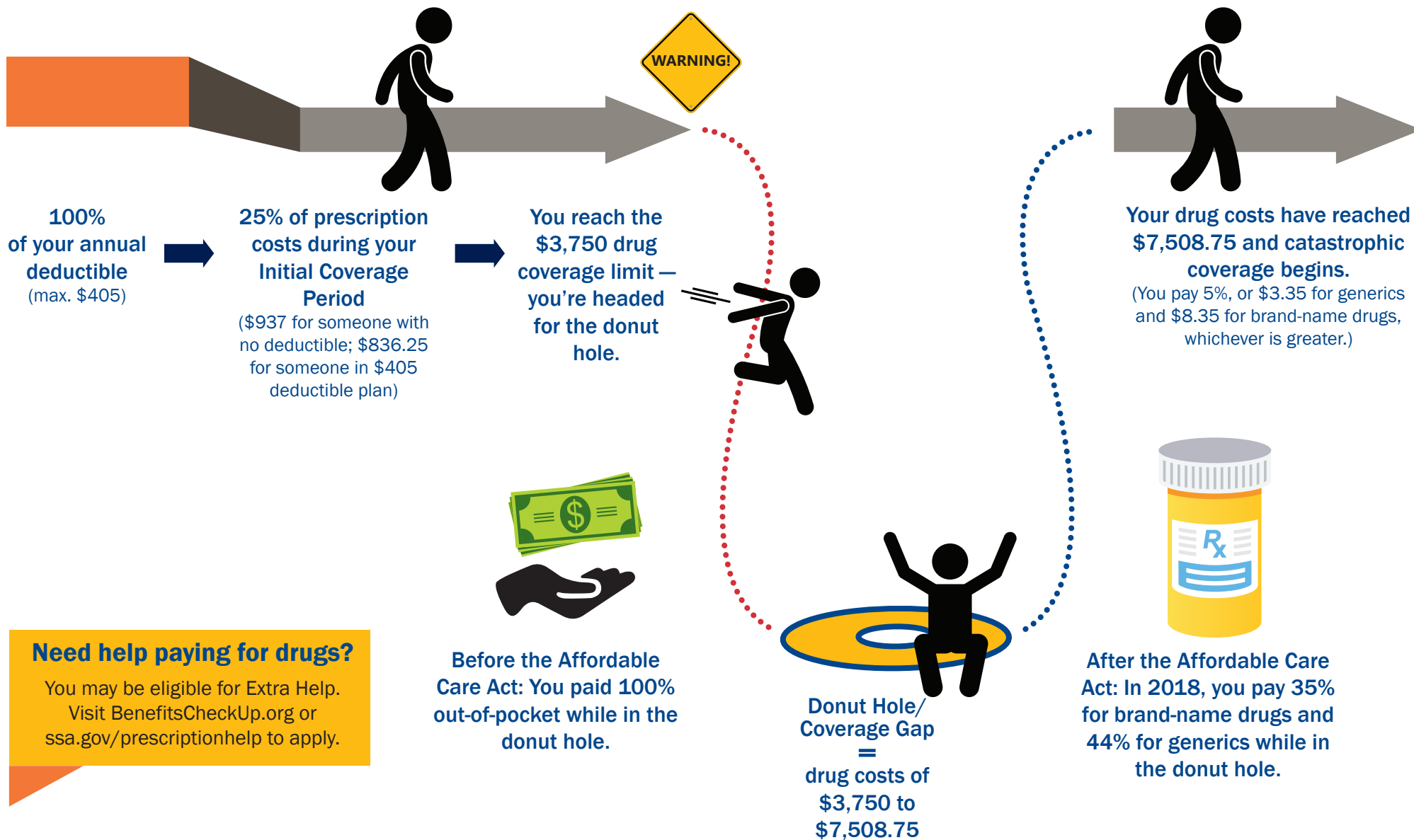
For additional information contact:

CELENA FLORES
Managing Local Ombudsman

Office: (361)-232-5146
email: celena@cbcogaaa.org

MEDICARE PART D PRESCRIPTION DRUG BENEFIT IN 2018

Medicare's Basic Benefit: Besides the monthly premium, you pay ...



2018 ORIGINAL MEDICARE COST

Part A (HOSPITAL INSURANCE) Premium Each Month

- ◆ Nothing if you or your spouse worked and paid into Medicare for 10 years or more
- ◆ \$232 per month if you or your spouse worked and paid into Medicare between 7.5 years to 10 years
- ◆ \$422 per month if you or your spouse worked and paid into Medicare fewer than 7.5 years

Part A Deductible will increase from:

- ◆ \$1,316 to \$1,340 for each benefit period

Part A Coinsurance

- ◆ \$0 for days 0 - 60 each benefit period. (*) A benefit period begins the day you start getting 'inpatient care'. It ends when you have been out of the hospital or skilled nursing facility for 60 days in a row.
- ◆ \$335 each day for days 61 - 90 each benefit period (was \$329)
- ◆ \$670 per day for days 91 - 150 (lifetime reserve days - total of 60 lifetime reserve days which are non-renewable.) (was \$658)

Part A Skilled Nursing Facility (SNF) Stay Coinsurance

- ◆ \$0 for days 0 - 20 each benefit period
- ◆ \$167.50 per day for days 21 - 100 each benefit period

Part B Premium (Medical Insurance)

- ◆ \$109.00 per month for existing Medicare beneficiaries
- ◆ \$134.00 per month for beneficiaries who are new to Medicare in 2018
- ◆◆ People with high incomes have a higher Part B Premium (\$85,000 for single or \$170,000 for couples)

Part B Deductible will increase from :

- ◆ \$183 each year
- ◆ 20% co-insurance of Medicare Approved Charge after deductible

PART A Covers:	PART B Covers:
◆ Inpatient Hospital / SNF	◆ Doctor Services
◆ Outpatient Hospital	◆ Home Health
◆ Home Health	◆ Durable Medical Equipment
◆ Hospice	◆ Preventative Services

Part D (PDP - Prescription Drug Plan)

- ◆ Premiums vary depending on plan
- ◆ Deductible if applicable \$405
- ◆ Donut Hole = \$3,750 you pay 35% for brand name drugs and 44% for generic while in the "donut hole"
- ◆ Catastrophic = \$7,508.75 LIS - \$3.35 for generics and \$8.40 for brand name drugs whichever is greater (If Extra Help Eligible there is no coverage gap)
- (**) and coverage begins again

Your Medicare coverage choices at a glance

There are two main ways to get your Medicare coverage:

- (1) Original Medicare or (2) a Medicare Advantage Plan.

Use the following steps to help you decide which way to get your coverage.

