

Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Standard Precautions and the Zika Virus

Standard or Universal

Precautions are practices designed to reduce the spread of disease. They protect you, the caregiver, from bacteria or viruses carried by the person in your care; and they protect the person in your care from any germs you may be carrying, such as the Zika virus.

Standard precautions pertain to whatever is the risk - *standard* for a respiratory issue is a mask, *standard* for contact is gloves, etc.

Using *Universal precautions* means you are aware that EVERYONE has the potential to be infectious. In knowing that, you must decide what is the standard precaution to protect me in THIS instance?

The Zika Virus

The Zika virus is transmitted by *Aedes* mosquitoes. A mosquito bites an infected person and then passes those viruses to other people it bites. The CDC has confirmed Zika can spread through sex, usually after a person traveled to an area where Zika has broken out, got the virus, and gave the virus to a sex partner. According to the CDC, infected women and men can both pass the virus to sex partners – even if they haven't shown symptoms of infection. An infected pregnant woman can pass the virus on to her fetus.



The virus can be found in blood, semen, urine, and saliva of infected people, as well as in fluids in the eye.

In Utah, a caregiver got the virus without traveling or having sexual contact. The person was a relative and caregiver of an elderly Zika patient who died in late June 2016 – the first Zika-linked death in the U.S. The deceased man had traveled to an area where Zika is spreading. Health officials believe the caregiver got Zika by coming into contact with the older man's tears and sweat.

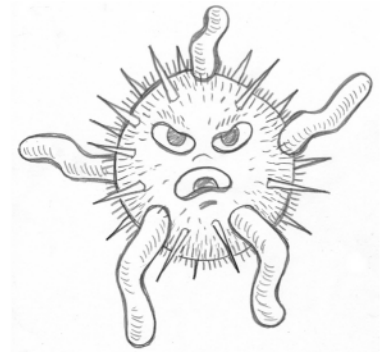
Bloodborne pathogens are germs that pass from person to person through blood or *any other body fluids*. Illnesses spread through body fluids, such as mucus, tears, sweat, blood, pus or drainage from sores, vomit, urine, and fecal matter. These illnesses include Zika, HIV/AIDS, hepatitis, the flu, staph and strep infections, the common cold and others.

Source: CDC

Article continues
on page 2

Clean Hands Are Healthy Hands

Staph and other illnesses can spread through the air, on contaminated surfaces, and from person to person. A caregiver can carry staph bacteria on dirty hands and under dirty fingernails from one area of the body to another, or to another person. Hand-washing is the most important way to prevent staph infections.



Plain soap and water removes most bacteria very effectively and washes them down the drain. Usually, there is no need to use anti-bacterial soaps, which may actually do more harm than good. The American Medical Association and the CDC do *not* recommend use of antibacterial soaps because of the concern that they could lead to a strain of resistant bacteria or “super bugs.” There is already an antibiotic-resistant strain of staph bacteria. Staph infections occur most frequently among patients with weakened immune systems, who are in hospitals and healthcare facilities (such as nursing homes and dialysis centers), but staph is now even found in the community.

Simple hand washing can cut down on the number of people who get sick each cold and flu season—as well as prevent life threatening illnesses.

Hand Towels Versus Air Dryers: Since most people don’t keep their hands under air dryers long enough to get them dry, using paper towels is a better way to keep germs at bay. If you use a hand air dryer, hold hands palms up, don’t rub, and don’t wipe hands on your clothing. When using a paper towel, use it to turn off the faucet and turn the doorknob. Faucet handles and doorknobs in public restrooms are playgrounds for nasty germs!

Hidden Germs: Keep clean the things your hands touch most. Flu and cold viruses can survive for hours, even days, so use disinfectant wipes on keyboards, phones and door knobs.

Soaps: Antibacterial soap does not work any better than regular soap. The key to good hand washing is to do it often, well, and long enough (at least 20 seconds)!

When to Wash: Wash hands before and after contact with the person in your care or other people, after using the restroom, before eating, every time you sneeze, cough, or blow your nose, after touching a pet, and when you come into the home.

Sanitizers: Keep instant hand sanitizers, disinfectant sprays, and disinfectant wipes within easy reach. Look for products containing the natural ingredient *thymol*, which can kill 99.99% of germs.

Insect Repellent

To prevent tick and mosquito bites that can carry Zika, use insect repellent with 20%–30% DEET on adults’ skin and clothing.

Taking Care of Yourself—Happiness Brings Health

Recent studies show that happiness has physical health benefits. These include lower levels of stress and a lower risk of heart disease. Although there is no evidence that everyone who has a happy disposition is always healthy or vice versa, it is still important to improve our happiness levels by keeping the following in mind:

- ✓ Success does not equate to long term happiness.
- ✓ Manage your time well. Pursue careers and hobbies that engage your skills.
- ✓ Exercise regularly and get enough rest and sleep.
- ✓ Prioritize family and close relationships.
- ✓ Nurture your spirit by keeping a journal and a positive outlook.



Inspiration

Experience is a hard teacher because she gives the test first and the lesson afterward.

Live Life Laughing!

Oops! Forgot the mosquito spray!



Don't Fall – Be Safe

Some older people have normal or increased blood pressure while seated, but their blood pressure drops too much on standing. Most often, blood pressure is checked when sitting.

Ask your health care provider to check blood pressure and pulse after lying down for at least 5 minutes and again after getting up. If it drops too much when getting up, ask if medications may be decreased or if other changes are recommended: Drinking more water, getting up more slowly, pumping feet or hands before getting up, or wearing special stockings.

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—Protect Yourself

Disposable gloves should be worn anytime you might be exposed to body fluids, as when assisting with toileting; disposing of Depends®; wiping a nose or mouth; cleaning up vomit, urine or feces; cleaning or bandaging injuries, and when cleaning up soiled surfaces in the bathroom and bedroom.

Face masks are recommended if you are or have recently been sick with a cold, the flu or other illness.

Dispose of needles in a hard plastic sharps disposal box.

Clean and disinfect laundry soiled with body fluids, kitchen surfaces, bedpans and commodes.

Other **personal protective equipment** includes gowns and eye protection (safety glasses), which are generally used to protect the caregiver from splashes. These are important when giving wound care and when doing major cleanup jobs.

Source: CDC; WebMD; VA

NEXT ISSUE... DRUG AND ALCOHOL ABUSE – SENIOR MENTAL HEALTH

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

Caregivers must also take care that they do not spread their cold or flu to the person in their care. Remember to cover your mouth and nose with a tissue when coughing or sneezing and dispose used tissue in the nearest waste receptacle. Read the issue and answer True or False to the questions below.

1. The Zika virus is transmitted by flies and ticks.
T F
2. The Zika virus can be found in blood, semen, urine, and saliva of infected people, as well as in fluids in the eye.
T F
3. *Standard or Universal Precautions* are practices designed to reduce the spread of disease.
T F
4. Disposable gloves should be worn anytime you might be exposed to body fluids.
T F
5. Hand-washing is the most important way to prevent staph infections.
T F
6. Flu and cold viruses cannot survive on keyboards, phones and door knobs.
T F
7. It is important to wash hands before and after contact with the person in your care or other people, after using the restroom, before eating, and every time you sneeze, cough, or blow your nose, after touching a pet, and when you come into the home.
T F
8. Gowns and eye protection (safety glasses) are used to protect the caregiver from splashes.
T F
9. There is an antibiotic-resistant strain of staph bacteria.
T F
10. Simple hand washing can cut down on the number of people who get sick from colds or flu, as well as prevent life threatening illnesses.
T F

Name _____

Signature _____ Date _____

APRIL 2017 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, APRIL 4TH

TIME: 6:00 p.m.

WHERE: Y.W.C.A.

ADDR.: 4601 Corona Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, APRIL 11TH

TIME: 6:00 p.m.

WHERE: Wooldridge Nursing & Rehab Center

ADDR.: 600 So. Hillside Dr., Beeville

PHONE: (361) 358-8880

WHEN: WEDNESDAY, APRIL 12TH

TIME: 12:00 p.m.

WHERE: Lindale Center/Caregiver SOS

ADDR.: 3133 Swantner St., Corpus Christi

PHONE: (361) 826-2343

WHEN: THURSDAY, APRIL 13TH

TIME: 3:00 p.m.

WHERE: Mirador Plaza (back side of facility)

ADDR.: 5857 Timbergate Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, APRIL 18TH

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: TUESDAY, APRIL 18TH

TIME: 3:00 p.m.

WHERE: SCC River Ridge Nursing Rehab Center

ADDR.: 3922 West River Dr. Off 624m Corp. Christi

PHONE: (361) 767-2000

WHEN: TUESDAY, APRIL 19TH

TIME: 3:00 p.m.

WHERE: Alice Public Library

ADDR.: 401 E. Third Street, Alice

PHONE: (361) 883-3935

WHEN: THURSDAY, APRIL 20TH

TIME: 10:30 a.m.

WHERE: Lexington Place Nursing & Rehab

ADDR.: 1661 West Yoakum, Aransas Pass

PHONE: (361) 758-7686

WHEN: THURSDAY, APRIL 27TH

TIME: 4:30 p.m.

WHERE: Kleberg County Nursing & Rehab.

ADDR.: 316 General Cavazos Blvd., Kingsville

PHONE: (361) 883-3935

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, APRIL 25TH

TIME: 10:00 — 11:00 a.m.

WHERE: Ben F. McDonald Library

ADDR.: 4044 Greenwood Drive, Corpus Christi

PHONE: (361) 883-3935

WHAT: (*) EVENING SUPPORT GROUP

WHEN: Thursday, April 27TH

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:

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~ OR ~

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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, April 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Compassion Fatigue with Sharon Lewis, RN, PhD <i>Dr. Sharon Lewis has been many years researching caregiver stress, and is the developer of the Stress-Busting Program for Family Caregivers. Listen as Dr. Lewis discusses compassion fatigue, which is a unique form of burnout that affects persons in professional caregiving roles. Dr. Lewis will share insights on strategies to prevent compassion fatigue.</i>
Monday, April 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	What We Never Want to Talk About: The Realities of End of Life with Zanda Hilger, LPC <i>In the final stages of many terminal illnesses, care priorities tend to shift. Instead of ongoing curative measures, the focus often changes to palliative care for the relief of pain, symptoms, and emotional stress. Learn how caregivers plan prepare for their own and a loved one's loss and grief and practical end of life planning needs to happen. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Wednesday, April 19th	12:00 pm Eastern 11:00 am Central 10:00 pm Mountain 9:00 pm Pacific	Developing An Attitude of Gratitude - A Self-Awareness Session with Cynthia Hazel, M.A. <i>Did you know that your mindset and attitude have a direct impact on your health and well being? Researchers have found that practicing gratitude can have a positive effect on your brain and overall health, important for family caregivers and others. In this session, you will learn how to start on your path to thankfulness.</i>
Wednesday, April 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Living Guilt Free with Lucy Barylak, MSW <i>Lucy Barylak, MSW, is a Social Gerontology Consultant, with West-Central Montreal Health in Montreal, Canada. Lucy is a renowned expert in caregiving having won the Queen's Jubilee Award twice, presented by the Canadian Homecare Association. In this session, Lucy will focus on the struggle between being your "ideal self" and what is realistic for you to accomplish on a day-to-day basis. You will hear other caregivers in the session talk about their own successful strategies to cope with these feelings.</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

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 beginning Tuesday April 18th, 2017

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



Distributed by

WELLMED
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Developed at
UT HEALTH
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SAN ANTONIO

Please call for more information or to register:

361-826-2343

www.caregiverstressbusters.org

D-SBP19



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THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD *"Until There's A Cure, Take the Tour"*

Del Mar College, Department of Nurse Education Nursing Students Walk You Through This Dementia Simulation Experience

The **Virtual Dementia Tour**® is an individual experience through simulated dementia created for professional and family caregivers seeking to better understand the physical and mental challenges of those with dementia. You need an appointment to take the tour—the tour takes about 30 minutes from beginning to end.

After experiencing this sensory experience you will have a greater understanding of the realities of living with dementia. The Virtual Dementia Tour improves communication and care by raising awareness. Create a positive environment for those with dementia after attempting to walk in their shoes.

Tuesday, April 25, 2017

East Campus Harvin Center 9:00 - 11:00 A.M.

East Campus Harvin Center 2:00 - 4:00 P.M.

West Campus Health Science Bldg. 1 Room 113 5:30 - 7:30 P.M.

Register online at www.SecondWind.org

<http://www.secondwind.org/virtual-dementia-tour/virtual-dementia-tour-events/?p=3> or call 361-883-3935

SEATING IS LIMITED, SO REGISTER EARLY FOR THE 30 MINUTE TOUR

**The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program*.*

Call 361-883-3935 for more information.

Sponsored by:



CARE PROVIDER TRAINING

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



~ **SAVE-THE-DATE** ~

WHEN: WED., May 10, 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** ~

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*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:*



Adult Protective Services Division

In Partnership with

Silver Advocate Partners

PRESENTS

Abuse of the Elderly & Disabled: “It’s Everyone’s Business”

11th Annual Training Symposium for Service Providers of the Aged & Disabled

2017

Thursday, May 18, 2017

8:30 am – 4:30 pm

Breakfast & Lunch Provided

First United Methodist Church

900 S. Shoreline, Corpus Christi, TX

A Training for Social Workers, First Responders, Home Health personnel, all Service Providers that interact with elderly and disabled adults.



For Registration Information Contact: Jennifer Catalani at (361) 808-6322

CEUs Available

(For SW, LPC, LCDC)

Courtesy of Bayview Behavioral Hospital