

Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Drug and Alcohol Abuse – Senior Mental Health

The most common mental health problems of the aged are depression, anxiety, dementia (e.g., Alzheimer's disease), drug and alcohol abuse, and paranoia. The suicide rate is higher for the elderly than for any other age group.

The diagnosis and treatment of a mental disorder can be complicated in an aging population. The elderly often have multiple chronic conditions and multiple medications being prescribed by multiple doctors. They also have possible drug interactions, social isolation, limited mobility, and increased emergency room visits, sometimes with poor follow-up. Alcohol and drug abuse, particularly prescription drug and opioid abuse among *older* adults, is one of the fastest growing health problems in the US.

Alcohol Abuse

Recent studies find that as many as 2.5 million older adults (about 17% of the over-65 population) have alcohol-related problems. Most older adults aren't even aware of the risks, but if the person in your care takes more than two to three drinks a day (more than one for women), he or she is at increased risk for *serious* health problems:

- There is a greater risk of dying of stroke or heart attack.
- Alcohol is a proven cause of cancer, second only to smoking.

- People who drink to excess are at higher risk of hardening of the arteries and heart disease.
- Long-term heavy alcohol use leads to muscle disease and numbness in hands and feet (peripheral neuropathy), that impairs the ability to walk.
- Alcohol abuse impairs the memory, both while drinking and in the long term.
- Daily alcohol consumption increases the likelihood of weight gain, and gaining weight leads to other health problems, like diabetes and joint damage.
- Alcohol is the major cause of serious liver disorders; because many important medications are processed through the liver, liver damage can make it much harder to control some illnesses.
- Heavy drinking can make diabetes worse.
- Heavy drinking can cause weak bones (osteoporosis), which leads to fractures.
- Alcohol abuse can cause or worsen mood disorders, such as depression and anxiety.



Article continues
on page 2

Women and Alcohol

For women, more than one drink a day can be harmful. Here's why:

- ☆ Women tend to be smaller and proportionately have less body water where alcohol is diluted.
- ☆ Breaking down alcohol is slower in women since their stomach enzymes are less active. This makes the entry of alcohol into the bloodstream more likely.
- ☆ Alcohol has a greater effect on women's driving skills, which can result in a fatal car crash.

Source: www.berkeleywellness.com

Drug Abuse – Opioids and Painkillers

Americans are becoming addicted to opioids, a class of drug that is killing them in record numbers, especially Oxycodone, Percocet or Fentanyl — drugs all classified as opioid painkillers. **People with addiction to these drugs are often older Americans, who are developing addiction through *medical use*.** The death rate is much higher among the elderly than it is in the younger group. Women are also especially vulnerable. If someone in your care is struggling with these drugs, encourage him to talk to an addiction expert.

Insomnia and Depression

Depression in the elderly is often misdiagnosed as dementia or Alzheimer's and some health care professionals may mistakenly think that depression is normal for the elderly. Seniors are often *under-treated* for depression and other mental health problems. However, depression *can* and *should* be treated when it occurs, since untreated depression can delay recovery or worsen outcomes for other illnesses.

Nearly half of all people with depression report trouble sleeping, and people with insomnia are nearly twice as likely to be depressed. Curing insomnia in people with depression could double their chance of a full recovery.



Taking Care of Yourself— To Become Alcohol-free

Help the person in your care choose individual, group, or family therapy, depending on what works for him.

- ✓ Find a support group for older adults with alcohol problems.
- ✓ Talk to a health care professional; ask about medicines that might help.
- ✓ Encourage the person to join a 12-step program such as Alcoholics Anonymous (AA). AA offers support and programs for people who want to quit drinking.

Mental Health Treatment

The most commonly used therapies consist of psychotherapy, cognitive behavioral therapy (CBT), self-help or support groups, stress-management techniques, and medications like antidepressants. A physician with specialized *geriatric* training can be part of the health care team, especially helpful to the person taking multiple medications and/or experiencing symptoms of mental illness.

Live Life Laughing!

I am willing to make some changes to my lifestyle as long as I don't have to do anything different.



Inspiration

A real friend is one who walks in when the rest of the world walks out.

~Walter Winchell

Don't Fall – Be Safe

Antidepressant medication is the number one drug associated with falls in the elderly. This is because many of these drugs have strong sedative properties and can make people clumsy.

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—Hidden Dangers

Even those who drink the same amount as they did when younger can be at risk. In older people, blood alcohol levels get higher faster and stay high longer than they do in younger people. Also, older people use more prescription and over-the-counter remedies, and these can be dangerous or deadly when mixed with alcohol.

- ★ Taking aspirin with alcohol raises the chance of bleeding in your stomach.
- ★ Some cough syrups and cold and allergy medications have a high amount of alcohol in them; drinking alcohol with these can make you dangerously sleepy.
- ★ Drinking alcohol while taking some sleeping pills, pain pills, or anxiety or depression medicine can be very dangerous, causing unconsciousness, coma, or even death.
- ★ You can damage your liver if you drink and take a lot of painkillers that contain acetaminophen (Tylenol).

Source: National Institute on Alcohol Abuse and Alcoholism; National Institutes of Health

NEXT ISSUE... BETTER NUTRITION—USING THE SNAP PROGRAM

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

According to the National Council on Alcoholism and Drug Dependence there are 2.5 million older adults with an alcohol or drug problem and older adults are hospitalized as often for alcoholic related problems as for heart attacks. Read the issue and answer True or False to the questions below.

1. Curing insomnia in people with depression could double their chance of a full recovery.
T F
2. The suicide rate is higher for the elderly than for any other age group.
T F
3. Drinking alcohol while taking some sleeping pills, pain pills, or anxiety or depression medicine can be very dangerous, causing unconsciousness, coma, or even death.
T F
4. Breaking down alcohol is slower in women since their stomach enzymes are less active.
T F
5. Alcohol is a proven cause of cancer, second only to smoking.
T F
6. There is a greater risk of dying of stroke or heart attack if a person frequently drinks to excess.
T F
7. Heavy drinking does not cause weak bones (osteoporosis), which leads to fractures.
T F
8. Depression in the elderly is often misdiagnosed as dementia or Alzheimer's.
T F
9. Alcohol does not have a greater effect on women's driving skills.
T F
10. People with addiction to painkillers are older Americans, who are developing addiction through *medical* use.
T F

Name _____

Signature _____ Date _____

MAY 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, MAY 2ND

TIME: 6:00 p.m.

WHERE: Y.W.C.A.

ADDR.: 4601 Corona Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, MAY 9TH

TIME: 6:00 p.m.

WHERE: Woodridge Nursing & Rehab Center

ADDR.: 600 So. Hillside Dr., Beeville

PHONE: (361) 358-8880

WHEN: WEDNESDAY, MAY 10TH

TIME: 12:00 p.m.

WHERE: Lindale Center/Caregiver SOS

ADDR.: 3133 Swantner St., Corpus Christi

PHONE: (361) 826-2343

WHEN: THURSDAY, MAY 11TH

TIME: 3:00 p.m.

WHERE: Mirador Plaza (back side of facility)

ADDR.: 5857 Timbergate Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, MAY 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: TUESDAY, MAY 16TH

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, MAY 18TH

TIME: 10:30 a.m.

WHERE: Lexington Place Nursing & Rehab

ADDR.: 1661 West Yoakum, Aransas Pass

PHONE: (361) 758-7686

WHEN: THURSDAY, MAY 25TH

TIME: 4:30 p.m.

WHERE: Kleberg County Nursing & Rehab.

ADDR.: 316 General Cavazos Blvd., Kingsville

PHONE: (361) 883-3935

WHEN: TUESDAY, MAY 30th (NEW TIME AND DAY)

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, MAY 23RD

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, MAY 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)

CLASSES FOR ALL AGES

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
Tuesday, May 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Thoughtful Hospitalizations with Dementia Patients with Michael Splaine, BA <i>There are circumstances when someone with Alzheimer’s disease may need to go to the hospital for an assessment, surgery or some other form of treatment. This can be a challenging time for the patient, the caregiver and hospital staff. In order to reduce the potential for problems, it is wise for both the caregiver(s) and hospital staff to prepare themselves for the admission.</i>
Monday, May 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	How do you Know? Signs When It’s Time to Take the Next Step in Caring for Your Loved One with Lynell Bond, LPC <i>Although there is no step-by-step procedure for caring for a loved one, there are medical and behavioral signs along the way. These signs signal that it is time for the next step in the care you provide through medical interventions and community services. Our speaker, a Licensed Counselor, has 15+ years of counseling experience</i> Sponsored by the North Central Texas Caregiver Teleconnection
Wednesday, May 17th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	I’m not the Same Person Anymore: Coping with Caregiver Role Changes with Evalyn Greb, LCSW <i>Do your caregiving responsibilities make you feel like a different person? This session will help you understand the definitions of role changes, role reversal, role overload, and role engulfment. You’ll also find out why caregivers are susceptible to role related challenges and learn how to cope with role-related challenges.</i>
Tuesday, May 23rd	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	The A’s of Dementia with Tam Cummings, PhD <i>This presentation takes a detailed look at the A’s of Dementia – from anxiety, anger, aggression, apathy to amnesia, aphasia, agnosia and apraxia – in a manner that allows caregivers to connect how each “A” is a result of specific damage in the brain’s lobes. Understanding the link between the behaviors of each “A” provides a method for professionals and family caregivers to track the progression of a person’s dementia and provide useful information to medical professionals.</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



*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: THURSDAY, MAY 4, 2017

Time: 6:00 p.m. ~ 7:30 p.m.

Where: Woodridge Nursing & Rehab Ctr. 600 So. Hillside Dr. Beeville, TX.

CALL 361-358-8880 to RESERVE YOUR SPACE

FOR ADDITIONAL INFORMATION:

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

FELIPA LOPEZ WILMOT ~ FAMILY CAREGIVER SPECIALIST

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TEXAS
Department of Family and Protective Services

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

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.

EARLY BIRD REGISTRATION DEADLINE: MAY 5, 2017

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

CEUs Available

(For SW, LPC, LCDC)

Courtesy of Bayview Behavioral Hospital





CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD
“Until There’s A Cure, Take the Tour”

The Virtual Dementia Tour® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

KLEBERG COUNTY NURSING & REHAB

Invites you to participate in a FREE Community Event

TUESDAY, MAY 23, 2017

3:00 p.m. to 6:00 p.m.

316 General Cavazos Blvd. Kingsville

LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!

To register or for more information call:

TERRA TORRES at 361-592-9366

* 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*.

A DEMENTIA COLLABORATIVE PROJECT SPONSORED BY:



HOSTING PARTNER:

*Kleberg County Nursing & Rehab
Kingsville, Texas*

