

# Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

## Lift Correctly – Save Your Back

Being a caregiver puts you at risk for back injuries. Many occur when lifting, moving, transferring or changing the position of the one in your care. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures. Learn how to avoid harming yourself *and* the one in your care.

### The Golden Rule . . .

First, consider the task at hand. Think about what you are capable of, what assistance you might need and to what degree the one in your care can assist you. Then, eliminate hazards such as clutter, throw rugs, or excess furniture. When planning on the space you need to move, pivot, or transfer, allow for more space than you think you need.

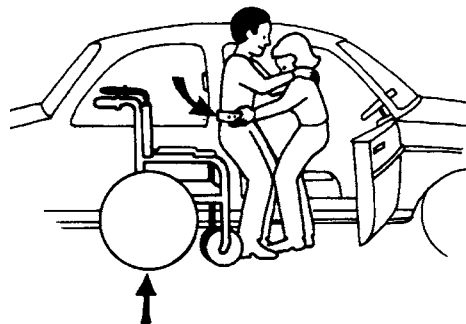
- ☑ Let the person you are helping do as much as he can do safely.
- ☑ Never allow the person you are helping to put his arms around your neck.

- ☑ Have the person PUSH off rails, chair arms, etc. (No pulling)
- ☑ Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, he may become lightheaded with a change in position—**move slowly!**
- ☑ Have all equipment you need ready and in working order, such as a transfer belt, chair, wheelchair, commode, or Hoyer lift. If transferring to or from a bed, wheelchair or commode with locking brakes, make sure they are locked.
- ☑ If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury. Instead, lower him slowly to the floor and call for assistance.

### FAST FACT - Car Transfer Safety

An estimated 37,000 people 65 and older are injured each year when entering or exiting a vehicle. About 40 percent of these injuries were due to falls.

Source: CDC; Journal of American Geriatrics Society; April 2008

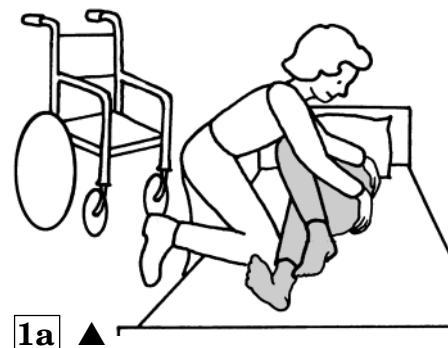


Article continues  
on page 2

Continued from page 1

### **Transferring from Bed to Wheelchair Without a Transfer Belt**

- 1**
  - Place the wheelchair at a 45-degree angle to the bed so that the person will be transferring to his stronger side.
  - **Lock the wheels** of the chair (you can use a wheel block) and the wheels of the bed.
  - Tell the person what you are going to do.
  - Bring him to a sitting position with his legs over the edge of the bed following steps a, b, c, and d.
  - Let him rest a moment if he feels lightheaded.
  - Put his shoes on.



**1a** ▲



**1b** ▲



**1c** ▲



**1d** ▲

- 2**
  - Put your arms around his chest and clasp your hands behind his back.
  - Support the leg that is farther from the wheelchair between your legs.
- 3**
  - Lean back, shift your leg, and lift.
  - Pivot toward the chair.
- 4**
  - Bend your knees and let him bend toward you.
  - Lower the person into the wheelchair.
  - Adjust him comfortably in the chair.



▶ **2**



▶ **3**



▶ **4**

### Taking Care of Yourself— For Less Back Pain, Quit Smoking

A study found that patients with severe back pain who quit smoking report less pain and greater improvement than patients who continued to smoke. Also, those who continued to smoke during treatment had no improvement in pain. Nicotine increases pain. Another proof that smoking is bad for you—and your back.

Source: *Journal of Bone & Joint Surgery*, December 2012; American Association of Orthopaedic Surgeons [www.aaos.org](http://www.aaos.org)



### NOTE - Transfers Safety

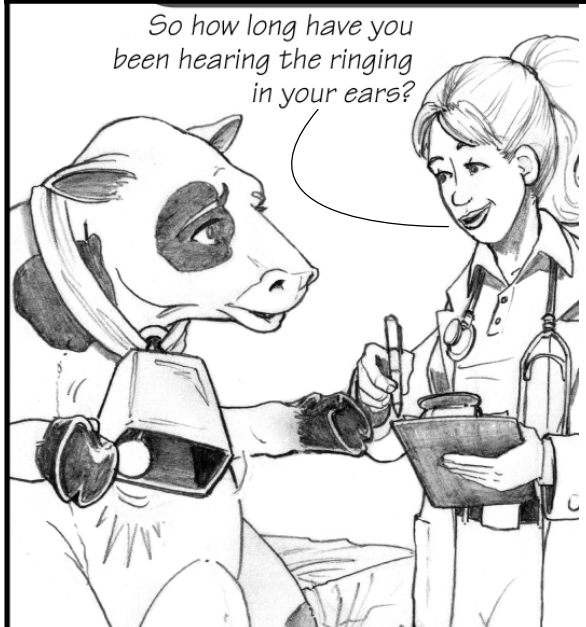
Seek training from a physical therapist to reduce the risk of injury to yourself or the person in your care. The therapist will correct any mistakes you make and can take into account special problems. To determine the best procedure for you to use, the therapist will consider the physical condition of the person in your care and the furniture and room arrangements in the home.

### Inspiration

*To handle yourself, use your head; to handle others, use your heart.”*  
~ Eleanor Roosevelt

### Live Life Laughing!

So how long have you been hearing the ringing in your ears?



### Memory Care

#### Transfers

During transfers people with dementia may feel more vulnerable and may resist out of fear of falling or not knowing where they are going. Any time the person with dementia resists you, consider whether the person understands what you want him to do and whether he feels safe. Fear and confusion are often the cause of resistance.

*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.

©2018 CareTrust Publications LLC.

All rights reserved. Reproduction of any component of this publication is forbidden without a license from the publisher.

Some content in this publication is excerpted from *The Comfort of Home: Caregivers Series*. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.

## ***SAFETY TIPS*—Your Weight Matters**

Maintain good posture, and exercise to strengthen your back and stomach muscles. If you are overweight, lose weight. Excess weight puts extra stress on back and stomach muscles and on joints. One pound of extra weight puts 4 extra pounds of stress on knee joints. Obesity is one of the biggest risk factors for developing back pain and arthritis because it speeds the destruction of joint-cushioning cartilage. Losing weight—even just 10 or 11 pounds—can cut your risk in half.

To prevent injuries to yourself, get plenty of rest and maintain:

- ☛ Good nutrition and physical fitness.
- ☛ Good body mechanics.
- ☛ A stress management program such as daily meditation.
- ☛ A stretching routine before you lift and a back strengthening exercise program.

Source: *HarvardHealth*

# 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

Body mechanics involve standing and moving one’s body so as to prevent injury, avoid fatigue, and make the best use of strength. When you learn how to control and balance your own body, you can safely control and move another person.

Answer True or False to the questions below.

1. During transfers people may feel more vulnerable and may resist out of fear or not knowing where they are going.  
T F
2. A study found that patients with severe back pain who quit smoking report less pain and greater improvement than patients who continued to smoke.  
T F
3. Excess weight puts extra stress on back and stomach muscles and on joints.  
T F
4. Many back injuries occur when lifting, moving, transferring or changing the position of the one in your care.  
T F
5. Entering or exiting a vehicle is not dangerous for a senior and cannot cause a fall.  
T F
6. In dementia care, fear and confusion are often the cause of resistance.  
T F
7. If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury.  
T F
8. If a senior does not move often, he may become lightheaded with a change in position.  
T F
9. PULL the person out of the chair to get him up.  
T F
10. Obesity is one of the biggest risk factors for developing back pain and losing weight—even just 10 or 11 pounds—can cut your risk in half.  
T F

Name \_\_\_\_\_

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

# JUNE 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, June 5th  
**TIME:** 6:00 p.m.  
**WHERE:** St. Paul United Church of Christ (new location)  
**ADDR.:** 5525 Lipes, Corpus Christi  
**PHONE:** (361) 883-3935
- WHEN:** WEDNESDAY, June 6th  
**TIME:** 10:00 a.m.  
**WHERE:** SCC River Ridge Nursing Rehab Center  
**ADDR:** 3922 West River Dr. (Off FM 624), Corpus Christi  
**PHONE:** (361) 767-2000
- WHEN:** TUESDAY, JUNE 12TH  
**TIME:** 6:00 p.m.  
**WHERE:** Woodridge Nursing & Rehab Center  
**ADDR.:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880
- WHEN:** WEDNESDAY, JUNE 13TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center / Caregiver SOS  
**ADDR.:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343
- WHEN:** THURSDAY, JUNE 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, JUNE 19TH  
**TIME:** 9:30 a.m.  
**WHAT:** General Caregiver Support Group  
**WHERE:** Brookdale (Formerly Homewood Residence)  
**ADDR:** 410 Meadow Vista, Corpus Christi  
**PHONE:** (361) 980-0208 FACILITATOR: Anita Valle
- WHEN:** THURSDAY, June 21th  
**TIME:** 10:30 a.m.  
**WHERE:** Ed & Hazel Richmond Public Library  
**ADDR.:** 110 N. Lamont St. Aransas Pass, Texas  
**PHONE:**
- WHEN:** THURSDAY, JUNE 28TH  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rhab  
**ADDR:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935
- WHEN:** TUESDAY, JUNE 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:** TUESDAY, June 26nd  
**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, June 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

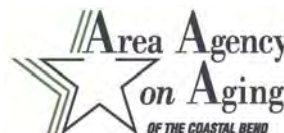
~ OR ~

**SALLY EDSILL**

*NFCSP Administrative Assistant*

Office: (361) 883-3935 ext - 5156

email: sally@cbcogaaa.org



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



www.caregiverteleconnection.org



**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Wednesday, June 6th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific (Arizona)

**Caregiving for the Visually Impaired with Nancy Gawlik** *During our “Caregiving for the Visually Impaired” presentation we will cover blindness sensitivity and some basic caregiving information. This will include common types of vision loss, meeting a blind person, orientation and mobility, and sighted guide techniques. We will also address how to recognize vision loss and questions to ask the doctor.*

**Monday, June 11th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific (Arizona)

**Why it Matters While Caring for Others with Sharon Gayle, MA, LPC, LCDC** *It is a fact of life that everyone makes mistakes from time to time. When the mistake hurts someone we love, we can experience depression, anxiety, shame, and guilt over the pain we caused. The antidote to that shame and guilt is found in self-compassion. Sharon Gayle will discuss the features of self-compassion, how it serves to give hope and healing to the person who uses it in daily practice. \*\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\*\**

**Thursday, June 14th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific (Arizona)

**Lucy Barylak, MSW as “Dear Lucy”** *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 e-mail or phone.***

**Tuesday, June 19th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific (Arizona)

**Untangling Dementia with Tam Cummings, PhD** *Tam’s signature talk, which is based on the name of her popular book “Untangling Dementia: A Guide to Understanding Alzheimer’s and Other Dementias”, provides family and professional caregivers an in-depth understanding of the disease from diagnosis to death. During her presentation, Tam explains the progression and staging of dementia, the physical causes of disease-driven behaviors, changes in perception and communication abilities, the impact of the disease on caregivers, and much more.*

**Wednesday, June 27th** 2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific (Arizona)

**Caregiving and Family Dynamics with Dr. Yvonne Lozano** *Family members are deeply and emotionally connected despite feeling distant or disconnected In this session- understanding family dynamics and caregiving begins with the family systems theory. Dr. Lozano will present types of underlying family dynamics and the impact of these dynamics on caregiving. Lastly, this session will review five methods to assess your relationship with siblings and how caregivers are identified early in the development of the family.*



**A program of the WellMed Charitable Foundation**

# CARE PROVIDER TRAINING

A facilitation provided by:

*The National Family Caregiver Support Program*

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **June 13, 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](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:*





# SCHMIEDING METHOD BASIC SKILLS TRAINING CLASSES

~ FREE 12 hour class ~

CLASS DATES (each session is 4 hours):

FRIDAY, JUNE 1st

FRIDAY, JUNE 8th

FRIDAY, JUNE 15th

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

WHERE: Del Mar College  
Ctr. for Economic Development  
Room # 126  
3209 S. Staples St.  
Corpus Christi, Texas 78411

**\*) COURSE CONTENT INCLUDES :**

- ◆ *Infection Control*
- ◆ *Skin Care*
- ◆ *Incontinence Management*
- ◆ *Medication Safety*
- ◆ *Proper Body Mechanics*
- ◆ *Body Movement and Mobility*
- ◆ *Caregiver Stress*
- ◆ *Home Safety*
- ◆ *Personal Care*
- ◆ *Transferring*
- ◆ *Nutrition & Hydration*

**MUST PRE-REGISTER BY May 25th**

Call to reserve your space:

**(361) 883-3935**

or **1-800-252-9240**

*The Schmieding Method  
Basic Skills Training Classes  
is a community partnership provided by:*



Facilitations are also provided by the:

**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

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 ~

**Sally Edsill**

*NFCSP Administrative Assistant*

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: nfcsp@cbcogaaa.org



# Learn and Apply Music Therapy

Meet Mirador's Music & Memory Program at the Area Agency on Aging Support Group Meeting

**LEARN HOW MUSIC EFFECTS THE BRAIN, EMOTION, & BEHAVIOR!**

The LifeStyles Team at Mirador would like the opportunity to share with you the power and effectiveness of music therapy. Bring an Mp3 player, phone, or iPod and learn how to utilize them to suit your needs. Mirador will open free-access to their music library containing thousands of songs with several genres.

"We look forward to serving and supporting our community!" -Mirador Team Members

## **THE PLAZA AT MIRADOR**

Thursday, June 14 at 3 p.m.

5857 Timbergate Dr. CC, TX 78414



Are you a relative, spouse, or friend who takes care of a loved one?  
You do not have to be alone in your caregiving journey!



# Caregiving Support Group

**1st Tuesday  
Every Month**

**6:00 - 7:30 p.m.**

**Discover Local and Online Resources**

**Talk to Others Who Understand the Demands of Caregiving**

**Realize the Importance of Taking Care of Yourself**

**Learn How to Cope with the Emotional Roller Coaster**

**Take a Break to Socialize**

**RSVP Appreciated: 361-371-8157**



**Event Location:  
St. Paul United Church of Christ  
5525 Lipes Blvd, Corpus Christi, Texas 78413**



# 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:  
**Area Agency on Aging of the Coastal Bend**  
**Address: 2910 Leopard Street**  
**Corpus Christi, TX 78408**  
 Office: (361)-883-3935



# OMBUDSMAN:

## A FUNNY-SOUNDING WORD FOR A VALUED VOLUNTEER.

Do you care about protecting the rights of older adults? The **Long-term Care Ombudsman Program** needs volunteers to serve as advocates for residents of nursing homes and assisted living facilities. Volunteer hours are flexible, and no prior experience is required.

## VOLUNTEERS NEEDED

- Visit residents at an assigned facility.
- Listen to and advocate for residents.
- Protect resident health, safety, welfare and rights.
- Respect resident confidentiality, choices and independence.
- Address concerns.

### TRAINING:

- Free 36-hour certification course
- Ongoing support and guidance
- Three month internship with hands-on training
- Continuing education

**Call to sign up: 800-252-2412**

1600442



### VOLUNTEER QUALIFICATIONS:

- At least 18 years old
- No conflicts of interest
- Complete certification training
- Have transportation

### FOR MORE INFORMATION:

**800-252-2412**

[ltc.ombudsman@dads.state.tx.us](mailto:ltc.ombudsman@dads.state.tx.us)

[www.dads.state.tx.us/news\\_info/ombudsman/](http://www.dads.state.tx.us/news_info/ombudsman/)

### CONTACT YOUR LOCAL OMBUDSMAN PROGRAM:

Area Agency on Aging  
Of the Coastal Bend  
2910 Leopard St.  
Corpus Christi, TX 78408  
361-883-3935

The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.