

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Understanding Alzheimer's Disease

How to Tell If a Person with Alzheimer's Disease Is in Pain

It can be difficult to figure out whether someone with dementia is in pain, and what is causing the pain. People with dementia may not be able to tell you in words that they are in pain, or even where the pain is. Sometimes they can be in great pain, and not be able to communicate directly.

In the early stage of dementia, he or she may answer in what seems like a response to the question the doctor is asking—even though they do not understand the question—but is simply trying to be helpful. For example, wherever the doctor touches and asks, “Does it hurt here?” They may keep saying, “Yes.” This does not help the doctor to figure out where the pain is.

You know the person in your care better than the doctor, so you will be able to interpret her way of communicating. Here are some signs of pain that will be of help when the person is unable to tell you directly—

- verbal cues—crying or moaning, calling out
- rubbing or protecting one part of the body
- facial expression, frowning, or grimacing



- decreased activity level
- trouble sleeping
- a stiffened upper or lower body that is held rigidly and moved slowly
- increased agitation, aggressive behavior, pacing or rocking
- mental status changes, increased confusion or irritability

Each person has his or her own pain signature. You, as caregiver, will know what behavior is typical. You can recognize that there is a change in behavior and perhaps when that change indicates pain.

Article continues
on page 2

What to Do in an Emergency

In the course of caring for a person with Alzheimer's disease it is likely that an accident will occur or that the person will appear to be seriously ill. A person with dementia can fall and break a bone and not complain of pain. On the other hand, a relatively minor illness or discomfort may make the person extremely upset. Because of his dementia, the person may not be able to help you to decide what kind of care is needed. Is this an emergency? If it is, you should call 911, the fire department or whatever agency is in charge of sending the Emergency Medical Service in your area. You should *not* try to take the person to the emergency room on your own. How can you decide that there is an emergency? The following signs always indicate an emergency that needs *immediate* attention—



- ☞ loss of consciousness or a marked change in mental state
- ☞ sudden severe chest pain
- ☞ a fall that results in severe pain or inability to move
- ☞ an accident that results in a blow to the head
- ☞ uncontrollable bleeding
- ☞ high fever accompanied by confusion and delusions
- ☞ difficulty breathing
- ☞ repeated or forceful vomiting
- ☞ failure to urinate for more than twelve hours
- ☞ sudden slurring of speech, loss of vision or balance, extreme weakness
- ☞ violent or uncontrollable behavior
- ☞ swallowing a poisonous substance

Even if none of these signs are present and you think that the person is seriously ill, call for emergency help. No caregiver looks forward to a visit to the emergency room, but it is a better alternative than neglecting a situation that could be life threatening.

NOTE

If the person in your care is enrolled in a hospice program, find out in advance what arrangements the program has for emergency care.

Tip

If the situation allows, ask that the person be taken to the hospital with which his doctor is affiliated to facilitate continuity of care.

Once you arrive in the emergency room do your best to stay with the person in your care and to inform all staff members that he has Alzheimer's disease and may not be able to provide accurate information about his condition or to follow their instructions.

Taking Care of Yourself—**Telling Family Stories**

Remembering past events in one's life is something valuable and therapeutic for the elderly and their families. By being able to relate their past, the elderly become more cognizant, feel less depressed, and improve their behavior. Like a potion, it improves self-esteem and makes one have a more positive outlook for the future.

The process of writing past events can also pave the way to shake off some of the past, and seniors are able to think differently about their lives. Be it individually or in structured groups, life-writing encourages recollection of family relationships, career accomplishments, and major turning points in life.



Be Wary of Scams - Track Purchases and Payments

Monitoring a parent's purchases and payments can clue you into purchases and/or payment requests that maybe fraudulent.

Live Life Laughing!

Never make fun of me when teaching me how to use a computer. I taught you how to use a spoon.



Inspiration

'You can observe a lot by watching.'
Yogi Berra

Don't Fall – Be Safe

As we age, our feet can change shape and lose some feeling. This changes the way we walk and affects balance. Wear comfortable, firm-fitting, flat shoes with a low broad heel and soles that grip.

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—Dehydration

A major cause of emergency room visits for frail or demented older adults is dehydration.

Dehydration occurs when a person is either not getting enough liquids daily or excreting too much urine. The body's ability to detect thirst diminishes with age. Illness and medication can also cause dehydration. Signs and symptoms of dehydration include:

- ★ Headache—the most common symptom
- ★ Dry mouth and tongue; cracked lips
- ★ Dry skin
- ★ Sunken eyes
- ★ Nausea, vomiting, diarrhea
- ★ Dark, strong smelling urine
- ★ Weight loss
- ★ Fast heart beat; low blood pressure
- ★ Confusion, light-headedness
- ★ Disorientation

NEXT ISSUE... EATING RIGHT WHEN MONEY'S TIGHT

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

Sometimes people with Alzheimer's use salty language, especially when in pain, which they never would have used before they became ill. Don't be offended. It is the disease speaking. Read the issue and answer True or False to the questions below.

1. People with dementia can always tell you in words that they are in pain, or even where the pain is located.
T F
2. A person with dementia always understands what the doctor is asking her about her pain.
T F
3. Rubbing or protecting one part of his or her body may be a sign of pain.
T F
4. A person with dementia can fall and break a bone, and not complain of pain.
T F
5. You should not try to take the person with dementia to the emergency room on your own.
T F
6. In the emergency room inform all staff members that the senior has Alzheimer's disease and may *not* be able to provide accurate information about his condition or to follow their instructions.
T F
7. A major cause of emergency room visits for frail or demented older adults is dehydration.
T F
8. The caregiver or loved one knows what behavior is typical and that a change in behavior perhaps indicates pain.
T F
9. Increased agitation, aggressive behavior, pacing or rocking can be a sign of pain.
T F
10. Dehydration occurs when a person is either not getting enough liquids daily or excreting too much urine.
T F

Name _____

Signature _____ Date _____

FEBRUARY 2016 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, FEBRUARY 2ND
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, FEBRUARY 11TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, FEBRUARY 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: WEDNESDAY, FEBRUARY 17TH
TIME: 3:00 p.m.
WHERE: Alice Public Library
ADDR: 401 E. Third Street, Alice
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, FEBRUARY 18TH
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: THURSDAY, FEBRUARY 25TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935 or 1-800-817-5743

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, FEBRUARY 9TH
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743
TOPIC: Motivating Children to Responsible Behavior

WHEN: TUESDAY, FEBRUARY 23RD
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHAT: (*) EVENING SUPPORT GROUP
WHEN: Thursday February 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)

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 ~

MONZERATT SILGERO
NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156
Toll Free: 1-800-817-5743
email: rhonda@cbcogaaa.org

Facilitations are provided by:

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of the:





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.

HARBOR PLACE

Invites you to participate in a FREE Community Event

THURSDAY, FEBRUARY 11, 2016

2:00 p.m. to 6:00 p.m.



5518 Lipes Boulevard, Corpus Christi



LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!

**To register or for more information call:
Allyson Kimble at 361-986-0655**

* 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:

*Harbor Place
Corpus Christi, Texas*



Stress-Busting Program for Family Caregivers



Help for Family Caregivers

Information

Who: Family caregivers of a loved one with dementia or chronic disease

What: Program meets

- 90 minutes/each week
- for 9 weeks
- group of up to 8 people

Confidential

Supportive

**Trained
Caring Facilitators**

**Materials provided in
English or Spanish**

- Do you provide care for a loved one with dementia or chronic disease?

You are not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- These basic skills can reduce daily stress in your life

Please call for more information

Felipa Wilmot (361) 883-3935 Ext. 5153 or 1800 817-5743



The Oasis

A Caregiver's Day Out Ministry
of

First United Methodist Church

900 S. Shoreline, Corpus Christi, TX 78401

Phone 884-0391

Time: 9:30 am – 1:30 pm

The OASIS Offers:

- Every Friday of the month this program is available for people with Alzheimer's disease (AD) and other similar dementias who are being cared for at home by family members.
- It provides a chance to socialize in a warm and loving atmosphere.
- Offers the caregiver four hours of stress free time to attend to their own personal needs.
- Is offered as a ministry to the community by First United Methodist Church of Corpus Christi, TX in gratitude for God's many blessings. It is offered **free of charge** and is open to people of all religious backgrounds.

Contact Information:

Felipa Lopez Wilmot
Caregiver Program Specialist
Phone: (361) 883-3935
Toll Free: 1-800-817-5743

Contact Information:

Wilma Williams
Senior Adult Ministries
Phone: (361) 985-6582 or (361) 549-1278

PLEASE PRINT CLEARLY & LEGIBLY

Fax completed form to (361) 883-6444 or email to awoolsey@ccfumc.com

Mr. / Mrs. / Ms. _____

Family Caregiver Name

Preferred Method of Contact

(Area Code) Contact Phone #

(Area Code) Alternate Phone #

E-mail Address

Message/Comment: _____

SPONSORED BY THE SENIOR ADULT COUNCIL

Are you living with a disability or know someone who does?



The **COASTAL BEND AGING AND DISABILITY RESOURCE CENTER (CBADRC)** was developed through partnerships between the Area Agency on Aging (AAA) of the Coastal Bend, Behavioral Health Center of Nueces County (BHCNC), Coastal Bend Center for Independent Living (CBCIL), Coastal Plains Community Center (CPCC), and the Texas Department of Aging & Disability Services (DADS). Each are committed in collaborating to help empower individuals to make informed choices and to streamline access to long term services and supports.

~ TARGET GROUPS ~

- Caregivers**
- Older Persons**
- Persons with Disabilities of ALL Ages**
- Veterans**

CBADRC can help:

- ◆ *family members ask the right questions*
- ◆ *understand answers for living independently*
- ◆ *provide information on available services and/or resources*
- ◆ *maintain independence, dignity and quality of life*
- ◆ *bring 'peace of mind'*

Call CBADRC for more information:

361-883-3935

855-937-2372

800-817-5743

CBADRC Core Partners:








As a family caregiver, do you need 'rest' (respite) for yourself?

Do you have questions on available resources for older persons or persons with a disability?

Do you provide care to a loved one or know someone who does?

MATTER OF BALANCE CLASSES: Feb. 2016

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fri.	Sat.
	1 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	2 	3 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	4	5	6
7	8 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	9	10 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	11 	12	13
14	15 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	16 	17 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	18	19	20
21	22 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	23	24 <u>SOUTH TEXAS ATHLETIC CENTER.</u> 8457 TX-89, Sinton, TX 78387 9:00 a.m. — 11:00 a.m.	25 	26	27
28	29 					

Call the AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER to learn more about the “MATTER OF BALANCE CLASSES”

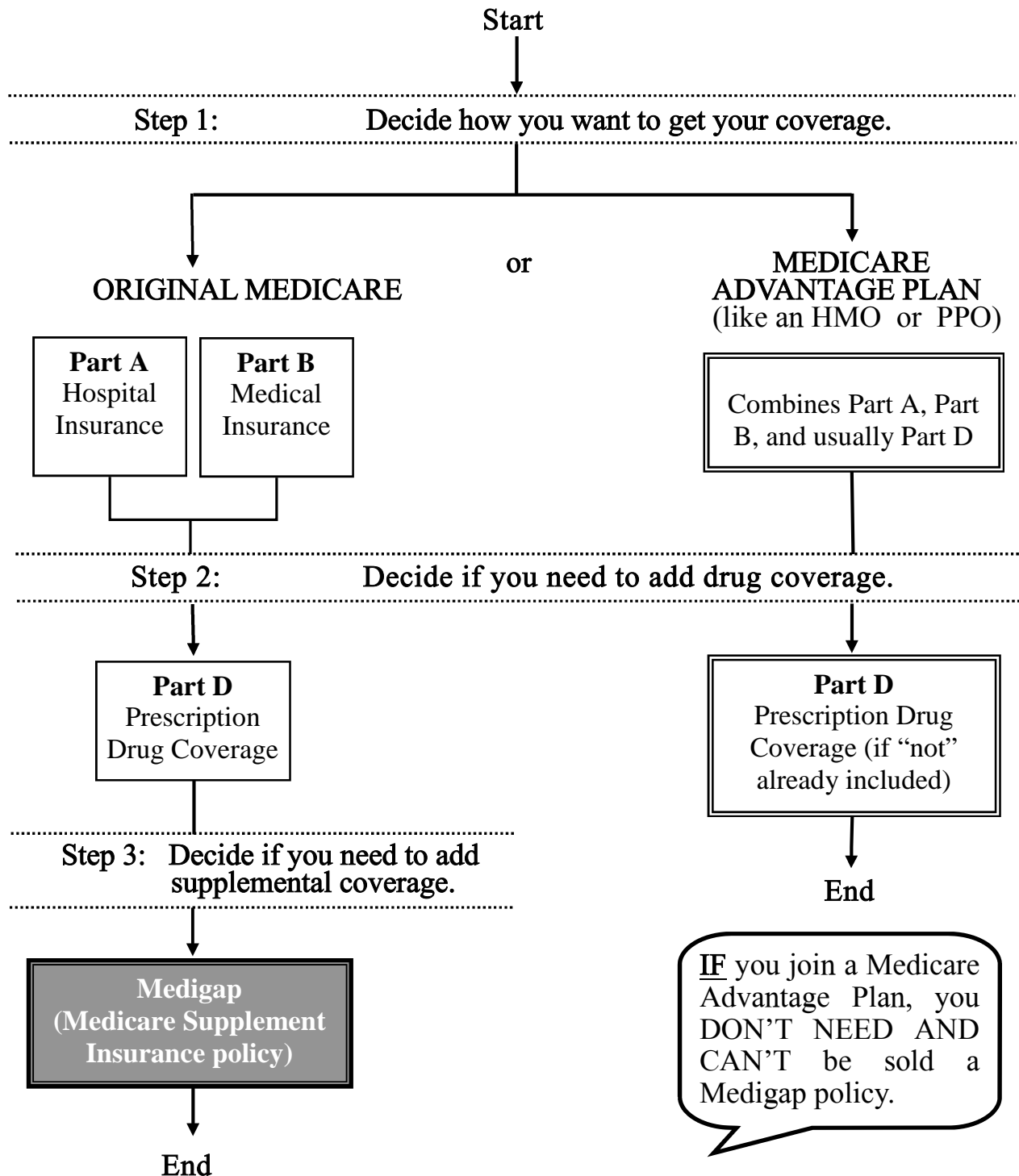
(361) 883-3935 or 1-800-817-5743 viola@cbcogaaa.org

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.



2016 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
- ◆ \$266 if you or your spouse worked and paid into Medicare between 7.5 years to 10 years
- ◆ \$411 if you or your spouse worked and paid into Medicare fewer than 7.5 years

Part A Deductible

- ◆ \$1,288 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.
- ◆ \$322 each day for days 61 - 90 each benefit period
- ◆ \$644 per day for days 91 - 150 (lifetime reserve days - total of 60 lifetime reserve days which are non-renewable.)

Part A Skilled Nursing Facility (SNF) Stay Coinsurance

- ◆ \$0 for days 0 - 20 each benefit period
- ◆ \$166 per day for days 21 - 100 each benefit period

Part B Premium (Medical Insurance)

- ◆ \$104.90 per month for existing Medicare beneficiaries
- ◆ \$121.80 per month for beneficiaries who are new to Medicare in 2016
- ◆◆ People with high incomes have a higher Part B Premium (\$85,000 for single or \$170,000 for couples)

Part B Deductible

- ◆ \$166 each year
- ◆ 20% co-insurance of Medicare Approved Charge after deductible

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

Part D (PDP - Prescription Drug Plan)

- ◆ Premiums vary depending on plan
- ◆ Deductible if applicable \$250 - \$360
- ◆ Donut Hole = \$3,310 you pay 45% for brand name drugs and 58% for generic while in the 'donut hole'
- ◆ Catastrophic = \$7,062.50 (**) 5% or \$2.95 for generics and \$7.40 for brand name drugs whichever is greater
(**) and coverage begins again



Free Telephone Learning Sessions

Date	Time	Topic
Tuesday, February 2nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Mental & Physical Health Effects of Family Caregiving with Sharon Lewis, RN, PhD. <i>As caregivers assume responsibilities for another person, they experience a tremendous amount of change in their lives. The costs (emotional, social, physical, and financial) are staggering with the realities of caregiving. This presentation will discuss the impact of caregiving on a person's mental and physical health, and some ideas for dealing with caregiving demands.</i>
Monday, February 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Finding and Using Resources with Mandy Reyna, ADRC Case Manager <i>"What resources are available if I am a caregiver?" "What about help for the Care Receiver?" "What does someone need when they contact any of these resources?" "What tips do you have to help someone use the resource most effectively?" Learn more about the challenges and tips to making your search for help easier. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Thursday, February 18th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Cardiovascular Health with Jose Acuna, MD <i>The goal of this session is to help the participants understand 'ideal cardiovascular health' (ICH) by focusing on seven cardiovascular health measures. Cardiovascular health refers to health of the heart as well as the blood vessels. As a caregiver this information will help you better care for someone who has heart disease, who has had a heart attack or heart surgery.</i>
Thursday, February 25th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	A Caregiver's Approach to Sex, Dementia and Intimacy with Yvonne Lozano, PhD. <i>This session will review opportunities to approach the challenging, issues of sex and dementia. These issues are often confronted by caregivers and are rarely spoken about. Caregivers will be provided with the necessary tools to manage an often difficult topic.</i>

Call. Learn. Share.
Confidential. Free.



You can Register online at www.caregiverteleconnection.org or call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F (central standard time) to register via phone

*****You must pre-register at least 24 hours prior to the classes*****