

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Elder Abuse & Neglect

In the U.S., according to the CDC, each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Elder abuse, including neglect and exploitation, is experienced by 1 out of every 10 people, ages 60 and older, who live at home. This statistic is likely an underestimate because many victims are unable or afraid to disclose or report the violence.

Many elderly adults are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. If you suspect that an elderly person is at risk from a neglectful or overwhelmed caregiver, or being preyed upon financially, it's important to speak up. Learn about the warning signs of elder abuse, what the risk factors are, and how you can prevent and report the problem.

Although tensions can mount in the most loving families and result in frustration and anger, an emotionally damaging or physically forceful response is *not* okay. When this happens, call for a time-out, and call for help.

You may find it difficult to imagine that the words “abuse” and “neglect” could be used to describe the way you treat the person in your care—whether he is a relative, friend, or client. Most caregivers do their best, but abuse and neglect can happen. The risk is higher when there is a history of domestic violence in the home and the senior's *own* tendency toward verbal or physical aggression. Additionally, substance

abuse can impede a caregiver's ability to provide adequate care. It also increases the risk of financial abuse as the caregiver struggles to finance a substance abuse habit.

Violence occurs at disproportionately higher rates among adults with disabilities. Also, people with dementia are especially vulnerable to mistreatment.

Understanding dementia, knowing how best to communicate with a person with dementia, and having adequate support for yourself can go a long way toward preventing abuse.

Types of Elder Abuse

Sometimes caregivers become exhausted, and resentment starts to build, especially when caring for someone with dementia or a very difficult or abusive person. Elder abuse can take many forms:

- **Neglect**—failure to fulfill a caretaking obligation—constitutes more than half of all reported cases of elder abuse. It can be *intentional* or *unintentional*, based on factors such as ignorance or denial that an elderly person needs as much care as he or she does. This can be refusing to provide food,



Article continues
on page 2

Continued from page 1

medicine and personal care, such as bathing or helping a person with toileting; over-medicating; or withholding eyeglasses, dentures or walking aids.

- **Physical violence**—Slapping, kicking or sexual abuse. Physical elder abuse is a non-accidental use of force against an elderly person that results in physical pain, injury, or impairment. Such abuse includes not only physical assaults such as hitting or shoving but the inappropriate use of drugs, restraints, or confinement.
- **Emotional abuse**—Intentionally keeping the person from friends and family; verbally attacking or demeaning him.

- **Financial abuse**—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills.

If a senior's behavior changes and appears to be fearful of a caregiver or family member and you suspect elder abuse, contact the **Adult Protective Services Agency** in your county department of human services or call your local **Area Agency on Aging** for guidance. If someone you care about is in imminent danger, call 911 NOW. If your concern is for someone who lives in another state, call the elder Care locator [(800) 677-1116] for in-state help-line phone numbers. All these hotlines are free and anonymous.

Protecting Seniors from Scams

Seniors are more likely to become the victim of exploitation and, if cognitively impaired, can be twice as vulnerable. Scammers make a special effort to lure trusting seniors; they will entice a senior with false lottery winnings, fake inheritances, illegitimate sweepstakes, or “special” opportunities to donate to their charity. The elderly have the right to be free from intimidation, harassment, and abuse.

Be Aware, Alert

Thieves can break into a person's privacy with little more than their name off a mailbox. In many cases that's all a crook needs to find who lives in the house and even their age can be linked online. Use special caution where con artists connect with potential victims:

- ☛ By way of the phone asking for personal, credit card or social security information.
- ☛ In the postal mail offering free concert tickets or sending flyers “just for you” with special opportunities.
- ☛ The Internet offers us the convenience of email and shopping; but keep in mind, it is a predator's tool for mining unauthorized personal information.
- ☛ Door-to-door sales are still used today to steal your valuables.

Taking Care of Yourself—Confidence-Boosting Skills

Why do some caregivers feel weighed down and hopeless when dealing with a difficult person in care, and the rare caregiver seems to be able to handle those tough situations and stay on top? According to some experts, those caregivers have certain skills that enable them to handle situations with greater ease. The skills include patience, spontaneity, self-confidence, empathy, and ability to forgive.



Dehydration Prevention

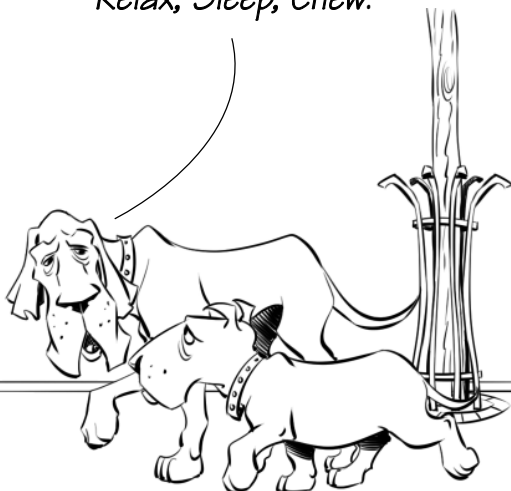
As a person ages, he feels less thirsty, so a special effort should be made to provide enough fluids. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and the weather. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration. Encourage the person to drink 6–8 cups of liquid every day (or an amount determined by the doctor).

Inspiration

We are responsible for the hurt we cause people no matter how thin-skinned we think others may be.

Live Life Laughing!

It is always, Stay, Sit, Heel—never Relax, Sleep, Chew.



Don't Fall – Be Safe

As people age, reflexes slow, causing a fall when a senior cannot quickly regain balance following a sudden movement, such as quickly moving out of the way when something accidentally falls. Exercising to improve leg strength can help improve balance.

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—Health Scams

Seniors are vulnerable to health scams. Remind the person in your care to question what he sees or hears in ads or online and to ask his doctor, nurse, healthcare provider, or pharmacist about a product before he buys it. Look for red flags in ads that:

- ★ Promise a quick or painless cure for a wide range of ailments
- ★ Claim to cure a disease (such as arthritis or Alzheimer's disease) that hasn't been confirmed by medical science
- ★ Promise a no-risk, money-back guarantee
- ★ Offer an additional free gift or a larger amount of the product as a special promotion
- ★ Require advance payment and claim there is a limited supply of the product

Federal Trade Commission Consumer Complaint Line
1-877-382-4357 <http://www.ftc.gov>

Source: <http://www.nia.nih.gov/health/publication/beware-health-scams>

NEXT ISSUE... FALLS PREVENTION—SAFETY ON OUTINGS

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

Domestic violence among older adults is a form of elder abuse, and it can turn a home into a place of fear, hopelessness and desperation. Read the issue and answer True or False to the questions below.

1. Substance abuse can impede a caregiver’s ability to provide adequate care. It also increases the risk of financial abuse as the caregiver struggles to finance a substance abuse habit.
T F
2. Violence does not occur at a disproportionately higher rates among adults with disabilities.
T F
3. Neglect can include refusing to provide food, medicine and personal care such as bathing or helping a person with toileting; over-medicating; or withholding eyeglasses, dentures or walking aids.
T F
4. Intentionally keeping the person from friends and family or verbally attacking or demeaning a person is not a form of abuse.
T F
5. People with dementia are especially vulnerable to mistreatment, partly because caring for them can put so much stress on those who provide care.
T F
6. Changes in the person’s behavior or emotional state, such as withdrawal, fear or anxiety, or apathy could be a sign of abuse.
T F
7. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited.
T F
8. The Adult Protective Services Agency is typically responsible for investigating reports of domestic elder abuse and providing families with help and guidance.
T F
9. If you suspect that an elderly person is at risk from a neglectful or overwhelmed caregiver, or being preyed upon financially, it’s important to speak up.
T F
10. Tricking a senior into signing documents is not financial abuse.
T F

Name _____

Signature _____ Date _____



MEMORANDUM

To: SUBSCRIBERS TO MONTHLY CAREGIVER NEWSLETTER
From: VIOLA MONRREAL, Director
Area Agency on Aging/Coastal Bend Aging and Disability Resource Center
cc: Felipa Lopez Wilmot, Family Caregiver Program Specialist
Date: July 21, 2017
Re: **FINAL NOTICE OF "ACTION REQUIRED"**

Thank you to all who have responded during the course of updating our Caregiver Newsletter Database. In order to streamline the productivity of the 'Caregiver Assistance News' monthly newsletters, the Area Agency on Aging/Coastal Bend Aging and Disability Resource Center is working to improve the method of mailing the monthly newsletters as well as reduce cost. Your response in updating our database with your mailing preference is greatly appreciated. Feel free to contact us to be added back to our mailing database. Thank you in advance for your cooperation.

Simply complete/update the bottom portion of this memo and either mail your response to:

AAA/ADRC

Attn: CG Database Update

Post Office Box 9909

Corpus Christi, TX 78469

OR email your response to: nfcsp@cbcogaaa.org

Print First Name Print Last Name **(*) HINT: CUT & PASTE MAILING LABEL HERE (skip next line)**

Print Street Address City State Zip Code

- Continue to mail the monthly newsletters to the above address
- Email the monthly newsletters to: _____
- I no longer wish to receive the monthly newsletter Add me to your database (info provided above)

AUGUST 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, AUGUST 1ST

TIME: 6:00 p.m.

WHERE: Y.W.C.A.

ADDR.: 4601 Corona Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: THURSDAY, AUGUST 10TH

TIME: 3:00 p.m.

WHERE: Mirador Plaza (back side of facility)

ADDR.: 5857 Timbergate Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, AUGUST 8TH

TIME: 6:00 p.m.

WHERE: Woodridge Nursing & Rehab Center

ADDR.: 600 So. Hillside Dr., Beeville

PHONE: (361) 358-8880

WHEN: WEDNESDAY, AUGUST 9TH

TIME: 12:00 p.m.

WHERE: Lindale Center/Caregiver SOS

ADDR.: 3133 Swantner St., Corpus Christi

PHONE: (361) 826-2343

WHEN: THURSDAY, AUGUST 17TH

TIME: 10:30 a.m.

WHERE: Lexington Place Nursing & Rehab

ADDR.: 1661 West Yoakum, Aransas Pass

PHONE: (361) 758-7686

WHEN: TUESDAY, AUGUST 15TH

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, AUGUST 15TH

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, AUGUST 24TH

TIME: 4:30 p.m.

WHERE: Kleberg County Nursing & Rehab.

ADDR.: 316 General Cavazos Blvd., Kingsville

PHONE: (361) 883-3935

WHEN: TUESDAY, AUGUST 29TH (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, AUGUST 22ND

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, August 31th

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: NFCSP@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
Monday, August 7th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Identifying and Working with Combative Dementia Behaviors with Tam Cummings, PhD <i>Caregivers often must deal with combative, aggressive and agitated behaviors from those who suffer from dementia. During this presentation, Tam will help audience members understand how dementia brain damage can result in negative verbal and physical behaviors. She also will introduce them to a behavioral charting system and teach them how to adapt their response to negative behaviors for the best possible outcome.</i>
Monday, August 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Assessing Needs and Finding Community and Online Resources <i>What does you loved one need and where can I find help and services? What is available for you as a caregiver? During these challenging times when resources are increasingly in demand, tools to find help can reduce the stress and manage expectations about what may be available. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Wednesday, August 23rd	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Caregiving As A Human Rights Issue with Carol Zernial, MA <i>This session will look at the issue of caregiving through the lens of international human rights laws. Carol Zernial, MA, is the Executive Director of the WellMed Charitable Foundation, and the chair of the Board for the National Council on Aging. Join us as Carol leads us through this fascinating topic.</i>
Tuesday, August 29th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Caregivers and Grief and Loss with Evalyn Greb, LCSW <i>This session will help participants understand that grieving is a process that may start at the diagnosis of a degenerative condition, that loss and grief are universal human conditions that cannot be avoided but must be endured, and that caregivers may grieve over long periods of time. Evalyn will discuss the techniques and resources that are available for help.</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., Sept. 13, 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** ~

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:*



Save the Date

**18th Annual
Grandparents and Other Relatives
Raising Children Conference**

Wednesday, September 20, 2017

American Bank Center

1901 S. Shoreline

8:00 a.m. - 1:30 p.m.

Complimentary Continental Breakfast & Lunch offered

Register to attend by calling 361-883-3935 or
online at [ccparkandrec.com/Program & Services](http://ccparkandrec.com/Program%20&%20Services)

More information to be announced

Like us on  www.facebook.com

Annual Grandparents and Other Relatives Raising Children Conference



As part of the 18th Annual Grandparents & Other Relatives Raising Children Conference, sponsors are giving you a chance to enter your favorite photo with your child(ren).

Enter your best photo of you with your child(ren) involved in a **healthy lifestyle** activity!!



Photos can be entered on the morning of the conference or posted to the conference Facebook page. *details below

Photo Contest!!

General Rules:

No purchase necessary. One photo entry per person. All photos submitted will **NOT** be returned.

Photos may be entered the morning of the conference **OR** you can post your photo to our conference Facebook page: <https://www.facebook.com/grrcc> Submit a 4X6 photo and entry form below at the registration table. If entering via Facebook, please include the information below.

Prizes will be awarded for 1st—3rd place.

Entries will be judged and winners will be announced at conference. Must be present to win.

Photo Contest

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

I authorize the Grandparents and Other Relatives Raising Children Conference (GRRC) and its agents or employees to take and use photographs, video, and other media ("photographs") for promotional purposes of every description, which includes all print products and digital files used on electronic and mobile devices, as well as Conference administered websites and social media pages/accounts (Facebook, Twitter, Instagram, etc.), without notifying me.

I hereby consent and authorize the GRRC Steering Committee to reproduce photographs or video of my child for advertising and publicity.

Signature _____ Date _____

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies for managing concerns about falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Live Oak Village Apartments
is Hosting**

"A MATTER OF BALANCE"

August 1st thru August 24th

Tuesdays & Thursdays

10:00 AM- 12:00 Noon

2101 W. Wheeler

Aransas Pass, TX 78336

For Additional Information Contact:

AMY CAMPBELL (361) 758-6030

SYLVIA ALVARADO

(361) 883-3935 ext - 5333

sylvia@cbcogaaa.org

**THIS FREE EDUCATIONAL PROGRAM IS
BROUGHT TO YOU IN PARTNERSHIP WITH:**



CLASSES ARE FREE!



A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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**Primera Iglesia Bautista
is Hosting**

"A MATTER OF BALANCE"

August 7th thru August 30th

Mondays & Wednesdays

9:30 AM – 11:30 AM

**526 N. Hwy. 359
Mathis, Texas**

For Additional Information Contact:

Virginia Longoria

Community-Based Program Manager
San Patricio County Department of Public Health
San Patricio County

Office: (361) 587-3541

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A Matter of Balance: Managing Concerns About Falls

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STATE OF TEXAS EMERGENCY ASSISTANCE REGISTRY (STEAR)

Do you or anyone you know need some form of assistance during times of an emergency/disaster event? The state of Texas offers Texans the option to register with the STEAR program, a FREE registry that provides local emergency planners and responders with additional information on the needs in their community.

(Texas communities use the registry information in different ways. Registering yourself in the STEAR registry DOES NOT guarantee that you will receive a specific service during an emergency. Available services will vary by community. For more information on how your community will use information in the STEAR registry, contact your local emergency management office.)

Who Should Register?

- People with Disabilities
- People with access and functional needs such as:
 - ♦ People who have limited mobility
 - ♦ People who have communication barriers
 - ♦ People who require additional medical assistance during an emergency event
 - ♦ People who require transportation assistance
 - ♦ People who require personal care assistance

How to Register

- <https://STEAR.dps.texas.gov>
- Dial 2-1-1 or use your video phone relay option of choice to contact 211
- Printed or electronic forms (Contact your local government)

Required Information to Register

- Name
- Address
- Phone Number
- Primary Language

Additional questions asked to capture vital information for local emergency planners and responders

- Emergency Contact Information
- Caregiver Information
- Pets
- Transportation assistance for home evacuation
- Communication Barriers
- Disability, Functional or Medical Needs

Registration is **VOLUNTARY**.

All of the information you provide will be kept **COMPLETELY CONFIDENTIAL**.

Local Emergency Management Office

REGISTRO PARA ASISTENCIA DE EMERGENCIA DEL ESTADO DE TEXAS (STEAR)

¿Necesita usted o alguien que conoce algún tipo de ayuda en caso de emergencia o desastre? El estado de Texas ofrece a los texanos la opción de inscribirse en el programa STEAR, un registro GRATIS que proporciona al personal local de emergencia y planificación información adicional sobre las necesidades de su comunidad.

(Las comunidades de Texas usan la información del registro de diferentes maneras. Inscribirse en el registro de STEAR NO ES una garantía de que recibirá un servicio específico durante una emergencia. Los servicios disponibles varían dependiendo de la comunidad. Para más información sobre cómo su comunidad usará la información en el registro STEAR, comuníquese con la oficina local de respuesta a emergencias.)

¿Quién debe inscribirse?

- Personas con discapacidades
- Personas con necesidades funcionales y de acceso:
- Personas con movilidad limitada
- Personas que tienen barreras de comunicación
- Personas que requieren ayuda médica adicional en caso de emergencia
 - ♦ Personas que requieren ayuda con el transporte
 - ♦ Personas que requieren ayuda de atención personal

Cómo inscribirse

- <https://STEAR.dps.texas.gov>
- Marque 211 o use la opción que prefiere de repetidor telefónico por video para comunicarse con 211
- Formas impresas o electrónicas (Comuníquese con el gobierno local)

Información obligatoria para inscribirse

- Nombre
- Dirección
- Teléfono
- Idioma principal

Preguntas adicionales que se hacen para recoger información clave para el personal local de emergencia y planificación

- Información de contacto de emergencia
- Información del cuidador
- Mascotas
- Ayuda con el transporte para la evacuación de la casa
- Barreras de comunicación
- Discapacidad y necesidades funcionales o médicas

Inscribirse es **VOLUNTARIO**.

Toda la información que nos dé se mantendrá **COMPLETAMENTE CONFIDENCIAL**.

Oficina local de respuesta a emergencias