

Caregiver Assistance News

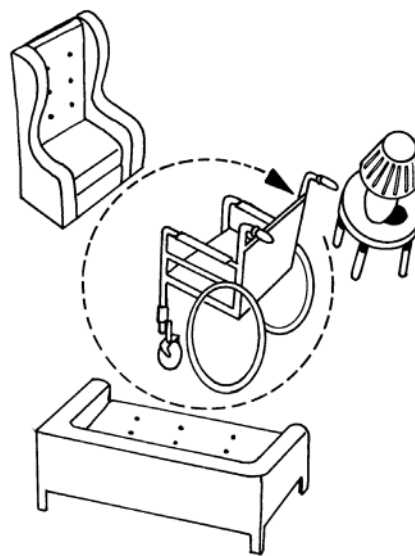
“CARING FOR YOU... CARING FOR OTHERS”

Coming Home from the Hospital – Prepare the Home

The main concern in any home is safety. Accidents can happen, but with a little planning, falls can be prevented. Take a close look at the home where you will provide care. You may want to ask a relative or friend to look at it with you to make sure you haven't overlooked any safety hazards. You can also rely on a social worker's assessment if you have a care plan.

For the safest home, follow as many of these steps as possible:

- ✓ Remove any furniture that is not needed. Clutter is dangerous.
- ✓ Place the remaining furniture so that there is enough space for a walker or wheelchair. This will avoid the need for an elderly or disabled person to move around coffee tables and other barriers. Move any low tables that are in the way.
- ✓ Once the person in your care has gotten used to where the furniture is, do not change it.
- ✓ Make sure furniture will not move or break if it is leaned on.
- ✓ Make sure the armrests of a favorite chair are long enough to help the person get up and down.
- ✓ Add cushioning to sharp corners on furniture and avoid using glass tables.
- ✓ Make chair seats 20 inches high. (Wood blocks or a wooden platform can be placed under large, heavy furniture to raise it



To accommodate wheelchair, arrange furniture 5 1/2 feet apart

to this level.) The chair must be easy to get out of.

- ✓ Have a carpenter install railings in places where a person might need extra support. (Using a carpenter can ensure that railings can bear a person's full weight and will not give way.)
- ✓ Place stickers or colored tape on glass doors.
- ✓ Have a lamp and automatic night-lights.
- ✓ Clear fire-escape routes.
- ✓ Provide smoke alarms on every floor and inside every bedroom (see your local laws on requirements).
- ✓ Place a fire extinguisher in the kitchen, but make sure it is the correct one for household fires.

Article continues
on page 2

Continued from page 1

- ✓ Think about using monitors.
- ✓ Place nonskid tape on the edges of stairs (and consider painting the edge of the first and last step a different color from the floor).
- ✓ Remove area throw rugs; even using backing tape is *not* a guarantee of safety.
- ✓ It is easier to walk on thin-pile carpet than on thick-pile. Avoid busy patterns.
- ✓ Remove all hazards that might lead to tripping.
- ✓ Keep electrical and telephone cords secured and out of the way.
- ✓ Adjust rapidly closing doors.
- ✓ Place protective screens on fireplaces.
- ✓ Cover exposed hot-water pipes.
- ✓ Provide enough no-glare lighting—indirect is best.
- ✓ Place light switches next to room entrances so the lights can be turned on before entering a room. Consider “clap-on” lamps beside the bed.

Bathroom Safety

Many accidents happen in bathrooms, so do a safety check.

- Cover all sharp edges with rubber cushioning.
- Put lights in the medicine cabinets so mistakes are not made when taking medications.
- Remove locks on bathroom doors.
- Use nonskid safety strips or a nonslip bath mat in the tub or shower.
- Think about putting a grab bar on the edge of the vanity. (Do not use a towel bar.)
- Install grab bars in showers.
- Remove glass shower doors or replace them with unbreakable plastic or tempered safety glass.
- Place a bath and shower seat in the tub or shower.
- Use only electrical appliances with a ground fault interrupted (GFI) feature.
- Set the hot water thermostat below 120° F.
- Use faucets that mix hot and cold water, or paint hot water knobs/faucets red.
- Put in toilet guard-rails or provide a portable toilet seat with built-in rails.



Taking Care of Yourself— **When You Doubt the Time Is Right for Discharge**

According to federal law, a hospital must release patients in a reasonable manner for safety or else must keep them in the hospital. Letting a patient leave the hospital is not wise if the person has constant fever; wounds; requires injections; has infection or pain that cannot be controlled; is confused or disoriented (no sense of time or place); or is unable to take food or liquids by mouth. However, in some cases, it may be better for the person to be released because the noise and risk of catching other diseases may make it more difficult to recover. If you plan to appeal a discharge, understand the rules of Medicare, Medicaid, the HMO, or the person’s insurance plan. Always request a discharge plan with clear instructions in writing because this is your road map of care.

RESOURCE for YOU

Google “A Family Caregiver’s Guide to Hospital Discharge Planning”, a publication of the National Alliance for Caregiving and the United Hospital Fund of New York.

Live Life Laughing!

Bad news. Our health plan only covers the first three litters.



Inspiration

We sleep to remember and we sleep to forget. It’s overnight therapy.

Don’t Fall – Be Safe

Lack of physical activity in the hospital results in poor muscle tone, decreased bone mass, loss of balance, and reduced flexibility—plus taking multiple medications—increases the risk of falling.

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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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—Coming Home from the Hospital

- ★ *Assess the person's condition and needs.*
- ★ *Become part of the health care team (doctor, nurse, therapists) so you can learn how to provide care.*
- ★ *Get complete written instructions from the doctor. If there is anything you don't understand, ASK QUESTIONS.*
- ★ *Develop a plan of care with the healthcare provider.*
- ★ *Meet with the hospital's social worker or discharge planner to determine home care benefits.*
- ★ *Understand in-home assistance options and arrange for in-home help.*
- ★ *Arrange physical, occupational, and speech therapy as needed.*
- ★ *Find out if medicine is provided by the hospital to take home. If not, you will have to have prescriptions filled before you take the person home.*
- ★ *Buy needed supplies; rent, borrow, or buy equipment such as wheelchairs, crutches, and walkers.*

NEXT ISSUE... UNDERSTANDING LUNG DISEASE – SHORTNESS OF BREATH

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

Case management is an important resource for families living with chronic illness. It is easy to become stressed with the demands of the disease and with the red tape of the health care and social services network. Case managers need to have a basic understanding of the special needs of people with chronic illness.

1. Accidents can happen, but with a little planning, falls can be prevented.
T F
2. Once the person in your care has gotten used to where the furniture is, do not change it.
T F
3. Using a carpenter to install railings in a place where a person might need extra support can ensure that railings can bear a person’s full weight and will not give way.
T F
4. Generally, accidents don’t happen in bathrooms.
T F
5. According to federal law, a hospital must release patients in a reasonable manner for safety or else must keep them in the hospital.
T F
6. It is important to provide smoke alarms on every floor and inside every bedroom.
T F
7. Hot water thermostats should be set below 120° F.
T F
8. The home should be evaluated to remove all hazards that might lead to tripping.
T F
9. Lights in the medicine cabinet helps prevent mistakes when taking medications.
T F
10. Using backing tape under throw rugs is a guarantee of safety.
T F

Name _____

Signature _____ Date _____

October 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, OCTOBER 3RD
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** THURSDAY, OCTOBER 12TH
TIME: 3:00 p.m.
WHERE: Mirador Plaza (back side of facility)
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** TUESDAY, OCTOBER 10TH
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880
- WHEN:** WEDNESDAY, OCTOBER 11TH
TIME: 12:00 p.m.
WHERE: Lindale Center/Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343
- WHEN:** THURSDAY, (POSTPONED UNTIL FURTHER NOTICE)
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686
- WHEN:** TUESDAY, OCTOBER 17TH
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 Valle
- WHEN:** TUESDAY, OCTOBER 17TH
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, OCTOBER 26TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab.
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935
- WHEN:** TUESDAY, CANCELLED FOR OCTOBER
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:** OCTOBER 31ST
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, October 26th
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

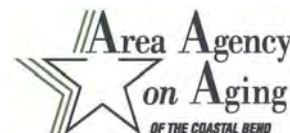
~ OR ~

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, October 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	What you need to know about Medicare and Open Enrollment with Jake McDonald, Client Services Council <i>In this session, Jake will discuss the basic benefits of Medicare, changes that you can make during open enrollment, marketing rules for Medicare and Medicare and Marketplace plan. Jake graduated from Notre Dame with a B.A. and NYU with a J.D.</i>
Friday, October 13th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Using Journal Techniques to Manage Self-care while Caring for a Loved One with Lori Ramos Lemasters <i>Caring for a loved one comes with daily challenges that make caring for you feel impossible. Using a journal can help you identify and overcome obstacles. Learn to use writing techniques to identify what you need to feel cared for and build a care plan that allows time for self-care. Lori Ramos Lemasters is the founder of CarePartnersResource and a certified Journal to the Self © therapeutic writing instructor. Lori is an educator, a writer and public speaker and a caregiver for her parents.</i>
Monday, October 16th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Long Distance Caregiving with Zanda Hilger, LPC <i>An estimated 11 percent of family caregivers live at least an hour away from their loved one. Learn practical ways to do what you can from a distance and how to plan for prioritizing help when you visit. Also, if you are the primary caregiver, learn how long distance family can help you. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Wednesday, October 25th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Danger of Depression with Evalyn Greb, LCSW <i>Being a caregiver, especially around holiday time, can often lead to increased risk for depression. Join this presentation and learn more about why caregivers are at greater risk and what a caregiver can do to cope or prevent this dangerous disease.</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

“A SOURCE OF HOPE”

AAA/ADRC has a family caregiver supply lab for elders and persons with disabilities who are in need of adult diapers and/or durable medical equipment free of charge, if available. At this time, we have a surplus of both. If you know a family in need, please let them know to contact us for possible assistance. Thank you.

Felipa Lopez Wilmot

Caregiver Program Specialist

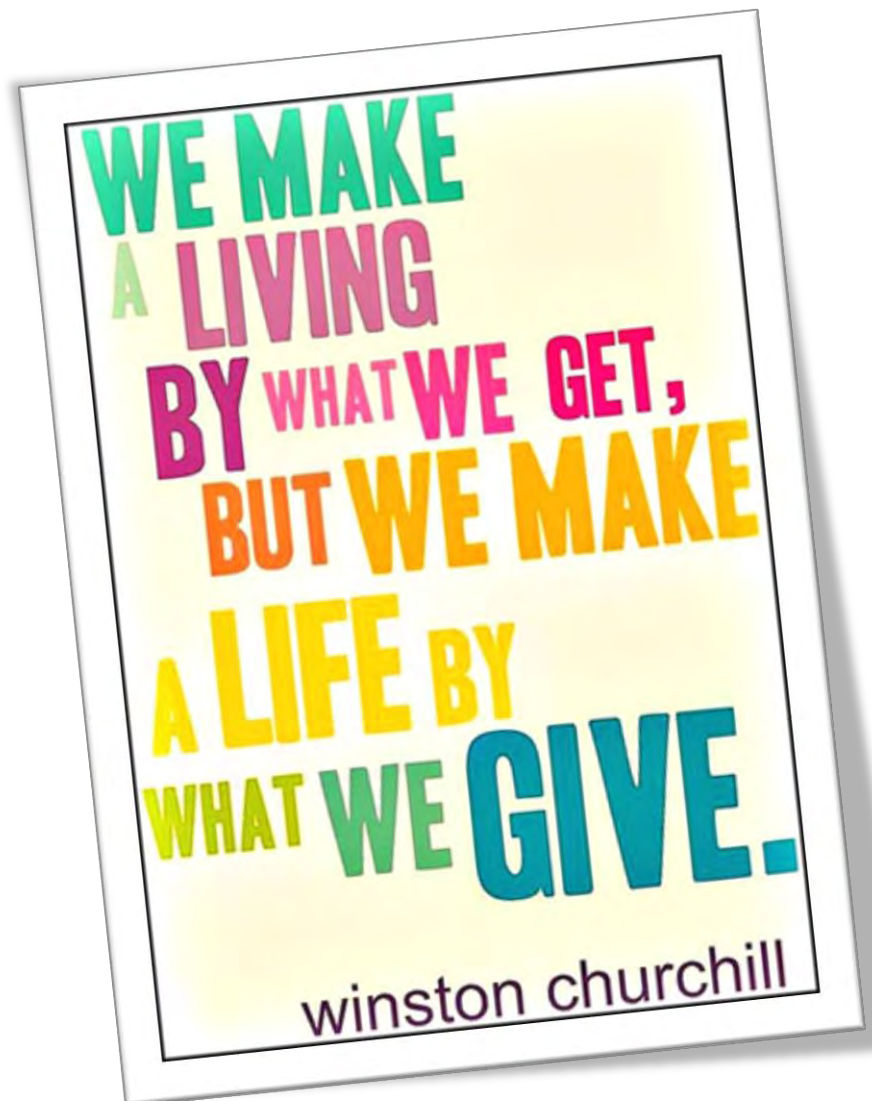
2910 Leopard St.

Corpus Christi, Texas 78408

361-883-3935

or

1-800-252-9240



Silver Advocate Partners
In Partnership with
Adult Protective Services

Presents

7th Annual Financial Exploitation
Awareness Expo: **“Protecting Yourself”**

Wednesday, October 18, 2017

8:00 a.m. – 1:00 p.m.

Northwest Senior Center
9725 Up River Road, Corpus Christi

Attendance recommended for seniors, financial institutions, and ANYONE
providing services to seniors and adults with disabilities.

Learn how to identify and protect yourself from financial crimes, especially
those targeting seniors and disabled adults.

RSVP to Northwest Senior Center: 361-826-2320

Attendance is FREE!!

Refreshments & Event Sponsored By:



SCHMIEDING DEMENTIA TRAINING

(*) CLASSES: Friday, November 3rd
Friday, November 10th
Friday, November 17th

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

WHERE: Del Mar College
Center for Economic Development
3209 South Staples St.
Corpus Christi, Texas 78411

(**) Pre-Register by October 30th

(**) (361) 883-3935 OR
1-800-252-9240

COURSE CONTENT INCLUDES:

- ◆ *Activities*
- ◆ *Behavior Issues*
- ◆ *Caregiver Stress and Caregiver Burnout*
- ◆ *Communication*
- ◆ *Dignity and Quality of Life*
- ◆ *End-of-Life Care*
- ◆ *Introduction to Dementia and Alzheimer's Disease*
- ◆ *Maintenance of Respect*
- ◆ *Nutrition and Fluid Balance*

For additional information contact:

~ *FELIPA LOPEZ WILMOT* ~

Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

e-mail: felipa@cbcogaaa.org



Facilitation provided by the:

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

*The Area Agency on Aging
is a program of the:*



**COASTAL BEND
COUNCIL OF
GOVERNMENTS**

CARE PROVIDER TRAINING

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **Nov. 8, 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:*



7th ANNUAL BUILDING A BRIDGE

Between Physicians, Nurses, Families, Caregivers and the Community



SYMPOSIUM

Tuesday, NOVEMBER 7, 2017
12:00 to 2:30 p.m.

Del Mar Center for Economic Development
3209 S. Staples Corpus Christi

- Steve Wood, Scientific Director in the Neuroscience Dept. at Amgen, Inc. TOPIC: ALZHEIMER'S DISEASE, Current Research Findings.
- Adrian Nanez, Scientist at Amgen, Inc. TOPIC: ALZHEIMER DISEASE, A Family Journey from Symptom to Diagnosis and Beyond.
- Margarita Moody, DCS TOPIC: Dementia Advanced Care

PRE-REGISTRATION REQUIRED

Call to Reserve Your Seat:

Sally Edsill

361-883-3935 ext.5156

or 1-800-252-9240

nfcsp@cbcogaaa.org

- Complementary Lunch Provided
- Door Prizes Available

A Community Partnership with:





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:

CELENA FLORES
Managing Local Ombudsman

Office: (361)-232-5146
email: celena@cbcogaaa.org

**“FREE”
MEDICARE
OPEN
ENROLLMENT
CLINIC**

WHEN:

Tuesday, October 17, 2017

TIME:

(* 8:00 a.m. to 12:00 noon

WHERE:

**Del Mar College
Center for Economic Development**

ADDRESS:

**3209 South Staples, Corpus Christi
(across from Ray High School)**

APPOINTMENTS:

First come first served

(* last appointment will be 11:00 a.m. (no exceptions)

WHAT TO BRING

- ◆ Valid ID or Drivers License
- ◆ Medicare Card
- ◆ List of CURRENT MEDICATION (including dosage) or Bring ALL MEDICATION for Review
- ◆ Proof of Income / Income Information
- ◆ Current Insurance Card
- ◆ Social Security Card



FREE EVENT FOR ALL MEDICARE BENEFICIARIES

SAME DAY “ONE-ON-ONE” ASSISTANCE



**For more information about this FREE EVENT, call the
Area Agency on Aging of the Coastal Bend at:**

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

A COMMUNITY PARTNERSHIP WITH:

*Area Agency on Aging of the ~ Coastal Bend Aging & Disability Resource Center ~ Coastal Bend Center for Independent Living ~
City of Corpus Christi — Parks & Recreation Department — Senior Community Services ~ Del Mar College*

MEDICARE SAVINGS PROGRAMS & EXTRA HELP GUIDELINES

~ 2017 Income and Resource Limits ~

MEDICARE SAVINGS PROGRAMS (MSP)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
QMB	\$1,010	\$1,355	\$7,280	\$10,930
SLMB	\$1,208	\$1,622	\$7,280	\$10,930
QI-1	\$1,357	\$1,823	\$7,280	\$10,930

- ◆ **QMB:** Payment of all Medicare premiums, coinsurance, and deductibles the Medicare enrollee would otherwise have to pay
- ◆ **SLMB:** Payment of the Medicare Part B premium
- ◆ **QI-1:** Payment of the Medicare Part B premium

EXTRA HELP (LIS) ~ HELPS PAY SOME OF MEDICARE PART D EXPENSES

Full LIS Single Monthly Income Limit	Full LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,357	\$1,823	\$8,780	\$13,930
" Partial " LIS Single Monthly Income Limit	" Partial " LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,357 – \$1,505	\$1,823 – \$2,023	\$8,781 – \$13,640	\$13,640 – \$27,250

SOCIAL SECURITY SUPPLEMENTAL INCOME (SSI)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
SSI	\$753	\$1,120	\$2,000	\$3,000

If you or someone you know have any questions regarding eligibility to the above programs, call to schedule an appointment with a **BENEFITS COUNSELOR** who can evaluate your Medicare and/or possible Medicaid entitlements. "OR" If you would like to schedule a presentation regarding the above programs, please call the **AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER**:

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

The "**BENEFITS COUNSELING PROGRAM**" is a service through the Area Agency on Aging / Coastal Bend Aging & Disability Resource Center (AAA/CBADRC), which are programs of the Coastal Bend Council of Governments (CBCOG)

