

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Alzheimer’s – Resistance to Care

In Alzheimer’s disease (AD), when a person for whom you care seems to be refusing to cooperate with the activities of daily living such as dressing or bathing, you may think he is resisting care. Sometimes, when a person with Alzheimer’s says “no” he may be *labeled* uncooperative.

People with AD may get upset when somebody touches them. You may be trying to do something to help him, but he doesn’t understand what’s going on. He may be feeling uncomfortable, powerless, frightened, tired, in pain, or confused. He cannot explain how he wants to be treated.

What to do? Try to put yourself in the shoes of the person with Alzheimer’s disease and you may be able to avoid causing resistance. You may be able to change your approach to reduce these responses and actually be able to help the person to cooperate with you.



shows you with actions what can no longer be communicated in words. So behaviors are more than behaviors. They are messages about ideas, feelings, and needs the person is telling you about in the best way he or she can.

Tip
Think about what it would feel like to constantly be told to do something you may not feel like doing or cannot understand what is expected of you.

Tip
The best thing you as caregiver can do is always ask yourself, “What is he trying to *say* by doing this?”

In order to provide good care you need to know how to respond to all the different ways in which the illness affects the person with dementia. This means that in many cases the person

Gentle Reminders

In the early stage of Alzheimer’s disease you may simply need to remind the person to attend to his personal care needs. Some people with AD lose their former high standard of personal hygiene. This can be upsetting to the people around them. Sometimes this is because of his memory problems. For example, he may go into the bathroom



Continued from page 1

to take a shower, forget why he is there, come back out, and when asked, say that he has showered. Remember, he is not lying, but saying what he thinks he is supposed to say or believes to be true. He may have forgotten whether or not he has showered and even get annoyed that you are questioning him.

As always, don't argue. You can suggest later that he shower. As with all personal care activities, try to follow the person's usual routine. Follow the same routine day to

day. By knowing what to expect the person with dementia will be less likely to need to be told what to do and will have an internal sense of what is going to happen, giving him a sense of control. Most people are used to grooming in the early morning and then again late at night. If the person is able to do these tasks on his own, simply observe and make sure that the tasks are being done and not forgotten. These activities help provide a predictable structure for the day.

How Much Care to Give

A person in the *early stage*, and even later, may enjoy going to the beauty parlor or barber shop as he or she always has. However, you may need to make the appointment for her, and then make sure she knows when it is time to go. Generally people in the early stage can manage most aspects of personal care on their own and you may only need to keep a friendly eye out for slipups.

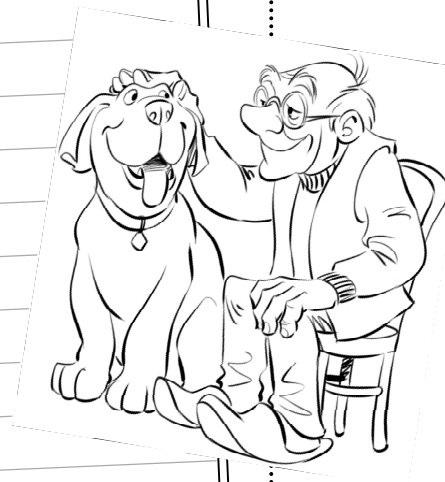
In the *middle stage* your involvement in personal care will increase considerably even if the person does not have another medical condition that leaves him frail and in need of assistance. People in the middle stage are more confused, cannot plan their activities or make such simple choices as what to wear and the order in which clothing needs to be put on. Bathing, dressing, eating, toileting, and mouth care are some of the activities of daily living that will require your assistance.

When helping a person with any activity, you will want to first give verbal instruction, then use visual gestures and finally, touch. It may be effective to combine a verbal cue with a gesture so that the person can get the information in more than one way. For instance, if you want the person to stand up, you can ask her to stand up, raise your hands up in a matching gesture and then if necessary touch her arm or leg to get her started. Only give as much help as is needed so that the person can remain as independent as possible. Offer encouraging words to show your appreciation for their efforts.

Taking Care of Yourself—Pet Therapy

Seniors often feel isolated whether living alone at home or in a facility. Human-Animal Interactions published a study of elderly dog owners revealing 75 percent of men and 67 percent of women considered their dog their only friend. Some studies have found that just a few minutes a day petting or visiting with an animal lowers the stress hormone of cortisol and increases the feel-good hormone of serotonin. The results can range from lowered heart rates and blood pressure to decreased depression. Pets can also benefit the caregivers. Caregiving can make you feel like you are all alone. While adding a pet to the list of loved ones you have to care for may seem like overload, having that happy face and wagging tail ready to give you some unconditional love when you return home can benefit caregivers as well. Studies have found that caregivers are twice as likely as the general public to develop chronic illness due to the prolonged stress of caring for a loved one. If having a pet can increase your exercise, lower your blood pressure and bring a smile to your face maybe having a pet is just what the doctor ordered.

Source: www.Alz.org Blog: How Caregivers Can Use Pet Therapy to Care for Their Loved Ones by Sherri Snelling



Live Life Laughing!

Where there's a will, I want to be in it.



Inspiration

Fear less, hope more. Eat less, chew more. Talk less, say more. Love more, and all good things will be yours.
~ Swedish proverb

Memory Care

Turn negatives into positives. Instead of saying, "Don't go there," try saying, "Let's go to the dining room."

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— Alzheimer's – Bathroom Safety

A safe, comfortable home can help a person with Alzheimer's feel more relaxed and less overwhelmed. A few safety tips:

- ✓ Clear out or lock the medicine chest and the cabinet under the sink where poisonous substances have been kept.
- ✓ Use a cordless rechargeable electric razor. A safety razor should only be used with supervision.
- ✓ Control water temperature in the sink, tub, and shower to prevent accidental burns.
- ✓ Put screens over open drains.
- ✓ Have the toilet seat in a contrasting color to the floor.
- ✓ Remove locks on bathroom doors.

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“ 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

Keeping the person with AD healthy will also help him maintain a positive emotional balance. Illness and pain can lead to a depressed and anxious mood. The person's doctor will know if a physical illness might account for a sudden change in mood or other emotional symptoms. Read the issue and answer True or False to the questions below.

1. There is no need or benefit to following the person's usual routine and to follow the same routine from day to day.
T F
2. People with Alzheimer's disease may get upset when somebody touches them.
T F
3. A person's behaviors are messages about ideas, feelings, and needs the person is telling you about in the best way he or she can.
T F
4. A safe, comfortable home can help a person with Alzheimer's feel more relaxed and less overwhelmed.
T F
5. If people always had a high standard of personal hygiene, they will always have that high standard.
T F
6. People in the middle stage are more confused, cannot plan their activities or make such previously simple choices as what to wear.
T F
7. A few minutes a day petting or visiting with an animal lowers the stress hormone of cortisol and increases the feel-good hormone of serotonin.
T F
8. When helping a person with an activity, it may be effective to combine a verbal cue with a gesture so that the person can get the information in more than one way.
T F
9. When trying to understand the person's behavior, always ask yourself "What is he trying to say by doing this?"
T F
10. Control water temperature in the sink, tub, and shower to prevent accidental burns.
T F

Name _____

Signature _____ Date _____

JANUARY 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, POSTPONED UNTIL FURTHER
TIME: 6:00 p.m. NOTICE DUE TO RENOVATION
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935

WHEN: THURSDAY, JANUARY 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, JANUARY 9TH
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880

WHEN: WEDNESDAY, JANUARY 10TH
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, JANUARY 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 Valle

WHEN: TUESDAY, JANUARY 3RD
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, JANUARY 25TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab.
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935

WHEN: TUESDAY, JANUARY 30TH
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, JANUARY 30TH
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: JANUARY 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:

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

CARE PROVIDER TRAINING

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., Feb. 7, 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

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*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:*





Have a bright New Year!

**“ To Give the Best Caring to Others, You Must
First be Caring to Yourself ”**

- 1. Ask for help—Get help so you’re not doing everything by yourself. Consider Holding a family meeting and/or learn about care-giver resources in your community.**
- 2. Take at least 20 minutes for yourself every day— take a walk.**
- 3. Find a support system— connect and engage In a support group.**
- 4. Learn all you can about the disease your loved one has— You will ease your journey in doing so.**
- 5. Be kind to yourself— the person you care for will benefit too.**

“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

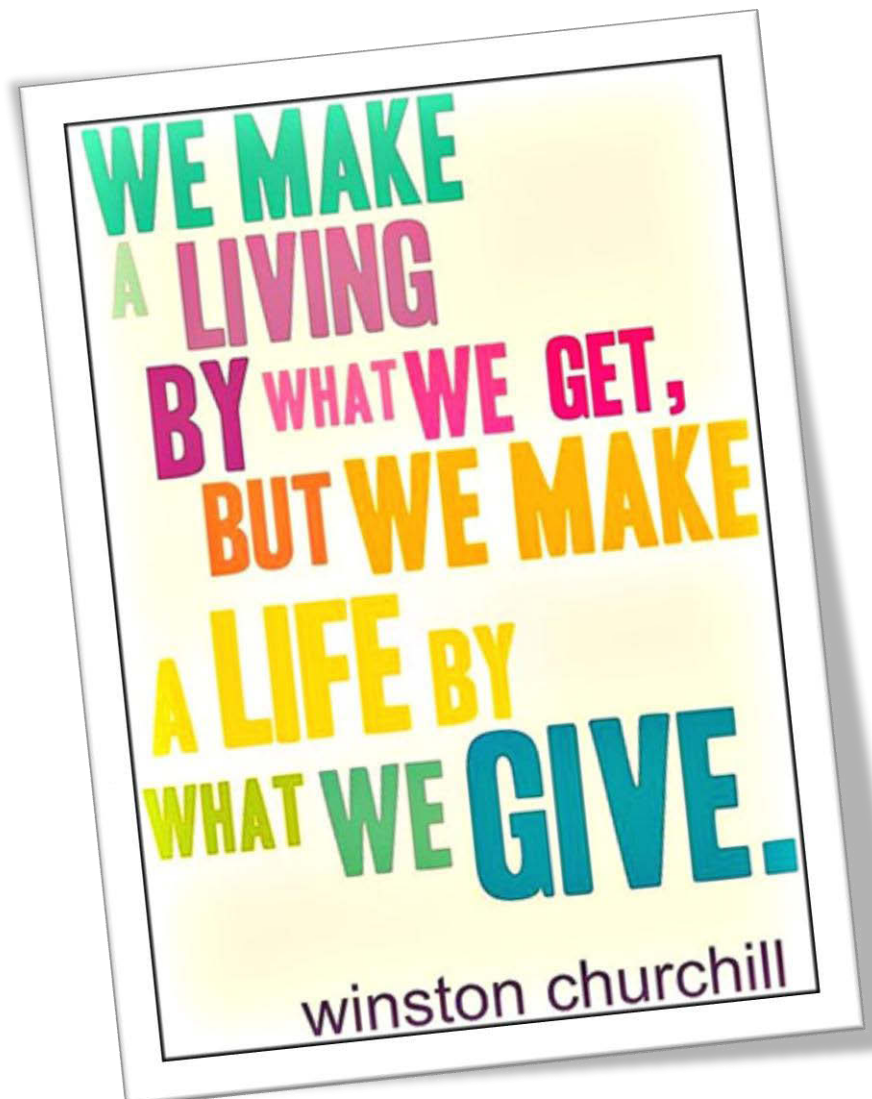
2910 Leopard St.

Corpus Christi, Texas 78408

361-883-3935

or

1-800-252-9240





Alzheimer's Education and Support Program

Nestor H. Praderio, MD hosts an interactive learning experience for Caregivers of loved ones Alzheimer's Disease and Related Dementia. Sessions are held every fourth Wednesday of the month (January to October) at the Conference Center located behind the Doctor's Regional Hospital Emergency Room, 3315 S. Alameda. Sessions begin at 6:30 PM and complimentary refreshments are sponsored by our trusted community partners.

2018

January 24, 2018
February 28, 2018
March 28, 2018
April 25, 2018
May 23, 2018

June 27, 2018
July 25, 2018
August 22, 2018
September 26, 2018
October 24, 2018

www.TexasFacetoFace.com
TexasFacetoFace@gmail.com

Facebook.com/TexasFacetoFace
361-238-7777



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2018 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
- ◆ \$232 per month if you or your spouse worked and paid into Medicare between 7.5 years to 10 years
- ◆ \$422 per month if you or your spouse worked and paid into Medicare fewer than 7.5 years

Part A Deductible will increase from:

- ◆ \$1,316 to \$1,340 for 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.
- ◆ \$335 each day for days 61 - 90 each benefit period (was \$329)
- ◆ \$670 per day for days 91 - 150 (lifetime reserve days - total of 60 lifetime reserve days which are non-renewable.) (was \$658)

Part A Skilled Nursing Facility (SNF) Stay Coinsurance

- ◆ \$0 for days 0 - 20 each benefit period
- ◆ \$167.50 per day for days 21 - 100 each benefit period

Part B Premium (Medical Insurance)

- ◆ \$109.00 per month for existing Medicare beneficiaries
- ◆ \$134.00 per month for beneficiaries who are new to Medicare in 2018
- ◆◆ People with high incomes have a higher Part B Premium (\$85,000 for single or \$170,000 for couples)

Part B Deductible will increase from :

- ◆ \$183 each year
- ◆ 20% co-insurance of Medicare Approved Charge after deductible

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

Part D (PDP - Prescription Drug Plan)

- ◆ Premiums vary depending on plan
- ◆ Deductible if applicable \$405
- ◆ Donut Hole = \$3,750 you pay 35% for brand name drugs and 44% for generic while in the "donut hole"
- ◆ Catastrophic = \$7,508.75 LIS - \$3.35 for generics and \$8.40 for brand name drugs whichever is greater (If Extra Help Eligible there is no coverage gap)
- (**) and coverage begins again

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.

