

Caregiving in
The Comfort of Home®
Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Understanding Alzheimer’s Behavior the ABC Way

A person with Alzheimer’s disease may sometimes act in ways that are upsetting or seem aggressive. He or she may hit, scratch, or fight with the caregiver. This does *not* always happen. But if it does, it is likely to be when the person is in the middle stage of Alzheimer’s disease. This stage can last for up to four years.

These actions can be upsetting and are often hard for caregivers to manage. It helps to have a plan. One that many people find easy to remember is called ABC. Here is what this means:

A means Antecedent. This refers to events that happen just *before* an upsetting action.

B is the Behavior. This means any upsetting or aggressive *action done* by the person who has Alzheimer’s disease.

C refers to the Consequence. This includes events that happen *after* the behavior. Sometimes, these events can make the *situation* worse.

Here is a story about people we are calling Mary and Robert Jones. In this story, Mary is the caregiver for her husband, Robert, who has Alzheimer’s disease. As you will see, in this story many things go wrong.

A. The Antecedent. What happened before the behavior?

Mary slept too late and now is in a hurry. She wants her husband Robert

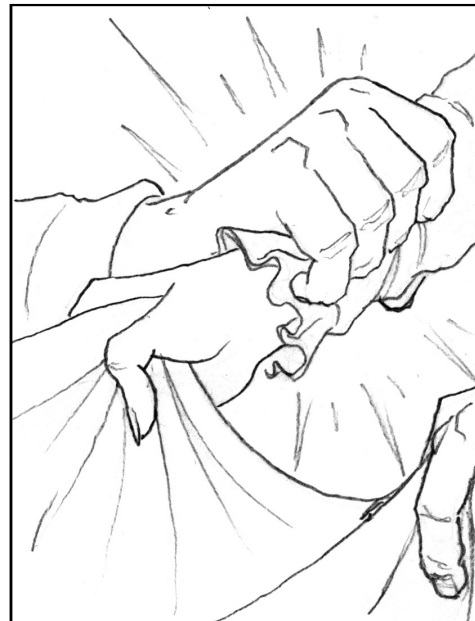
to quickly get out of bed, take a shower, eat, and get dressed before a driver arrives to take them to his doctor’s appointment. Because of her late start, Mary yanks off the bed covers and yells at Robert to get up. He

does not understand the words but reacts to her tone of voice. Mary gets angry when he pulls the bed covers back up. “So that’s the way it will be. I’m in charge here,” she yells.

Mary then drags Robert out of bed and rushes to get him dressed. Now he must balance on one leg rather than sit down to pull up his pants. This is not their usual routine when Mary takes her time helping Robert get ready for the day.

B. The Behavior.

Robert loses his balance because Mary is rushing him so much. He grabs her arm for support and does not let go. When she yells, he grabs even tighter. Robert is now digging his nails into Mary’s arm.



Article continues
on page 2

C. The Consequence. The events that followed the behavior.

Mary loses control and smacks Robert in the face (something she had never done before). He hits her back.

Mary thinks he is fighting, though it may be that he is just afraid and doing to her what she did to him.

One problem leads to others and Mary now worries that Robert will hurt her again. She questions whether she can care for him at home and wonders whether Robert must go to a nursing home.



Now let's look again at this story using the ABC way. Mary can see that the problems started when she rushed around and did not think of how Robert would react. She now knows she must avoid these types of situations.

- Mary learned that because Robert has Alzheimer's disease, he **cannot be rushed**. While she should not feel guilty, she should realize how her actions made this worse.
- If Mary is ever late again, she will call the doctor's office and ask if they can make a new appointment or come in later in the day. This is better than expecting Robert to change his behavior.
- Mary will make a list of what happened just before Robert's upsetting behavior. She will look for causes of what went wrong and figure out ways to avoid them.
- Mary will also think about her own actions and what did or did not work well.

- Mary will use the ABC way to help Robert to be more cooperative in the future. This is a way to understand what happened, and figure out ways to better manage in the future.

Behaviors Caregivers Find Especially Difficult

There are some behaviors that caregivers find especially difficult. Not all people with Alzheimer's disease have these behaviors. However, it is likely that the person in your care will have one or more of these problems during the middle stage of Alzheimer's disease. It is important to try to understand why the person may be behaving in ways you find difficult, and learn how to avoid making them worse.

Source: *The Comfort of Home for Alzheimer's Disease*

Taking Care of Yourself— Tips for Parents Coping with Covid

With Covid-19 there's so much that is unknown and outside of our control. Shift focus towards what you *do* know and what you *can* control.

Make a list of all the things you *do* know such as this is temporary; my family is healthy and taking all necessary precautions; young people are unlikely to get very sick.

Make a list of the things you can control: washing your hands and practicing social distancing; taking walks outside.

Anxiety can distort our thinking. Check the facts by asking questions such as: What's most likely to happen? What evidence do I have for this worry?

Source: *Tips for Parents on Coping with COVID*; Columbia University Department of Psychiatry



Inspiration

*I have developed a new philosophy:
I dread only one day at a time.*

—Charles M. Shultz

Live Life Laughing!

I'm homesick.

But you are home.

Yes, and I'm sick of it!



Memory Care - Memory Help

Everyday steps to help with memory problems:

- Colored paper or a picture of the toilet can be taped on bathroom door.
- Drawers, cabinets, and refrigerators can be labeled to show what's inside.
- Objects can be in contrasting colors so they stand out.
- Notes can be placed in plain sight as reminders.

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— Safe Alzheimer's Activities

Consider activities the person with dementia may enjoy—

- Creative activities such as painting, playing the piano, and using materials such as Play-Doh (if the person will not try to eat it)
- Cognitive activities such as reading a book, looking at a magazine, doing crossword puzzles
- Spiritual activities such as praying and singing a hymn
- Spontaneous activities such going out to dinner or to visit friends
- Work-related: things such as making notes, typing, or organizing coupons and other papers
- Simple household chores: dusting, drying dishes, doing the laundry

NEXT ISSUE... COVID-19 AND LUNG DISEASE

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

Your caregiving will be easier and more effective if you try to understand why the person in your care may be behaving in ways you find difficult, and learn how to avoid making them worse. Read the issue and answer True or False to the questions below.

1. *Antecedent* means what happened *just before* an upsetting action.
T F
2. In the *middle* stage of Alzheimer's disease a person may become aggressive.
T F
3. People with Alzheimer's or dementia *always* hit, scratch, or fight with the caregiver.
T F
4. *Consequence* includes events that happen *after* the behavior.
T F
5. These aggressive actions can be upsetting and are often hard for caregivers to manage. It helps to have a plan for how to deal with them.
T F
6. Problems can get started when a caregiver rushes and does not think of how the person with Alzheimer's will react. A person with Alzheimer's cannot be rushed.
T F
7. It is important to try to understand why the person may be behaving in ways you find difficult, and learn how to avoid making them worse.
T F
8. A person with Alzheimer's may not understand the words you say but reacts to your *tone* of voice.
T F
9. Simple household chores: dusting, drying dishes, doing the laundry are *not* safe activities for a person with Alzheimer's.
T F
10. To help the person in your care with memory problems, try placing notes can be placed in plain sight as reminders of things the person in your care should do.
T F

Name _____

Signature _____ Date _____



A Caregiver's Love Story from the Heart

A short time ago my husband, who has dementia and Parkinson's, woke me in the middle of the night asking if he could hold my hand. When he gently took my hand, he proclaimed how deeply he loved me. Suddenly, he asked so tenderly: "would you marry me?" Holding his hand firmly I softly whispered: "but honey we are married". With a high pitch in his voice he said: "REALLY, how long have we been married?" Lovingly, from my heart I replied; "32 wonderful years!"

He felt reassured, secured and loved in that I was there for him. I've learned that reassurance means a whole lot to a person living with dementia. The reverse experience can also apply.

We, Caregivers need to learn to reach out to Agencies, such as Area Agency on Aging and Caregiver SOS which provide support to caregivers. I did and learned that it does not have to be a lonely journey and most of all, it is empowering.

As caregivers let us remember we are never alone as three things will last forever - faith, hope, and love, and the greatest of these is love. 1 Corinthians 13:13

Sally Edsill

FEBRUARY 2021 Events

VIRTUAL PHONE/VIDEO CAREGIVER SUPPORT GROUPS

VIRTUAL ALZHEIMER'S & SUPPORT GROUPS

WHEN: WED. FEB. 3rd & FEB. 17th **BY:** Caregiver SOS "A CUP OF CARE"

TYPE: Phone Support Group

TIME: 12 noon

RSVP: Register to receive instructions how to access the group

PHONE: (361)-826-2343

WHEN: FRI. FEB. 5th **BY:** Lindale Caregiver SOS, "DEMENTIA SPOTLIGHT CAFÉ"

TYPE: Virtual Zoom Support Group

TIME: 10a.m. to 11a.m.

RSVP: (361)826-2343 **RESERVATIONS:** Maryann Mondragon

PHONE: (361) 563-4789 **QUESTIONS:** Karen Creekmore

WHEN: MON. FEB. 8th, & FEB. 22nd **BY:** ALZHEIMER'S ASSOC

TYPE: Virtual, Video, or Phone Support Group

TIME: 12:15 - 1:15 p.m.

RSVP: Register to receive instructions how to access the group.

PHONE: Go to: alz.org/crf or **CALL: 1-800-272-3900**

WHEN: WED. FEB. 10th **BY:** LINDALE CAREGIVER SOS

TYPE: Virtual Zoom Support Group

TIME: 12 noon

RSVP: **RESERVATIONS:** Maryanne Mondragon

PHONE: (361)-826-2343

WHEN: THUR. FEB. 11th **BY:** AREA AGENCY ON AGING

TYPE: Virtual, Zoom or Phone Support Group

TIME: 6 p.m. (Evening)

FOR ZOOM: DOWNLOAD APP

PHONE: 1-346-248-7799: **Phone #, ID & Pass Code same**

WHO: **Meeting ID: 86562181886, Pass Code: 538356**

CARING FOR THE CAREGIVER | UT HEALTH | SAN ANTONIO

SUPPORTING CAREGIVERS

The Caring for the Caregiver program is committed to supporting families living with Alzheimer's Disease and related dementias and other chronic diseases.

PROGRAMS OFFERED VIRTUAL

Essentials OF Caring Classes: These monthly expert-led classes are focused on providing support to caregivers of people living with dementias.

Learning Skills Together: We now offer our monthly Skills Workshop online to family caregivers over Zoom. Caregivers will Learn about home safety, nutrition, communication, safe transfers, medication management and more.

Contact Us Online or By Phone
<https://utcaregivers.org/>
210-540-8862
utcaregivers@uthealthsa.org

Monthly Face to Face Dementia Educational Session

Dr. N. H. Praderio, M.D. invites you to participate in an Alzheimer's Education and Support Program via Zoom

WHEN: WED. FEB. 24th, Face to Face Session

TYPE: Virtual Zoom or Phone Support Group

TIME: 6:30 p.m.

RSVP: Register to request your meeting link, ID number, password or mobile phone access number.

PHONE: (361)-826-2343

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUES. FEB. 23rd

TYPE: Virtual Zoom Support Group

TIME: 10am to 11am

DOWNLOAD ZOOM APP OR CALL

Meeting ID: 880 8054 8247

Pass Code: 592110

BY PHONE: 1-346-248-7799

Meeting ID & Pass Code: Same as above

For Additional Information contact:

Felipa Lopez Wilmot

Family Caregiver Program Specialist

OR

Sally Edsill

NFCSP Administrative Assistant

Office: (361) 883-3935 (Felipa: Ext-5153)

(Sally:Ext-5156)



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



A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Wednesday, February 3rd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Caregiving During COVID-19: The End of COVID-19 with Lucy Barylak, MSW and Elliot Montgomery Sklar, PhD <i>New vaccines can end this pandemic, but there is skepticism. This session will answer all of your COVID-19 vaccine questions.</i>
Monday, February 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Competent Conversations with Health Care Providers with Tanesha Tyler-Carr <i>In this session, learn effective communication skills and how to build relationships with health care providers.</i> ***Sponsored by North Central Texas Caregiver Teleconnection***
Tuesday, February 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	¿Cómo te sientes? con Nestor Praderio, MD <i>El Dr. Praderio facilitará una discusión en profundidad sobre los sentimientos del cuidador. Usted tendrá la oportunidad de expresar sus preguntas e inquietudes con respecto a su situación y escuchar cómo otros cuidadores están afrontando.</i>
Thursday, February 11th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dementia and Inappropriate Sexual Behavior with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>
Friday, February 12th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	ZOOM presentation: Cómo hacerle frente al brote del Coronavirus en su papel de cuidador con Dra. Liliana Oakes <i>La Dra. Oakes centrará en proporcionar información sobre las vacunas disponibles, ¿cómo se produce una vacuna? ¿cómo funciona en nuestros cuerpos? los beneficios, así como para abordar todas las dudas que tiene la comunidad hispana incluyendo abordar la desinformación sobre las vacunas en las redes sociales.</i>
Monday, February 15th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Survival Guide to Dementia Care What Happens Next with Tam Cummings, PhD <i>Join Tam Cummings, PhD as she leads a discussion with Family caregivers of People With Dementia who are confronted with numerous decisions regarding the care and eventual placement of their loved one.</i> **Sponsored by VITAS Healthcare**
Wednesday, February 17th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Caregiving During COVID-19: What Caregivers Need to Know About the COVID-19 Vaccine with Lucy Barylak, MSW and Elliot Montgomery Sklar, PhD <i>Unpaid family caregivers are the largest source of long-term services and support for elders in the nation, but these caregivers haven't been part of a vaccine rollout plan. This session will address what caregivers need to know.</i>
Thursday, February 18th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dementia and Delusions and Paranoia with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>
Tuesday, February 23rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Are My golden Years Gone—or Just Rusty? with Evalyn Greb, LCSW <i>Was caregiving on your "bucket list" for retirement? Are you experiencing the adventurous and fulfilling retirement you spent your life dreaming about? If no is the answer to these questions, please join us for some facts, tips, and discussion on how to shake the rust and revitalize your envisioned "Golden Years"!</i>
Thursday, February 25th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dementia and Delirium with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>



ELDER LAW RIGHTS & RESOURCES

A presentation hosted by Texas RioGrande Legal Aid with help from the Area Agency on Aging of the Coastal Bend

Find more info about:

- ✓ Estate planning documents
- ✓ Advance directives
- ✓ Public benefits & rights in nursing homes
- ✓ Scams that you may be susceptible to

**February 18, 2021
6:00 PM – 8:00 PM CST**



Attend by video at: <https://bit.ly/ElderRights>
Video Passcode: TRLA_AAA



To attend by phone, find your local number here:
<https://zoom.us/j/aesLTdTli>
Phone Passcode: 77374234

Meeting ID: 941 7097 6201



Texas RioGrande Legal Aid (TRLA) is a nonprofit organization that provides free legal services to eligible low-income individuals. To apply for our services, call 1-888-988-9996.

We Can't Wait To Have You Join!

*Dementia Friendly Corpus Christi
As Designated by Dementia Friendly America*

Mission

The mission of Dementia Friendly Corpus Christi is to engage with community partners to educate and empower different sectors of our community with information needed to enhance the dignity of persons living with dementia and to reduce stigma and social isolation. Also, to provide educational and supportive services to their families and to those who have been recently diagnosed with dementia.

Become a Dementia Friend

Call 361.232.5153

This initiative is a collaborative effort. Every part of the community plays a role and works together to create a dementia friendly culture in different sectors of our community. We invite you to participate.

Dementia Friends
Informational Session
Date: Feb. 3, 2021
Time: 2:00 to 3:30 pm

Champions Training
Date: Feb. 24, 2021
Time: 2:00 to 4:00 pm

Please call the number above to register or to learn more about how to become a Dementia Friend or Champion.



Together We Can Make a Difference in Our
City

Follow us on Facebook





What is a Dementia Friendly Community?

A Dementia Friendly Community is a village, town, city or county that is informed, safe and respectful of individuals with symptoms of dementia, their families and caregivers and provides supportive options that foster quality of life.

Dementia Friendly Corpus Christi

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Who is involved?

Every part of the community plays a role and can work together to take steps to create a dementia friendly culture.

How you can help

Become a Dementia Friend: dementiafriendsusa.org

Contact the Area Agency on Aging of the Coastal Bend at 361.883.3935 or visit to discuss other ways that you or your organization, business or institution can support Dementia Friendly Corpus Christi.



Not all memory problems are dementia, but it's more common than you think. Over 5 million people in the United States are living with dementia. There is Hope. There is Help. There is Treatment. See your family doctor and get screened for dementia today.



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Do You

- ◇ Lose track of dates, seasons, and time
- ◇ Have trouble with colors, reading, or judging distance
- ◇ Put things in unusual places, like keys in the fridge
- ◇ Call familiar things by the wrong name
- ◇ Forget important dates or events
- ◇ Forget your child's name
- ◇ Have trouble with familiar recipes or monthly bills
- ◇ Not recognize familiar places
- ◇ Have trouble following or joining a conversation
- ◇ Experience extreme anxiety or anger with changes to your routine

Have You

- ◇ Withdrawn from hobbies, social events or sports
- ◇ Had people tell you that you're forgetting things and you don't know what they talking about
- ◇ Had others express concern about your ability to manage your money
- ◇ Had a urinary tract infection or other serious illness
- ◇ Had a diet or vitamin deficiency
- ◇ Used alcohol, drugs, or other mind-altering substances
- ◇ Had a head injury or stroke
- ◇ Had a high fever
- ◇ Been dehydrated
- ◇ Experienced depression
- ◇ Had insomnia



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Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Alzheimer's
Disease or Dementia**

**Do you provide care for a loved one with Alzheimer's
disease or dementia?**

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

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

Where: Online Zoom Format
Call the number below to register

Date: Monday, March 1, 2021 (Every Monday)

Time: 2:00 pm to 3:30 pm

*"I was at a very low point in my life. This program saved my life."
Participant*



Distributed by

WELLMED
CHARITABLE FOUNDATION



Developed at
UT HEALTH
SCIENCE CENTER
SAN ANTONIO

Please call for more information or to register:

361-232-5153 or 361-826-2343
www.caregiverstressbusters.org

ONLINE CARE PROVIDER TRAINING

A facilitation provided by:

**The National Family Caregiver Support
Program** A Program of the:



****SAVE-THE-DATE****

TWO ONLINE ZOOM SESSIONS

WHEN: WED, MARCH 17th & 24th 2021

TIME: 2:30 P.M. TO 4:30 P.M.

WHERE: VIA ZOOM

PLEASE CALL TO REGISTER!

(CONTACT INFORMATION PROVIDED BELOW)

!! FREE 4 HOUR TRAINING!!

ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME"
TO PERSONS LIVING WITH ALZHEIMER'S AND RELATED DEMENTIAS

****Certification of Completion will be Awarded at End of Two Sessions****



MODULE TOPICS:

- The Attitudes and Process of
 - Caring for Someone with Early to Mid-Stage Alzheimer's
 - Caring for Someone with Mid to Late Stage Alzheimer's
- Virtual Dementia Tour and Community Resources



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



For additional information contact:

SALLY EDSILL

NFCSP Administrative Assistant

Office: 361-883-3935 Ext: 5156

Toll Free: 1-800-252-9240

Email: sally@cbcogaaa.org

Medicare 2021 Preventive & Screening Services

Medicare Part B (Medical Insurance) covers:

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
 - Multi-target stool DNA tests
 - Screening barium enemas
 - Screening colonoscopies
 - Screening fecal occult blood tests
 - Screening flexible sigmoidoscopies
- Depression screenings
- One-time Diabetes Preventative Program
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- Hepatitis B Virus (HBV) infection screening/Hepatitis B shot
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Mammograms (screening)
- Nutrition therapy services
- Obesity screenings & counseling
- One-time "Welcome to Medicare" preventive visit
- Prostate cancer screenings
- Sexually transmitted infections screening & counseling
- Shots:
 - Flu shots
 - Hepatitis B shots
 - Pneumococcal shots
- Tobacco use cessation counseling
- Yearly "Wellness" visit

Related resources

- Medicare and You 2021
- Medicare & You: Medicare's preventive benefits video (Medicare.com)

If you or someone you know have any questions regarding your Medicare Benefits, call and schedule an appointment with a Benefits Counselor who can help answer your Medicare Questions at (361) 883-3935.

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. The Area Agency on Aging is funded in part by Texas Health and Human Services