

Caregiver Corner

... Ideas and information for people caring for others 778-2411

National Family Caregivers Month November 2009

SpeakUp!

National Family Caregivers Month

NFC Month is organized each year by the National Family Caregivers Association and is designated as a time every year to thank, support, educate and empower family caregivers. "This year we are encouraging people to speak up during National Family Caregivers Month." said Suzanne Mintz, NFCA president and CEO. "One of the most important attributes on being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal, protecting not only the health and safety of your loved ones but for yourself as well."

National Teleclass/Webinar In Honor of NFC Month

National Family Caregivers Association celebrates NFC Month 2009 by offering a **teleclass/webinar: Safe & Sound: How to Prevent Medication Mishaps Thursday, November 12 at 2 pm EST.** To sign up for the 2009 teleclass/webinar send an email to: teleclass@thefamilycaregiver.org or call 800-896-3650 and provide us with your email address or postal address. NFCA will send you the registration information as soon as it is available. The teleclass/webinar is FREE to all family caregivers.

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Celebrate National Family Caregivers Month 2009

There are many ways to celebrate family caregivers and to take action and communicate the value of family caregivers.

1. Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
2. Offer a few hours of respite time to a family caregiver so they spend time with friends, or simply relax.
3. If you operate a local businesses offer a free or reduced service for family caregivers through the month of November.
4. Participate in the National Family Caregivers Association's FREE national teleclass: Safe & Sound: How to Prevent Medication Mishaps The free one hour teleclass/webinar will be **November 2 at 2 p.m. EST.** For more information [visit: www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).
5. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
6. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them an amusing audio book to listen to while doing their caregiving activities.
7. Find 12 different family photos and have a copy center create a monthly calendar that the family caregiver can use to keep track of appointments and events.

8. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
9. A United States postage stamp honoring the more than 50 million family caregivers in America is officially “under consideration” by the U.S. Citizens' Stamp Advisory Committee for introduction as early as 2011. Sign the petition at www.thefamilycaregiver.org and ask others to sign the petition letter.
10. Help a family caregiver find information and resources on the internet or to locate a local support group.

Caregiver Chat Presents:



Alzheimer's Project
November 2nd and 9th

Michael Massurin from the Alzheimer's Association of Central New York and Judy Bobinski, Case Manager from the Office for Aging, will present The Alzheimer's Project, an HBO Documentary Series. This series will be presented in two sessions so that ample time is available for discussion after viewing the individual segments. Participants will view “The Memory Loss Tapes” which provides an up-close and personal look at seven individuals living with Alzheimer's across the full spectrum of the progression of the disease. Also included in the viewings are “Grandpa, Do You Know Who I Am?” which captures what it means to be a child or grandchild of one with Alzheimer's. The “Caregivers” segment highlights the sacrifices and successes of people who experience their loved one's descent into dementia. Strides that science is making to treat and possibly prevent Alzheimer's Disease will also be reviewed. **While it's encouraged that participants attend both sessions, it's not required.**

The Caregiver Chat meets the **first Monday** of the month from **1-3PM at the Stay Healthy Center at the Oakdale Mall**. Call Judy Bobinski at 778-2411 to reserve your seat.



Offers Special Programs for Caregivers

In honor of National Family Caregiver month, WSKG will be offering both radio and television programming that supports family caregivers.

WSKG radio will feature two different **Community Conversations on Caregiving** on their **7:00pm** broadcast on **Tuesday November 3** and again **Tuesday November 17th**. Tune in at 89.3 FM (Binghamton).

The first 60 minute radio show will address the stress of caregiving and will offer tips to coping with the challenges of caregiving. The second show, airing on **November 17th**, will assist caregivers in preparing for the unexpected. Tips on how to support parents and spouses with decision making will be offered and caregiving expenses will also be discussed. Both programs will feature live interviews with local caregivers. Information about local services and agencies will be offered. Both programs will be available to listen to online after the broadcast by going to www.wskg.org.

WSKG television also airs a program called Second Opinion on **Saturdays at 4:00pm**. In November the programs will feature information that will assist caregivers. The Second Opinion schedule is as follows:

November 7 at 4 pm

Alzheimer's Disease: A Caregiver's Journey

November 14 at 4 pm

Kidney Disease: Caring for Someone with a Chronic Disease

November 21 at 4 pm

Caregiver Burnout

Guide to Problem-Solving

The following guidelines are useful in almost any situation when you are faced with a challenge or decision, a near daily occurrence for most caregivers.

Step 1. Clearly identify the problem. This is not always easy. I may think the problem is there are not enough hours in the day. My daughter may be more accurate in suggesting the problem is that I insist on doing everything myself, rather than accepting the help offered by others.



Step 2. List possible solutions. Brainstorm: put down everything you can think of without judgment no matter how outlandish it may seem. Sometimes the wildest ideas lead to the best solutions. Sometimes you may have to gather more information to solve the problem; this is a good time to enlist the help of others who may be willing to do the research. I am more likely to take a water aerobics class if someone helps me find one at a convenient time and location. Similarly, I am more likely to consider an adult day center as a solution to my time crunch, if someone helps me explore available options.

Step 3. Try something. If the solution is a water aerobics class, I probably just need to plunge in. If the solution to enabling me to go the water aerobics class means finding an adult day center for my care receiver, I may have to weigh the benefits and limitations of available choices before making a decision. In either situation, however, giving the choice a fair trial is crucial. If I decide on the first day of aerobics class that the instructor is too militant for my tastes, or if my care receiver doesn't immediately adjust to the day center, quitting closes the door to all the benefits likely to accrue from sticking with it. Show your courage by



agreeing to keep an open mind for a two-month window.

Step 4. Assess the results. Did your plan work? Why or why not? Does it need fine-tuning or do you need to try something completely different? Do you remember "Do overs" when you were a kid? You didn't hit the ball, and you begged the other players to let you "do it over again." Amazingly, as adults we still have a multitude of "Do overs" available to us. Very few decisions are made for all time. Nearly everything can be rethought, reevaluated, or t put off until circumstances change.

Adapted from – Powerful Tools Online course for Caregivers. Check on this site www.matherlifeways.com

We all know how pearls are made. When a grain of grit slips into an oyster's shell, the oyster encases it, secreting more and more of a thick mucus that hardens in microscopic layer after layer over the foreign irritation until it becomes a perfectly smooth, round, hard, shiny thing of beauty. The oyster transforms both the grit and itself into something new. Something good can come from an irritating situation.



Memory Phone

When individuals with memory impairment can't remember phone numbers, the Memory Phone allows them--or their caregivers--to simply push the "picture" of the person they want to call.

Product Description

Forgetting a telephone number happens to all of us, but when you've been diagnosed with Alzheimer's disease, it is especially frightening and frustrating.

The problem is solved with the Memory Phone that allows you or your loved one to simply push the “picture” of the person they want to call.

Product Features:

- ☞ There are eight pictures of friends and family, plus one for 911 emergencies (or use it for you're a ninth telephone number)

Mounts on wall or sets on the table

- ☞ Adjustable ring pitch
- ☞ Last number redial feature
- ☞ Large easy-to-read number buttons for direct dialing

Cost is \$64.95. Call the Alzheimer's Store at 1-800-752-3238 to order.

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Broome County Office for Aging
60 Hawley Street
PO Box 1766
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