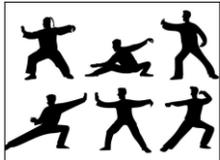


Caregiver Corner

Ideas and Information for People Caring for Others

July & August 2019 / 607-778-2411 / www.gobroomecounty.com/senior

Events for Caregivers



Tai Chi: How it Can Benefit You and Your Loved One.

Date: Tuesday, July 2

Time: 2:00 – 4:00 PM

Location: Lourdes at Vestal (2nd Floor)
3101 Shippers Rd., Vestal

Presenter: Shaz Bamasi, RN, Tai Chi Coordinator

Several studies have shown the tremendous benefits of Tai Chi for individuals of any age. This gentle form of exercise has the potential to reduce stress, improve your mood, promote a better night's sleep, improve balance, and improve mental awareness. It may also help you manage symptoms of some chronic diseases such as arthritis, fibromyalgia, and chronic obstructive pulmonary disease.

Join us as we learn the basics of Tai Chi. Be sure to wear comfortable clothes and shoes, as those attending will be invited to participate in an actual Tai Chi demonstration.

Pre-registration is requested; please call (607) 778-2411 to reserve your seat.

plus a Representative from the Veterans' Health Administration.

The Office for Aging, the Veterans' Health Administration, and the NY State Division of Veterans' Services are pleased to present an informational seminar for veterans, spouses, and caregivers on the topic of aging-in-place.

- A Veterans' Service Officer will discuss monetary benefits from VA Disability Compensation and Pension, and the basics of how to apply for these benefits.
- The Veterans' Health Administration will discuss health services available locally, how to access these services, and supports available for caregivers.
- The Mission Act for improved access to community care will also be discussed.

Pre-registration is requested; please call (607) 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.
No registration required.



Place: Stay Healthy Center

Oakdale Mall, Johnson City, NY

Date: Monday, July 1

Monday, August 5

Time: 1:00-2:30 PM

Place: Broome West Senior Center

2801 Wayne Street, Endwell

Date: Wednesday, July 17

Wednesday, August 21

Time: 9:30-11:00 AM

Veterans'
Services



Veterans' Benefits: Learn How Veterans Can Age in Place.

Date: Thursday, August 1

Time: 1:00 – 3:00 PM

Location: Broome County Public Library
185 Court Street, Binghamton

Presenters: Len Sas, Veterans' Benefits Advisor;

Caregiver Corner Q & A

Question: I care for my mom and she is getting more physically frail and her short-term memory is decreasing. I need help. What do I do? Where do I start looking for help? Should I look for alternate living arrangements or get help in the home? How much will it cost?



Answer: If you have asked these questions, it's time to get your loved one an in-home assessment.

 Begin by calling New York Connects at 778-2278 to arrange for an assessment. Any resident of Broome County is eligible for such an assessment regardless of age or financial resources. The initial conversation will involve requests for some basic information: medical history, family involvement, and apparent problems. In a few days, someone will call to schedule an appointment for a home visit.

The in-home assessment will take approximately one to two hours. The purpose of the interview is to determine the goals, wishes and needs of the client. Some questions asked will be about chronic conditions, medical conditions, medications, cognitive ability, and the home environment.

Part of the assessment is to develop a care plan. This plan will offer possible solutions to the challenges that the client and his or her family face with daily activities. Specific advice and direction will be offered so that the client and family can make decisions. There are many supportive services available in our community to help people age in place. If care at home is no longer feasible, the assessment team will provide valuable information about alternative residential options that emphasize an older person's independence in the least restrictive setting.

An assessment is a valuable tool that can help an older person and his/her family members plan for care that is needed now and in the future.

Caregiver Anxiety: How to Overcome Anxiety, Stress & Worry

By Marlo Sollitto, agingcare.com

Do these scenes sound familiar?

- You've been in bed for an hour, tossing and turning, but you can't sleep. You keep rehashing the day's events and worrying over everything that needs to get done tomorrow. Now you start fretting about the fact that you can't get to sleep.
- You're trying to quickly get in and out of the grocery store, because mom has a doctor's appointment this afternoon and the kids have to be dropped off at soccer practice. Suddenly your heart starts beating fast, and your hands start to sweat.

Feeling stressed is normal for caregivers. But constant worrying, unrelenting doubts and pre-occupation with the "what ifs" and worst-case scenarios can be unproductive and even paralyzing. Anxiety causes physical symptoms -- trembling, heart palpitations, insomnia, sweating, fatigue -- and mental anguish that interfere with day-to-day life.

The good news is that chronic worrying is a mental habit you can learn how to break. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiving anxiety.

Recognize the Physical Response to Stress

The first step is to identify when you're becoming anxious. Listen to your body and recognize physical changes in your body: butterflies in the stomach, feeling as if your heart is beating out of your chest, shortness of breath. Don't let your body's symptoms scare you, let them talk to you. That rapid heartbeat doesn't mean you're having a heart attack; it's your body's natural response to anxiety and stress. Once you know the sensations, you can control them. Think of the physical symptoms as a fire engine going to another place. You've noticed them; now let them pass by.

Pause to Practice Relaxation

Relaxation techniques, such as deep breathing, can instantly lower the physical symptoms and mental



worry associated with anxiety. Place one hand on your stomach above the navel, and the other hand on your chest. Breathe in slowly until the stomach rises and hold your breath for three to five seconds. Then, exhale slowly. Another exercise to try is muscle relaxation. Tense, and then relax your muscles, one by one. Tense your shoulders, then feel the sensation as you relax those muscles. Continue tensing and relaxing down the body: forearms, hands, abdomen, buttocks, legs and feet. In addition, learning yoga, meditation or prayer will teach you techniques that you can use throughout the day to reduce stress.

Accept that Caregiving Brings Uncertainty

Fear of the unknown plays a huge role in anxiety. Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. The problem is, no one can predict the future or control of the outcome of every situation. Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening. It will only keep you from enjoying life. Stop worry by asking yourself these questions:

- What's the probability that what I'm scared of will actually happen? Is there a more likely, alternate outcome?
- Is the thought helpful? How will worrying about it help me and how will it hurt me?
- What would I say to a friend who had this worry?

Schedule Worry-Time

Our worries tend to be like the constant dinging of emails: they show up throughout the day, and we stop everything to address them. If you find yourself constantly fretting about things, set aside a 30-minute period each day where you do nothing but worry. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone. After worry time has expired, vow not to think about your problem again until your anxiety time the following day. When you find yourself worrying, jot down what you are worrying about and resolve to think it through later. By the time the worry zone rolls around, many of your troubles won't even matter anymore – and you will have spent almost an entire day anxiety-free.

Avoid Triggers that Cause Stress

Avoid things that can aggravate the symptoms of anxiety disorders, such as poor diet, caffeine, sugar, smoking, over-the-counter cold medications and alcohol. Research has shown that the top three dietary causes of increased anxiety are caffeine, sugar, and alcohol.

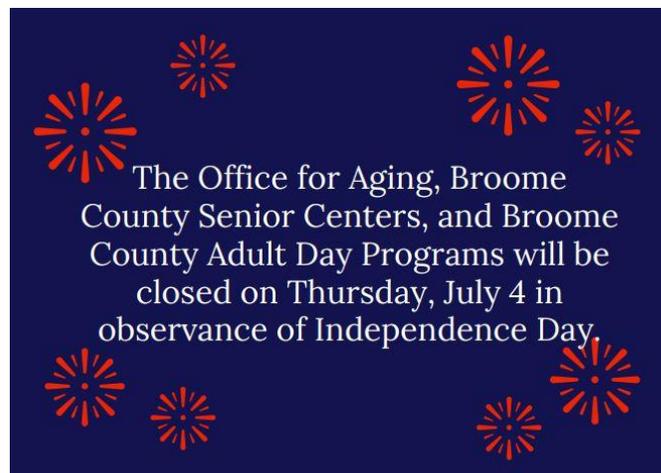
In many cases, taking these five steps will be enough to significantly reduce your anxiety. However, if you cannot control your anxiety, see your doctor. Anti-anxiety and antidepressant medications are available that can help reduce symptoms. In addition, some people may benefit from counseling and therapy.

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<https://www.agingcare.com/articles/caregiver-anxiety-stress-worry-146701.htm>



“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the things you think you cannot do.” – Eleanor Roosevelt



The Caregiver Services Program is sponsored by a grant from the U.S. Administration on Aging, New York State Office for Aging, and Broome County.

Contributions are accepted to help support this program. No one is denied service because of an inability or unwillingness to contribute and all contributions are confidential.

To make a contribution, please send checks or money orders to: Broome County Office for Aging, PO Box 1766, Binghamton, NY 13902.

Caregiver Corner

Broome County Office for Aging
60 Hawley Street
PO Box 1766
Binghamton, NY 13902-1766

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ofa@co.broome.ny.us

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Thank you!