



Area Agency on Aging,
Region 9

WINTER 2020

November is National Family Caregiver Month



Painted by the talented Guernsey county artist and AAA9 Ambassador, Sue Dodd, inspired by the caregiver role. The painting speaks to her own role as a caregiver for her mother and a son with physical impairments and is a testament to her talent and value regardless of her age and physical limitations.

Family caregivers are the backbone of the Long term care system. They provide hours of unpaid care to their family, friends and loved ones. A few statistics about Caregivers:

- 1) Today, more than 1 in 5 Americans (21.3 percent) are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. This totals an estimated 53.0 million adults in the United States.
- 2) Most caregivers of adults care for a relative (89 percent), typically a parent or parent-in-law (50 percent), spouse or partner (12 percent), grandparent or grandparent-in-law (8 percent), or adult child (6 percent), though 10 percent provide care to a friend or neighbor. Many caregivers live together with their recipient (40 percent), a proportion that has grown since 2015 (34 percent).
- 3) Caregivers report that the adults who receive care (the "care recipient") have greater health and functional needs than was reported by caregivers in 2015. Compared to 2015, caregivers are more likely to report their adult care recipient needs care because of long-term physical conditions (63 percent, up from 59 percent in 2015), emotional or mental health issues (27 percent, up from 21 percent), and memory problems (32 percent, up from 26 percent), including Alzheimer's or dementia (26 percent, up from 22 percent in 2015).
- 4) Six in 10 caregivers report working while caregiving (61 percent) and the majority have experienced at least one work-related impact (61 percent). As in 2015, most working caregivers report going in late, leaving early, or taking time off to accommodate care (53 percent). One in 10 working caregivers have had to give up work entirely or retire early (10 percent).

(Source: Caregiving in the United States; National Alliance for Caregiving in Collaboration with AARP, May 2020).

Because of all that family Caregivers do the Area Agency on Aging, Reg. 9 wants to recognize and say thank you to ALL the family caregivers out there who go above and beyond every day to care for their family, loved ones & friends. Words are not enough to express the gratitude we have for all you do every day.

THANK YOU
*for the lives you touch
we appreciate you*
SO MUCH

ARE YOU A KINSHIP CAREGIVER?



Are you raising children of a relative or loved one? Then you are a kinship caregiver and are at risk for Caregiver Burnout.

Identifying Caregiver Burnout

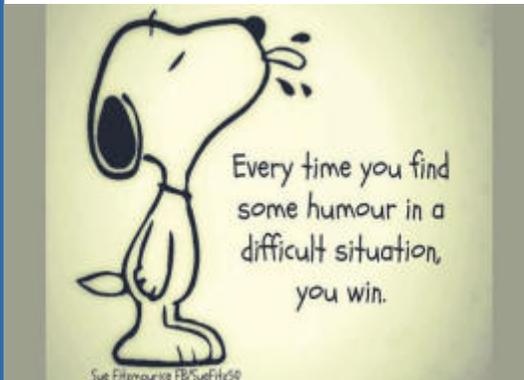
Lack of energy and overwhelming fatigue
Changes in eating habits; weight loss or gain
Increased susceptibility to illness
Physical problems like headaches or other health issues
Withdrawing or losing interest in activities you previously enjoyed
Neglecting you own physical and emotional needs
Becoming unusually impatient, irritable, or argumentative with others

Depression, and mood swings
A feeling of hopelessness
Sleeping problems (too much or too little)
Anxiety about the future
Difficulty coping with everyday situations

**WE CAN HELP! —AAA9 CAN OFFER SUPPORT,
EDUCATION, AND INFORMATION & REFERRAL**

Laughter... the Best Medicine

Sources: Carelinx.com; Facebook.com; eldercareissues.blogspot.com; whatarekeys.com



I'm A Caregiver:

I can help two kids with homework, soothe an agitated sundowner, balance the checkbook, remember 1,750 medical definitions, locate 12 lost items, clean up a spill, pet the dog and cook dinner--all in the 20 minutes it takes me to make a doctor's appointment on the phone.

What is your superpower?

I'm trying to be awesome today, but I'm exhausted from being so freakin' awesome yesterday.

someecards
user award

Caregiver Moment

#20

High-fiving yourself when you guessed the diagnosis before the Doctor.

eldercaresissues.blogspot.com

Caregiver Stress and Burnout

Caregiver stress and burnout is a very real concern for caregivers on a daily basis. Add in the holiday season and the CoVid pandemic and the risk of stress and burnout increases dramatically. We encourage each and every one of you to make an extra effort to manage your stress levels. Below are some ways to do this and also remember that you can call us if you need more supports. **Pat Lake & Stephanie Border**



8 TIPS TO HELP AVOID CAREGIVER BURNOUT

Caregiver burnout is a very real state that can affect anyone providing care for a loved one. Here are 8 helpful tips for Caregivers.

- 1 SET REASONABLE GOALS**

Set monthly goals such as scheduling and paying bills. Weekly goals such as laundry days and Daily goals such as washing dishes. But don't stress if something doesn't get done right away. Be sure that goals are reasonable and are not overwhelming.
- 2 KNOW YOUR LIMITS**

Know when to STOP! Know when to simply SLOW DOWN! Know that it is OK to not always meet every goal! Know your own limits!
- 3 UNDERSTAND WHAT YOU'RE DEALING WITH**

Understand what your caregiver duties are. Learn about your loved one's condition. Try to understand and empathize with their emotions. Understanding what you're dealing with may help you set your own limits and reasonable goals!
- 4 LEARN TO ACCEPT YOUR FEELINGS**

It's OK to feel guilt, anger, irritability, stress and resentment. Negative feelings are part of caregiving. Understanding these feelings and learning to accept them may help in finding coping mechanisms.
- 5 REACH OUT AND TRUST SOMEONE**

Though, not always easy, it is important to reach out and learn to trust someone. Fostering relationships outside of the caregiver-caretaker relationship may help prevent isolation and could serve as a great way to help cope with stress.
- 6 FIND A SUPPORT GROUP**

Find a support to meet other caregivers in similar situations. While having friends and other close relationships is great; they may not understand the challenges of being caregiver. Check out local support groups or online communities; i.e. Facebook Groups or Blogs.
- 7 STAY HEALTHY AND POSITIVE**

Aim for walks after dinner, Pilates or Yoga sessions. Join a gym and participate in group workout sessions.
- 8 BE REALISTIC**

Be realistic in every aspect of caregiving. You may know your loved one has memory problems. Is it feasible to expect them to remember every chore?

www.caringprocaregiver.com

10 Tips for Caregivers During the Holidays- Feeling stressed? Reset your expectations and enjoy the little moments

1. Focus on what is most meaningful- Prioritize the holiday activities that hold the deepest meaning. Focus on what feels necessary to produce a holiday feeling and create good memories.

2. Simplify your holiday activities- If going all out for the holidays will push you over the edge this year, remember that it doesn't have to be all or nothing. If you can't put out all of your decorations, choose a few items that are most significant. If going to all religious services feels like too much, choose one service that means the most. If sending greeting cards is too time-consuming, try sending e-greetings.

3. Start new traditions- Instead of focusing on losses and what you and/or your loved ones aren't able to do this year, try doing something new. If your care recipient has trouble getting around, drive through a holiday light display or watch a holiday concert on TV. If you can't make it to a holiday gathering, have a video chat. Start a home holiday movie night tradition — or watch old home movies so everyone can participate.

4. Adjust meals- Simplify the menu. Try fewer side dishes or one dessert instead of three. Split up the grocery shopping and cooking among other family members and guests. There's nothing wrong with a potluck. Purchase all or part of meals at a local grocery store or restaurant — either fully cooked or ready for you to cook at home. Eat at someone else's home, or at a restaurant.

5. Approach gift-giving more efficiently- Try shopping online; or ask a friend or relative to do your shopping and wrapping for you. You can always fall back on gift cards, too. If your family is large, draw names and exchange with just one person.

6. Anticipate holiday hot buttons- Are there holiday activities or toxic relatives that trigger stress or unhappy memories? It may be best to limit your exposure to — or even avoid — certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama; don't try to resolve problems over the holidays. Instead, try short encounters and develop quick exit strategies.

7. Mind your mindset- Try to *stay mindful*, concentrating on the present moment. Think about what you *can* accomplish instead of what isn't getting done; celebrate what your loved ones *can* do, rather than dwelling on what they can no longer participate in; revel in the holiday joys you experience instead of focusing on those you bypass; appreciate the help you are receiving rather than resenting those who aren't supportive.

8. Keep self-care at the top of the list- As caregivers, we give and give and give, and during the holidays we give even more. All that giving can leave you running on empty, with high stress levels or even full-on burnout. Get plenty of sleep. Walk with loved ones in a decorated shopping mall, dance to holiday music, stretch or do jumping jacks while watching holiday movies. Be aware of unhealthy coping skills, like overeating or drinking too much. Get outside for some mood-elevating vitamin D from sunlight. Relax with some holiday-scented aromatherapy to soothe and boost your mood.

9. Connect with other caregivers- Other caregivers are feeling many of the same emotions you are, even when others don't understand. Connect to share your feelings and get tips for holiday survival.

10. Ask for help- Even if you don't normally do so, the holidays are a great time to get some extra help — even a few hours can be a huge relief. Family and friends can help with holiday preparations. Get someone to clean the house or catch up on laundry. Ask family and friends to help with direct care for your loved ones, or try *community resources* like adult day care centers, in-home or facility-based respite care, or paid home health aides/caregivers.

Remember, you'll be happier if you can go with the flow and expect that there will be some delays, a crisis or two and maybe some disappointments. The bottom line is that this time is precious. Savor the moments with your loved ones and make good memories you can cherish forever.

Adapted from an article by Amy Goyer, AARP, November 19, 2018

Disclaimer: Everything I share is solely based on my personal experience and is for informational purposes only. I am not a medical professional. If you are in need of emergency, mental or health care, please seek appropriate services.

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Ohio's Energy Assistance Programs can help income-eligible Ohioans manage their utility bills.

The Home Energy Assistance Program (HEAP) and emergency HEAP provide the benefit directly to a customer's utility bill. The Percentage of Income Payment Plan (PIPP) is an extended payment plan in which customers pay a percentage of the income toward their utility bill each month.

Help is available for eligible Ohioans trying to cope with the costs of winter heating and summer cooling.

To be eligible for assistance, households must have a gross annual income that is at or below 175 percent of the federal poverty guidelines, have a member in the household who is 60 years of age or older; or have a member who has a medical necessity verified.

For more information or assistance, contact the Area Agency on Aging Region 9 at 844-932-7277 today.



Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative, friend, neighbor or kinship placement. You will benefit from these classes whether you are caring for a parent, spouse, friend, child, someone who lives at home, in a nursing home, or across the country.

- Class #1: Taking Care of You
- Class #2: Identifying and Reducing Personal Stress
- Class #3: Communicating Feelings, Needs and Concerns
- Class #4: Communicating in Challenging Situations
- Class #5: Learning from Our Emotions
- Class #6: Mastering Caregiving Decisions

Class participants also receive a copy of *The Caregiver Helpbook*, developed specifically for this class.

These classes are **FREE** but registration is **required**.

Due to CoVid19 we are currently offering classes virtually so you must have a valid e-mail, laptop with built in camera or webcam, and reliable internet connection.

CLASS DATES TO BE DETERMINED— a certificate of completion will be given to those who complete 4 of the 6 classes.

To register or if you have questions, please contact (800) 945-4250:
Pat Lake, RN-740-435-4901 or Stephanie Border, LSW -740-435-4719



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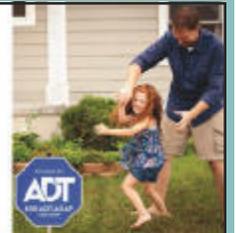
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Toll free at (800) 945-4250

Caregiver Resources:

Pat Lake, RN, CDP | 740-435-4901

Stephanie Border, LSW | 740-435-4719

Rural Dementia Caregiver Project

Are you a stressed caregiver for someone with memory loss? A free workshop might help. Sponsored by a federal government grant, this workshop is for family and friends who care for people with memory loss. Because this is a study, you must live in a rural area. Participants will receive up to \$80 in cash for completing 4 surveys (\$20 per survey). For more information go to <https://caregiverproject.ucsf.edu> or call toll-free at 1-833-634-0603.

**PLEASE NOTE : DUE TO COVID 19 ALL AAA9 FACILITATED
CAREGIVER SUPPORT GROUPS WILL BE TELECONFERENCE CALLS**

UNTIL FURTHER NOTICE:

TO ACCESS CALL: PAT LAKE, RN @ 740-435-4901 OR

STEPHANIE BORDER @ 740-435-4719

AAA9 Caregiver Support Groups for 2021

Guernsey	1st Monday	Crossroads Library, Cambridge	10:30am-12:30pm
Harrison	1st Thursday	Harrison Comm. Hospital, Cadiz	11:00am-1:00pm
Tuscarawas	2nd Monday	Tusc Senior Center, Dover	12:30pm-2:30pm
Belmont	2nd Tuesday	Belmont Senior Services	2:00pm-4:00pm
Carroll	3rd Monday	Carroll Friendship Center	2:00pm-4:00pm
Coshocton	3rd Thursday	Coshocton Senior Center	10:30am-12:30pm
Muskingum	3rd Thursday	The Carr Center	10:00am-11:30am

*facilitated by The Carr Center
Staff

If you no longer wish to receive this newsletter and want to be removed from our mailing list, OR if you would like to receive this newsletter electronically, please contact our program at: via email plake@aaa9.org; sborder@aaa9.org OR via phone (800)945-4250 or 740-435-4901/ 740-435-4719