

Caregiver Headlines

National Family Caregivers Month

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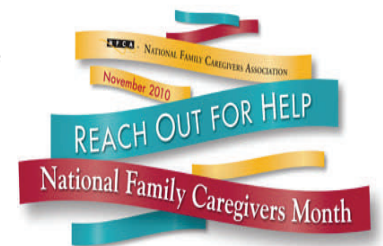
Day in and day out, more than 65 million Americans fulfill a vital role on the care team. The month of November is designated as Family Caregivers Month to honor those who are family caregivers. The National Family Caregivers Association coordinates Family Caregivers month as a time to thank, support, educate and empower family caregivers. The theme for National Family Caregivers Month 2010 is: "Reach Out for Help." National Family Caregivers Association encourages family caregivers to reach out for help all the time. Getting help begins with recognizing that you need it, then asking for help and accepting help when it is offered. Getting help is not necessarily an easy thing to do, but it is a really important decision for family caregivers wanting a better quality of life for themselves and their loved ones.

The National Family Caregivers Association offers 6 steps for caregivers to take to reach out for help:

1. Recognize that caregiving, like any job, is made

up of lots of individual tasks, not all of which are of the same importance. The challenge is to know which tasks are more important.

2. Recognize that asking for help is a sign of strength and not of weakness. It means caregivers truly have a grasp on the situation and have come up with a proactive plan to make things easier and better.
3. Create a list of the tasks that need to get done in any given week, or at least those you are most concerned about, or most important. Once caregivers see how long the list is they will quickly understand why they are so tired and don't have time for themselves.
4. Group tasks into categories such as personal care tasks for your loved one, transportation, and household chores. Tasks can be grouped into a few broad categories, or many specific ones. It is all a matter of personal preference.



5. Caregivers should write down their worries. Seeing these worries in black and white helps diffuse some of their emotion. It also allows caregivers to think more rationally about their concerns and understand how getting help with some tasks might lessen the stress. Also writing down worries can help determine which tasks can be accomplished by a friend or neighbor, which tasks caregivers are willing to pay someone for, and which there might be a public program for.
6. Caregivers should share the list with someone they trust before reaching out (a close friend or clergyman).

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New Program Starting Soon at Heartland Human Services

A Day Program is being developed for persons with dementia to provide them with appropriately developed activities and to provide caregivers with a well-deserved break.

The Day Program will operate on Tuesdays from 2 p.m. – 6 p.m.

- Participants will bring a brown bag supper to eat during this time.

A home visit interview must take place with participants and caregivers to determine eligibility for the Day Program. Contact Linda Warner for more information on the cost or to schedule the home visit interview. Linda can be reached at 217.347.7179 extension 1046 or by email at lwarner@heartlandhs.org.



Did you know that the Information and Assistance Staff at Heartland Human Services can help you with the following things?

- The information and assistance staff at Heartland Human Services can help you complete Circuit Breaker Applications, and enroll in a Medicare (Part D) Prescription Drug Program.



- Schedule you an appointment with legal staff from Land of Lincoln Legal Assistance Foundation, Inc.



There is no set fee for the services listed above; however donations are accepted.

National Family Caregivers Month cont.

- Believe** in yourself.
- Protect** your health.
- Reach** Out for help.
- Speak Up** for your rights.

Continued from page 1...

The intent for caregivers is to first get comfortable with the idea of talking about the need for assistance and hopefully get some encouragement and good ideas in the process. Then take a deep breath and actually ask someone to help with one of the tasks on your list, or ask for guidance in resolving a persistent worry. Start with something small, especially if you are looking for hands-on assistance or something that requires a

favor. Don't get discouraged if you get rejected at first. It sometimes takes perseverance. Just remember—the effort is worth it because the goal is better care for your loved on and yourself.

Contact the Caregiver Advisor 1.888.560.8805 ext 1062 for your caregiving needs.

Source:
National Family Caregiver Association

If you or the person you are caring for is over 60– Contact the following Information and Assistance Offices:

Clay County:
618.392.3556

Effingham County:
217.347.7179 ext. 1046

Fayette County:
618.392.3556

Jefferson County:
618.392.3556

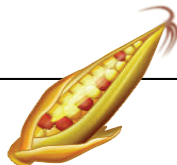
Marion County:
618.533.3716

Library Resource Hours

Fayette County: Evans Public Library
 521 5th Street
 Vandalia, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

Next Visits: November 2
 December 7
 January 4



Remember...
 Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours toll-free at 1.888.560.8805 ext. 1062.



Effingham County: Helen Matthes Library
 100 Market Street
 Effingham, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

Next Visits: November 4
 December 2
 January 6



Marion County: Bryan-Bennett Library
 315 S. Maple Street
 Salem, IL

1:00 p.m. — 3:30 p.m. **(by appointment only)**

Next Visits: November 16
 December 21
 January 18



Jefferson County: CE Brehm Memorial Library
 100 S. 7th Street
 Mt. Vernon, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

Next Visits: November 9
 December 14
 January 11



Clay County: Flora Public Library
 216 N. Main Street
 Flora, IL

1:30 p.m. — 3:00 p.m. **(by appointment only)**

Next Visits: November 23
 December 28
 January 25



“The true strength of the American family finds its roots in an unwavering commitment to care for one another.”
— President Barack Obama
 Schedule your appointment today to meet with the Caregiver Advisor.



Caregiver Connection: Learn, Share, Connect (In Vandalia & Mt. Vernon)

Don't Miss these informative groups about dementia and services for families.

Fayette County & Surrounding Area

November 2
No Meeting in December

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

Guest Speaker: Lyn Gartke, MA, LCPC will be speaking about different dementia signs and how the Center for Senior Renewal in Vandalia can help those with dementia and their families.

Jefferson County & Surrounding Area

November 9
No Meeting in December

3:00 — 4:00 p.m.

Lavender Ridge Memory Care
1400 S. 34th Street
Mt. Vernon, IL

Meets in Activity Room
Guest Speaker: Rachel Luge, MS from the Alzheimer's Association will be speaking about the different signs of dementia.

Caregiver Resource & Support Meetings

Marion County & Surrounding Area

November 16
No Meeting in December

4:00 — 5:00 p.m.

St. Thomas Episcopal Church
512 W. Main Street
Salem, IL

Meets in Basement
(Wheelchair Lift Available)

Effingham County & Surrounding Area

November 15
No Meeting in December

3:30 — 4:30 p.m.

Heartland Human Services
1200 N. 4th Street
Effingham, IL

Meets in Room 119
Guest Speaker Linda Warner Ed M, Geriatric Services Director will discuss a new program coming to Heartland Human Services for individuals with dementia.

Clay County & Surrounding Area

November 23
No Meeting in December

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Alzheimer's Disease vs. Age Related Changes

Free Area Memory Screenings

Clay County:

Tuesday November 9th from 1:30 p.m.—3:30 p.m. at the Center for Senior Renewal. For more information or to register call 618.662.6621

Effingham County:

Thursday November 18th from 9:00 a.m.—2:00 p.m. at Heartland Human Services. For more information or to register call 1.888.560.8805 ext. 1046.

Tuesday November 16th from 9:00 a.m.—1:00 p.m. at Kmart Pharmacy. For more information call 217.347.2560.

Fayette County:

Monday November 15th from 9:00 a.m.—Noon and Wednesday November 17th from 9:30 a.m.—Noon. At the Center for Senior Renewal. For more information or to register call 618.283.5464.

Jefferson County:

Tuesday November 16th from 10:00 a.m.—2:00 p.m. Addus Evergreen Club. For more information or to register call 618.241.9503.

Tuesday November 16th from 9:00 a.m.—1:00 p.m. at Kmart Pharmacy. For more information call 618.244.6550

Marion County:

Tuesday November 16th from 9:00 a.m.—4:00 p.m. at St. Mary's Good Samaritan Centralia. For more information or to register call 618.436.8691.

Everyone experiences memory changes as they age. Some people may experience one or more of these symptoms of Alzheimer's Disease. It is important to see your doctor if that is the case.

- Memory Loss that disrupts daily life. This is the most common sign of Alzheimer's disease. May include asking the same thing over and over again, forgetting important dates, or relying on others for more information.

What is a typical age related change? Sometimes forgetting names or appointments but later remembering them.

- Challenges in planning or solving problems. Some people may lose the ability to develop a plan and follow through with that plan. Others struggle with working with numbers, following directions in a recipe, or keeping track of monthly bills. People can also have difficulty in concentrating and take longer to do things.

What is a typical age related change? Making occasional errors when balancing a checkbook.

- People with Alzheimer's disease find it difficult to complete daily tasks at home.

What is a typical age related change? Occasionally needing help to record a TV show

- Confusion with time and place. People with Alzheimer's Disease often lose track of dates, seasons and the passage of time.

What is a typical age-related change? Getting confused about the day of the week but later figuring it out.

- Trouble understanding visual images and spatial relationships. For some they may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room.

What is a typical age related change? Vision changes related to cataracts.

- New problems with words in speaking and writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. People with Alzheimer's may also struggle with vocabulary and have problems finding the right word or call things the wrong name.

What is a typical age-related change? Sometimes having trouble finding the right word.

- Misplacing things and losing the ability to retrace steps. This can

lead to accusations of stealing, which may become more frequent over time.

What is a typical age-related change? Misplacing things from time to time.

- Decreased or poor judgments. People with Alzheimer's may use poor judgment with money and pay less attention to grooming or keeping themselves clean.

What is a typical age-related change? Making a bad decision once in a while.

- Withdrawal from work or social activities. People with Alzheimer's disease may have trouble keeping up with a favorite sports team or remembering how to complete a hobby. They may also avoid social situations because of these changes.

What is a typical age-related change? Sometimes feeling weary of work, family and social obligations

- Changes in mood and personality. People tend to become confused, suspicious, depressed, fearful, or anxious.

What is a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Source:

Alzheimer's Association



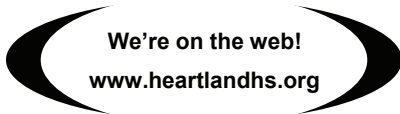
HEARTLAND
Human Services

1200 North Fourth Street
P.O. Box 1047
Effingham, IL 62401

Phone: 1.888.560.8805 x 1062

Fax: 217.342.6716

Email: tkatt@heartlandhs.org



Announcements

*** SEE PAGE 5 FOR A LIST OF AREA MEMORY SCREENINGS ***

November 3 Audio Conference Building Caregiver Skills to Manage Stress 12:00 p.m.—1:00 p.m.

To register call 217.726.5184 or register online at www.alz.org/illinois

November 15 Memory Loss Conference 8:00 a.m.—4:00 p.m.

Springfield, Illinois

To register visit www.siumed.edu/alz or contact the caregiver Advisor at 1.888.560.8805 ext. 1062

November 17 Understanding Memory Loss 6:30 p.m.—8:00 p.m.

Centralia Recreation Complex, 115 E. Second St., Centralia

CONGRATULATIONS TO FAMILY CAREGIVER LENORA ALISON ON RAISING OVER \$1600 AT THE ALZHEIMERS ASSOCIATION MEMORY WALK

Heartland Human Services will be closed November 11th in observance of Veterans Day
November 25th & 26th in observance of Thanksgiving.