

Caregiver Headlines

Fun Ideas for Caregivers

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Your loved one, just wants to have fun! As a caregiver you are focused on their safety, finances, medical treatment, medication, privacy, nutrition and therapy. Caregivers busy themselves with monitoring their loved one's progress (or decline) and doing everything in their power to keep them comfortable. Caregivers worry about their loved one's reduced energy level, increasing fatigue, physical weakness and variable mental status.

But do caregivers realize how important it is for their loved one to just have fun? To laugh deeply, live in the moment, to briefly erase pain and not be old and frail?

So what can caregivers do?

Many caregivers may be thinking that their loved one cannot do that much, but they might be surprised at all the different options. Too often thoughtful families accommodate their senior's weakening state that they overlook just how much their loved on can do and enjoy! While it is good to try to bring the world to them with visits, letters, phone calls and email, it is also important and possible to keep brining them out in the world. Of course, it may involve more work transporting a walker or wheelchair, assisting in/out of cars and doors, walking slowly, negotiating steps carefully, finding bathrooms, keeping your loved one dry, warm (or cool)- so be prepared for

a different pace and smaller goals. And some encouragement might be needed to get going.

Seniors look forward to having a day out, but as they age, they don't have the stamina or mobility for big trips to museums, or loud restaurants. However, your loved one may be able to go out for an hour or two. A simple trip to the grocery store just to look around can be a fun outing. Visiting an antique shop, running an errand, going to a quilt shop, hardware store, library, family style restaurant, plant store, or flower shop are all possible destinations.

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Alzheimer's Association Listening Session

Right now the federal government is developing a national plan to fight Alzheimer's Disease— and you can help shape it here in your community.

Please join the Alzheimer's Association for a listening session in your area. "Let us know how Alzheimer's Disease has impacted your family and share your ideas on how our federal government can help families facing this devastating disease."

When: Wednesday August 24, 2011 from 5:30 p.m.—7:30 p.m.

Where: Programs and Services for Older Persons 201 N Church St., Belleville, IL 62220

Registration for this event is required. To register or for more information call the Alzheimer's Association at 1.800.272.3900 or visit their website at: www.alz.org/stl

Fun Ideas for Caregivers cont...



Your loved one can benefit from playing a simple game with you.

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Suspect errors, fraud, or abuse? Report it!

If you suspect errors, fraud or abuse, report it immediately!

This protects other people from becoming victims and helps save your Medicare benefits.

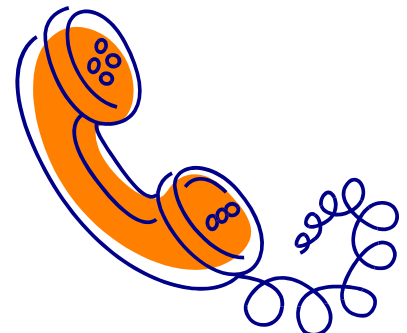
Here are the steps you should take to report your concerns and abuse:

- If you have questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first.
- If you are not comfortable calling your provider or plan, or you are not satisfied with the response you get, then call:

Your local Senior Medical Patrol at 1-877-808-2468

or

Midland Area Agency on Aging at 618-532-1853



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: August 2
 September 6
 October 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: August 4
 September 1
 October 6



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

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

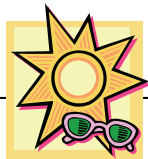
Next Visits: August 16
 September 20
 October 18



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: August 9
 September 13
 October 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: August 23
 September 27
 October 25



There are no mistakes, no coincidences. All events are blessings given to us to learn from.—Elizabeth Kubler-Ross
 Schedule your appointment today to meet with the Caregiver Advisor.



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



Fayette County & Surrounding Area

August 2
September 6
October 4

3:00 — 4:00 p.m.

Fayette County Health Department
416 W. Edwards St.
Vandalia, IL

Meets in the Conference Room.
Caregivers are invited to come and see the
Fayette County Health Department.

Jefferson County & Surrounding Area

August 9
September 13
October 11

3:00 — 4:00 p.m.

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

Meets in Activity Room
Caregivers will discuss the personality and behavior
changes of dementia and how to handle these trou-
bling behaviors. The seminar will be presented by
Trisha Katt, BA Caregiver Advisor at Heartland Hu-
man Services.

Caregiver Resource & Support Meetings

Effingham County & Surrounding Area

August 15
September 19
October 17

3:30 — 4:30 p.m.

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

Meets in Room 119
Guest Speaker: Charlene Pryor will speak
about Parkinson's Disease.

Marion County & Surrounding Area

August 16
September 20
October 18

4:00 — 5:00 p.m.

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

Meets in Basement
(Wheelchair Lift Available)
Guest Speaker Ed Boyd will speak about Life Sup-
port Medical Lifelines.

Clay County & Surrounding Area

August 23
September 27—Alzheimer's Association
October 25

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Discharge Planning Questions for Caregivers



When a loved one is being discharged from the hospital or nursing home, it can be a confusing time for caregivers. Caregivers should ask any questions they have and make sure they feel comfortable with the answers.

Often caregivers spend many hours at the hospital, overseeing care and offering support to their loved one. By the time your loved one is discharged from the hospital, caregivers might be more tired than ever. Yet now their job is only beginning.

So what happens when the hospital stay is over? It has been well documented that patients are being discharged from the hospital “quicker and sicker” than in the past. This also means that patients have more complex care needs and may be dealing with multiple illnesses and disabilities. Nurse discharge planners may tell you about medical situations, and social work discharge planners will tell you about community organizations, but in too many cases, no one is overseeing the information and the referrals you are given or how to access and coordinate the help you need. Since there is no care coordination across the discharge process, caregivers are often left stressed, confused and feeling helpless.

What can caregivers do under these circumstances? First, it is important to be an advocate not only for the patient but also for yourself. Be aware that there is an appeal process available if you feel your loved one is

being discharged too soon. Caregivers should write down their questions and make sure they get answers before taking their loved one home.

There are four sets of questions that caregivers should ask the discharge planners before they take their loved one home.

The first set of questions is about the illness:

- What is it and what should you expect in terms of recovery?
- What should you watch out for?
- Will you get home care?
- How do you get help?

The second set of questions is about treatment and care:

- What medications should be taken and when?
- What are the side effects you should be looking for?
- What medical equipment does your loved one need?
- Will someone come to your home and do an assessment to see if you need home modifications?

Third, where do you find help in the community:

- What agencies are

available to help you?

- What is adult day care and how do you find out about it?
- What public benefits are you eligible for?
- Where do you start to look for such care?
- Whom can you call to help with these referrals?

And finally, caregivers need to have the discharge planner address their needs as a caregiver. This means that they should assess your ability to do the required tasks:

- Have they trained you in transfer skills?
- Do you know how to turn someone in bed so he or she does not get a bed sore?
- Do you know how to help someone swallow a pill?
- What things are scary or uncomfortable for you to do?
- What medical conditions and limitations do you have that make providing care difficult?

Caregivers should not be afraid to be assertive in getting your concerns addressed before your loved one comes home.

Source: www.caregiver.org



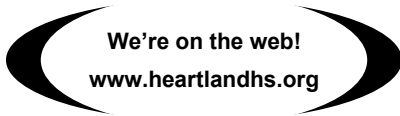
HEARTLAND
Human Services

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

August 3 *The SMP Program: Empowering Seniors to Prevent Healthcare Fraud* Alzheimer's Association Audio Conference
The Audio Conference will be from 12:00 p.m.—1:00 p.m. To register call 309.662.8392

Upcoming Events

September 8 **Spa for the Caregiver's Spirit.**
108 N. Third St. (Inside Evergreen Club of Addus HealthCare)
Mt. Vernon, IL
3:00 p.m. to 6:00 p.m.
Free Respite Available on Site
See Insert For More Information

October 1 **Walk to Prevent Suicide 2011** | Out of the Darkness Community Walk
TREC Trail (Starts & Ends at Effingham Performance Center)
Effingham, IL
12:00 p.m. (noon) to 1:00 p.m.