

Caregiver Headlines

Senior Friendly Bathrooms

Inside this issue:

HHS Welcomes New I&A Specialist	2
SWAN Senior Services	2
Library Resource Hours	3
Support Groups	4
Organization Tips	5
Winter Weather Precautions	5
Announcements	6



January is Bath Safety Month.

We have all heard that most accidents in the home occur in the bathroom. Consider your loved one's condition. They may be unstable, weak from a recent illness or accident, suffering from a debilitating disease causing impaired balance or vision. These factors greatly increase the risk of an accident in the bathroom. Caregivers should consider a few basic measures to make the bathroom a safer place for their loved one. Most modifications simply require a little foresight along with minimal to moderate effort and expense to prevent a serious accident in addition to enhancing your loved one's sense of security and comfort.

Caregivers can increase the safety in their bathrooms by doing these simple things.

- Make sure the lighting is good especially at night by installing a reliable nightlight.
- Remove floor rugs that tend to move around and may cause your loved one to slip.

- Clearly mark hot and cold handles and make sure that the temperature setting is not too hot which may cause scalding.
- Remove the shower doors from the track to allow easy entry to the tub. It may be necessary to substitute a plastic curtain to prevent water leakage.
- Install a mirror on the wall at the appropriate height for your loved one, or consider adding flexible mirror extenders that come out from wall, level where the user can be seated.

Caregivers can also purchase additions for their bathrooms to make them safer for their loved ones.

Caregivers can use rubber suction-grip mats, adhesive strips or anti-slip tub surface material to prevent slipping in the tub. These mats should be kept free of any soap scum build-up.

Caregivers can also add grab bars on the tub side or

shower wall to help getting their loved one in or out of the tub/shower. Caregivers may also purchase a bathtub or shower seat if their loved one can not stand or is too weak. The bathtub or shower seat should be made of sturdy plastic.

Caregivers should also consider purchasing a transfer device if their loved one has difficulty getting in and out of the shower.

A hand held shower sprayer may be a great addition to your bathroom. These allow the user to control water flow when seated on the chairs and transfer benches. They easily attach to your existing shower arm, or can be attached with a diverter valve and used in conjunction with the existing showerhead for other family members.

These tips can make the bathroom a safer place for your loved one and help prevent any future accidents.

Source:

www.carepathways.com

HHS Welcomes New I&A Specialist



Deb Stone
I&A Specialist

Deb Stone began working at Heartland Human Services as the I&A Specialist on November 1.

Deb is a C.N.A. She has worked at St. Anthony's Memorial Hospital, Lutheran Care in Altamont, and doing In Home Care for the past 18 years.

Deb lives in Altamont. She has 7 children and 2 grandchildren.

Deb is setting up appointments for Circuit Breaker Applications, Medicare Prescription Drug Program Applications, and assisting individuals with information about services available to them in Effingham County.

Deb is also planning activities for the Heartland Harmony Day Program for individuals with Dementia.

Call Deb at: 217.347.7179 extension 1050 or Toll Free at 1.888.560.8805 extension 1050.

SWAN SENIOR SERVICES

Services now available:

Information and Assistance (I&A): Provides older individuals with information on opportunities and services available to them within their communities. Including Circuit Breaker and Medicare Prescription Drug.

Outreach: Provides a one on one contact with potential clients or caregivers to encourage their use of existing services and assessing the clients needs.

Elder Abuse: These services are available for those who have experienced elder abuse. The mistreatment of any Illinois resident 60 years of age or older who lives in the community. The abuse must be committed by another person on the elder and be one of the following types of abuse:

1. Physical, Sexual, or emotional maltreatment and /or willful confinement.
2. Neglect by the caregiver in failing to provide the older person with the necessities of life.
3. Financial exploitation, meaning the misuse or withholding of the older person's resources.

OFFICE LOCATIONS:

Jefferson County
815 Broadway, Ste. 8
Mt. Vernon, IL 62864
618.899.9110
Monday-Friday (Elder Abuse)
Monday—Thursday (I & A)

Fayette County
1410 Sunset Drive, Ste. C
Vandalia, IL 62471
618.283.9179
Wednesday & Thursday

Home Office SWAN
1114 S. West
Olney, IL 62450
24 hr answering service available
618.392.3556
1.888.715.6260

Effingham County
1108 S. Willow St.
Effingham, IL 62401
217.342.4526
Elder Abuse Only
(Monday—Friday)

Clay County
832 W. North Ave., Ste. #B
Flora, IL 62839
618.662.7300
Monday—Friday



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: January 4
 February 1
 March 1



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: January 6
 February 3
 March 3



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

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

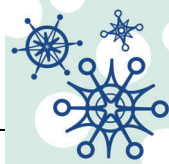
Next Visits: January 18
 February 15
 March 15



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

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

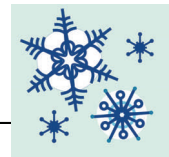
Next Visits: January 11
 February 8
 March 8



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

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

Next Visits: January 25
 February 22
 March 22



“We make a living by what we get, but we make a life by what we give.”
Sir Winston Churchill
 Schedule your appointment today to meet with the Caregiver Advisor.



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

Fayette County & Surrounding Area

January 4
February 1
March 1

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

Guest Speaker Nancy Hinton will be speaking about the services that SWAN Senior Services offers to seniors.

Jefferson County & Surrounding Area

January 11
February 8
March 8

3:00 — 4:00 p.m.

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

Meets in Activity Room
Guest Speaker Bev George will be speaking about the services that SWAN Senior Services offers to seniors.

Caregiver Resource & Support Meetings

Marion County & Surrounding Area

January 18
February 15
March 15

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

January 17
February 21
March 21

3:30 — 4:30 p.m.

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

Meets in Room 119

Clay County & Surrounding Area

January 25
February 22
March 22

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Organizing Tips



Start with one small area at a time and go into the project prepared to get rid of things.

Many caregivers make a New Year's Resolution to get organized. Sometimes caregivers find the hardest part of organizing is just getting started. It is often easy to make progress once you get over the hump of setting aside time and doing it. Here are some practical organizing tips to help.

Break down your goals. Most goals are abandoned because they are too big and vague. Caregivers should have a solid idea of what successful completion looks like.

Commit 15 minutes a day. Simply do something every day that moves you closer to ac-

complishing your goal.

Caregivers should remind themselves daily of their goals. And remember repetition is the mother of success.

Find someone to help. Two people can accomplish more in a shorter period than one can.

Goals that are written down are more likely to come to fruition. It is therapeutic to cross items off a list when they have been completed.

Caregivers should review their goals regularly. If progress is not being made ask why. It is possible for priorities

to change and if that is the case then drop that goal from the list.

Caregivers should reward themselves. Each completion deserves a reward, no matter how small.

Take time to enjoy your success. Don't simply charge into the next task or you will burn out. Savor the feeling of completion.

Source:

www.onlineorganizing.com

Winter Weather Precautions



Follow these tips to stay safe during the winter weather this year.

Before the winter storms and Extreme Cold weather hit consider adding the following supplies to your disaster supplies kit:

Rock Salt to melt ice on walkways

Sand to improve traction
Snow shovels and other snow removal equipment.

Prepare your home and family by:

Winterizing your home and any other structure that may provide shelter for your family.

Prepare for possible isolation in your home by having sufficient supplies on hand.

Know ahead of time what you

should do to help elderly or disabled friends, neighbors.

Prepare your car by:

Having a mechanic check to make sure all fluid levels are fine and that your car is working properly.

Install good winter tires on your car.

Maintain at least a half tank of gas during the winter season.

Place a winter emergency kit in every car.

Keep in mind dressing for the weather during the extreme cold by:

Wearing several layers of loose fitting, lightweight, warm clothing rather than one layer of

heavy clothing. The outer garments should be tightly woven and water repellent. Wear mittens, which are warmer than gloves.

Wear a hat.

Cover your mouth with a scarf to protect your lungs.

By taking these simple precautions you can stay safe during the winter storms and extreme cold weather.

For more information contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Source:

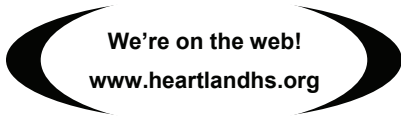
FEMA



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



- January 4th Grandparents Raising Grandchildren Support Group Meeting for Effingham County 6:30 p.m. Heartland Human Services Room 148.
- January 5th Alzheimer's Association Audio Conference Maximizing Independence in Early Stages 12:00 p.m.—1:00 p.m. To Register call 309.662.8392 or register online at www.alz.org/illinois
- January 6th Grandparents Raising Grandchildren Support Group Meeting for Clay County 1:30 p.m. Center for Senior Renewal, Flora, IL
- January 13th Grandparents Raising Grandchildren Support Group Meeting for Marion County 9:00 a.m. Meeting will be held at 434 S. Popular St.

**Grandparents Raising Grandchildren Support Groups
are being organized in Jefferson and Fayette Counties.**