

Caregiver Headlines

Planning for Long Term Care

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Congratulations

Claudine Lopez was the winner of the \$100 cash door prize at the Caregiver Spa!

Most older people are independent. But later in life, especially in the 80's and 90's many people may begin to need help with everyday activities like shopping, cooking, walking, or bathing. For many, regular or "long-term" care may mean a little help from family and friends or regular visits by a home health aide. For others who are frail, long-term care may involve moving to a place where professional care is available 24 hours a day.

The good news is that families have more choices in long-term care than ever before. Today, services can provide the needed help while letting your loved one stay active and connected with family and friends. These services include home health care, adult day care, transportation services, assisted living, retirement communities, and traditional nursing homes.

Plan Ahead

The key to successful long term care is planning ahead. Caregivers should be prepared by getting information ahead of time. That way,

they will know what options are available and affordable before there is a crisis. Caregivers should be aware that figuring out care for the long term is not easy. Needs may change over time. What worked 6 months ago may no longer apply. Insurance coverage is often very limited and families may have problems paying for services. In addition, rules about programs and benefits change, and it is hard to know from one year to the next what may be available.

A Need for More Care

At some point, support from family, friends, or local meal or transportation programs may not be enough. If caregivers find that their loved one needs a lot of help with everyday activities, they may need to move to a place where care is available around-the-clock. There are two types of residential care:

Assisted Living: They offer different levels of care, but often include meals, recreation, security, and help with bathing, dressing, medication and housekeeping.

Skilled nursing facilities or nursing homes provide 24 hour services and supervision. They provide medical care and rehabilitation for residents who are mostly frail, or suffer from later stages of dementia.

Finding the Right Place

To find the residential program that works best for your family you should:

Ask Questions. Find out about specific facilities in your area. Talk to people in your community or local social service agencies to find out which facilities seem to be well run.

Call. Contact the places that interest you. Ask basic questions and think about what is important for your loved one's needs.

Visit. When you seem to find the right place, go talk to the staff and residents. Set up an appointment, but also go unannounced and at different times of the day.

Continued on page 2...

Planning for Long Term Care cont.



These tips can help caregivers plan for their loved one's future care.

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health aide. For others who are frail, long-term care may involve moving to a place where professional care is available 24 hours a day.

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Plan Ahead

The key to successful long

9th Annual Spa for the Caregiver's Spirit Successful

On September 8th about 30 people gathered for an evening of information, relaxation, food and fellowship at Addus Adult Evergreen Club.

Thank you to the planning committee for organizing this event for family caregivers.

Thank you to the following individuals & respective businesses who made this year's Spa possible: Jeanne Haege & Melissa Oliver of Addus Evergreen Club, Betty Barker of Addus Health Care, Linda Warner of HHS and the SIU School of Medicine CADRD Memory Clinic.

Thank you to the exhibitors, and all the volunteers who helped make this event successful.



Caregivers enjoy refreshments and chair massages.

Caregivers visited information booths to learn about different resources available to them. Caregivers also enjoyed chair massages and manicures provided by Rend Lake College students.

The Family Caregiver Program would also like to send out a very special thanks to you, our family caregivers. Your job is not always easy, and you may not always get the thanks and appreciation you deserve. But because of all you do, your loved ones have a safe and loving environment. You have a huge impact in the lives of your friends and family!

Stay tuned to Caregiver Headlines for 2012 Plans!



Caregivers enjoy mini-manicures from the RLC Style Team!

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: October 4
November 1
December 6



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: October 6
November 3
December 1



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

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

Next Visits: October 18
November 15
December 20



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: October 11
November 8
December 13



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

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

Next Visits: October 25
November 22
December 27



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

October 4
November 1
No Meeting in December

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

Meets in the Conference Room off of the Dining Room.

Guest Speaker: Charlene Pryor will be speaking about her experiences with Parkinson's Disease.

Jefferson County & Surrounding Area

October 11
November 8
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
Caregivers will discuss different activities caregivers can do with their loved one who has dementia. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Caregiver Resource & Support Meetings

Effingham County & Surrounding Area

October 17
November 21
No Meeting in December

3:30 — 4:30 p.m.

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

Meets in Room 119

Marion County & Surrounding Area

October 18
November 15
No Meeting in December

4:00 — 5:00 p.m.

Bryan-Bennett Library
315 S. Maple St.
Salem, IL

Meets in the Board Room

Clay County & Surrounding Area

October 25
November 22– Alzheimer's Association
No Meeting in December

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Organizing Caregiving Information



It is important for caregivers to keep their loved one's personal information organized.

Keeping track of the many responsibilities of caregiving can be daunting. Organization can help you care for your loved one or friend and maximize the amount of quality time you can spend together.

Making lists of important information helps keep caregivers organized and will be very useful in case of an emergency. These lists and other needed information can be put into a clearly marked notebook and kept where others can easily find them. This notebook should contain enough information so that someone filling in for the caregiver will know exactly what is needed and what to do.

For example, caregivers might make a list of all the things they need for morn-

ing and bedtime routines such as bathing items, medications, and clothing. Buy several of these items and have them close at hand. This saves time and keeps caregivers or others helping out from having to search or leave the room when caring for a loved one. If caregivers use items in several different places, such as the bathroom and bedroom, have duplicate items stored in these rooms.

It is also a good idea to make a list of the following items to help out caregivers:

- Contact information of other people who can help or fill in with your loved one.
- Lawyers and financial advisors
- Where needed items are kept, such as thermometers and blood pressure monitors.
- Medications, when they are to be taken, and where they are stored.
- Exercise schedules and directions.
- Emergency contacts in addition to 911.
- Medical personnel with their area of expertise, address and telephone numbers.
- Home Healthcare Agencies

For more information about what to include in a list contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Source:

www.caringinfo.org

Addus Evergreen Club

The Addus Evergreen Club in Mt. Vernon is the only stand alone adult day center in Clay, Jefferson, and Marion Counties. They provide transportation to participants up to a 60 mile radius of Mt. Vernon. Community care hours and caregiver respite hours can be used at Addus Evergreen Club.

The provide: Nursing services, Restorative therapy, Dementia based programming, Breakfast, Catered lunch, Snacks, Socialization, Personal Care including showers, Beauty shop, Podiatry Services, and Community involvement. They also provide Physical, Occupational, and Speech Therapies through Rehab Care.

Caregivers can call for a free trial day at 618.241.9503.



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

We're on the web!
www.heartlandhs.org

Announcements

October 5 *Life Stories* Alzheimer's Association Audio Conference 12:00 p.m. to 1:00 p.m.
To register call 309.662.8392 or register online at www.alz.org/illinois

October 15 Open enrollment for Medicare Prescription Drug Program begins

Looking Ahead to November

Caring for a Person With Late Stage Parkinson's Webinar Sponsored by the Parkinson's disease Foundation
For more information visit www.pdf.org

Be sure to file your IL 1363 (Circuit Breaker) Form by December 31, 2011

HAPPY HALLOWEEN

