

# Caregiver Quarterly

A publication of Caregiver Services,  
a program of the Area 1 Agency on Aging.

Autumn 2005  
Volume 2 Issue 4

## **Caregiver Services**

maintains a registry, matching trained and pre-screened caregivers with potential employers, including In-Home Supportive Services clients. Information and support are available for family and professional caregivers.



How to reach us:

### **Caregiver Services**

**(707) 443-4363**

Toll Free:

**877-977-1604**

FAX: (707) 443-8946

**caregiver@a1aa.org**

### **Willow Creek:**

**(530) 629-1139**

FAX: (530) 629-1148



Caregiver Services  
is located at  
808 E Street in Eureka.

(Mail Address:  
3300 Glenwood Street  
Eureka CA 95501)

## ***A Caregiver Training Where? ... Fortuna!***

**September 13th through October 18th, 2005  
Tuesday and Thursday evenings, 6 to 9 pm**

Space is limited and pre-registration is necessary. Call Laura at (707) 443-4363 (toll free: 1-877-977-1604) to sign up now.

Caregiver Services is always trying to increase numbers of trained and pre-screened caregivers on the registry. Deciding where to hold a training can depend on where the most requests for caregivers come from versus the number of available caregivers on the registry in that area. Many caregivers cannot drive long distances to work, such as Arcata to Fortuna. As more and more Fortuna requests come in, the need for more Fortuna-based caregivers increases. And so it goes for any other area in Humboldt County that the registry serves.

This year, there have been caregiver trainings in Eureka, Willow Creek, Orleans and Trinidad. The final training of 2005 will be held in Eureka, beginning in early October.

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## ***Let's Celebrate!***

November is National Family Caregivers' Month. As a community, we take this time to salute all caregivers, be they family or professionals. The In-Home Supportive Services (IHSS) Advisory Board, the IHSS Public Authority and Area 1 Agency on Aging are working together to present a free Caregiver Celebration and Resource Fair in Eureka. If you are a Registry Caregiver or IHSS Provider anywhere in Humboldt County, watch your mail in early October for your special invitation!

We will gather on Thursday evening, November 3rd, at the Adorni Center, 1011 Waterfront Drive, in Old Town Eureka. There will be lots of space to gather and talk. The Adorni provides plenty of parking spaces. Entries, exits and bathrooms are very accessible.

Don't miss it—we put on a good party! A buffet dinner will be served and local services and organizations will be on hand to provide important information to caregivers and the people you serve. See you there!

# Living with Low Vision

By Julie Sessa

Have you ever wondered what it would be like to have limited or low vision? Eye Disease Simulations is a web site that will help you understand. Go to the National Eye Institute: [www.nei.nih.gov/photo/sims/index.asp](http://www.nei.nih.gov/photo/sims/index.asp).

Vision loss can be caused by a number of diseases, or from a trauma to the eye or the head. The four major eye diseases are Cataracts, Diabetic Retinopathy, Glaucoma, and Macular Degeneration. Regular visits to your eye care professional can detect these conditions and may provide early treatment.

Sometimes, though, vision loss is inevitable. There are resources in the community to help people adapt to limited vision. Vision Rehabilitation services, starting with a low vision exam, can help people set goals and find ways to perform familiar activities. They can teach you to use adaptive equipment or just new ways to do things you've always enjoyed doing. Low Vision support groups can offer shared experiences and successes.

## Come to the Fair!

Tri-County Independent Living will host the 2nd annual Lost Coast Assistive Technology (A.T.) Expo & Disability Fair at the Adorni Center in Eureka on Friday, October 7th, from 10 am to 4 pm.

The Expo, which is free and open to the public, will feature 30 local service providers who will be on hand to offer information about their programs. The Expo will also feature 25 out-of-the-area assistive technology vendors who will demonstrate their devices which help to make the lives of people with disabilities and seniors easier.

Free tours of Humboldt Bay will also be offered by the Disability Adventure Outfitters of Arcata, who will bring several wheelchair-accessible boats down to the Adorni Center dock.

Workshops on a variety of issues that people with disabilities and seniors face will also be offered, as well as live music on the Adorni Center's back patio. For more information, call Tri-County Independent Living at (707) 445-8404.

The Area 1 Agency on Aging received a Healthy Vision 2010 grant from the National Eye Institute to provide the publication *Vision Loss Guide to Services*, compiled by the LightHouse of the North Coast. It gives information and referrals about the causes of vision loss and services available to increase independence and mobility. To request a complete *Guide* or to request a presentation by service providers, contact the Area 1 Agency on Aging at (707) 442-3763, ext 208.

## Vision Loss Tip-offs

Here are some "tip-offs" that indicate that you or someone you know may be experiencing vision loss. People with such changes in their vision should be sure to see their eye doctor, an Optometrist or Ophthalmologist. Somebody who...

- drives over-cautiously or stops driving.
- finds lighting either too bright or too dim.
- whose eye glass prescription changes often.
- holds books close to his or her face.
- squints or tilts his or her head to see.
- has difficulty recognizing people's faces.
- changes his or her leisure activities.
- changes his or her personal appearance.
- whose table etiquette changes.
- moves about cautiously.
- bumps into objects.
- appears confused or disoriented.

➤ **Please note that these behaviors may also be the sign of other causes also important to safety and health, in which case you should consider seeing a doctor.**

*Julie Sessa is Special Projects Coordinator for Area 1 Agency on Aging's Information Services.*

## **No Longer Drive? How to Get Around in Humboldt County Without a Car**

is a fact sheet that presents a listing of available transportation options and their costs. Pick up your copy at your local senior center, or call Senior Information & Assistance at (707) 442-9591 (toll free: 1-800-408-4636). The fact sheet was produced by the Area 1 Agency on Aging Advisory Council Transportation Committee.

## A Safer House

Are your kitchen stove controls easy to see and use? Is there a light switch at both the top and bottom of stairways? Do you have a lamp or light switch within easy reach of your bed? Taking time now to spot and fix possible safety problems in your home can help avoid future accidents.

A handy Home Safety Checklist is available by calling the Senior Information & Assistance office in Eureka, (707) 442-9591 (toll free: 1-800-408-4636). You can also call Caregiver Services at (707) 443-4363 (toll free: 1-877-977-1604).

There are questions for each area of the home, from the living room to the kitchen, to bedrooms, bathrooms, stairways, hallways, and front and back entrances. Using the Checklist is pretty simple. Moving through your house, consider each question and check the "yes" box or the "no" box, whichever applies. Then go back over the list and decide how to correct any problem areas that are checked "no." Keep the checklist as a reminder, and review it from time to time to re-check your home.

The checklist was adapted from the Home Safety Summary Checklist developed by the Community and Home Injury Prevention Project for Seniors, California Department of Aging, Senior Housing Information and Support Center.

*Caregiver Quarterly* is published every three months by Caregiver Services, a program of the Area 1 Agency on Aging in partnership with the Humboldt County IHSS-Public Authority. We welcome your comments. Please send letters and change of address notices to *Caregiver Services*, Area 1 Agency on Aging, 3300 Glenwood Street, Eureka CA 95501. You can also e-mail: [caregiver@a1aa.org](mailto:caregiver@a1aa.org)

## Sign Up Now for Extra Help with Medicare Drug Plans

by Anne Antoville

You may be able to get extra help with costs for the Medicare Drug plans if:

- you have Medicare and you are single and your income is less than \$14,355 a year; or
- you are married and your income is less than \$19,245 a year.

If you have more than two people in your household, your income can be higher and you can get the extra help.

The Medicare Drug plans will be available in January 2006, but you can sign up for the extra help now.

**What kind of help can I get?** If you sign up for the extra help for Medicare Drug plans using the Social Security application, you may be able to get help for premium costs, deductible costs and co-pay costs for Medicare Drug plans that will be available to use beginning in January 2006.

**What do I do if I have Medi-Cal?** If you do not have Medicare with your Medi-Cal, you cannot get Medicare Drug plans or the extra help for Medicare Drug plans.

You will be automatically enrolled for the extra help and Medicare will cover your drugs beginning next January if:

- you have Medicare and Medi-Cal with no share of cost; or
- if you have Medicare with Medi-Cal and you meet your share of cost.

You will be able to choose a drug plan beginning in October 2005. If you do not sign up for a drug plan, you will be automatically enrolled in a Medicare Drug plan by January 1, 2006.

If you have Medi-Cal with a share of cost and you do not meet your share of cost, you will need to sign up for the extra help with Medicare Drug plans. You will also need to sign up for a Medicare Drug plan beginning in November 2005.

**What do I do if I use Patient Assistance Programs?**

If you use Patient Assistance Programs, you can sign up for the extra help with Medicare Drug plans. Beginning in November you can sign up for a Medicare Drug plan. You can begin using the Medicare Drug plan in January 2006.

**Where can I go for help?** HICAP can assist with your questions and with the application for extra help with Medicare Drug plans. Call HICAP at (707) 443-9747.

*Anne Antoville is HICAP Manager for Humboldt and Del Norte Counties.*

# ***Calendar of Events***

## **Caregiver Trainings**

**Fortuna: September 13 through October 18**, Tuesday and Thursday evenings, 6 to 9 pm. \$15 fee. Call Laura at (707) 443-4363 (toll free: 1-877-977-1604) to pre-register.

**Eureka:** Dates and times to be announced.

## **Soroptimist 16th Annual Walkathon to benefit Alzheimer's Resource Center:**

**Saturday, October 15th.** Walk begins at 10 am at the Adorni Center and finishes at the Alzheimer's Resource Center, 1901 California Street, in Eureka. \$15 registration includes a T-shirt and BBQ at end of the walk. Prizes will be awarded to top 2 walkers who collect more than \$500 in donations. Net proceeds benefit Alzheimer's Resource Center. Call (707) 444-8254, ext. 202.

## **Caregiver Celebration & Resource Fair**

Thursday evening, Nov. 3rd, at the Adorni Center. See front page article for details.

## **Bye, Robin ... Hello, Michele**

We bid a fond farewell to Robin Dummer, who has single-handedly provided caregiver registry services to Eastern Humboldt caregivers and recipients through our Willow Creek Caregiver Services' office for the past two years. Her service extends even further back in time, beginning in February 2002 with the Humboldt Senior Resource Center Registry through the Area 1 Agency on Aging's Caregiver Support Project. Robin has been a great asset to the Agency and to Eastern Humboldt County. Robin will be missed, and we wish her well in her new pursuits!

We welcome Michele Swift as the new Registry Specialist serving Eastern Humboldt County. Residents of Eastern Humboldt should feel free to give Michele a call at (530) 629-1139 or stop by the office in the Willow Creek Community Resource Center on Hwy 299.