

Caregiver Quarterly

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

Winter 2006-07
Volume 4 Issue 1

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)

Hooray for Star Caregivers!

What does it take to be an extra good caregiver? Patience, physical and mental strength, honesty, compassion ... and a sense of humor! With these traits in mind, we introduce our "Star Caregiver" column. In this space we will focus on caregivers listing with Caregiver Services' free registry who stand out, who go the extra mile, and who are very much appreciated by the people in their care. If you are a care recipient whose caregiver is doing a great job, please let us know. Your caregiver may be chosen as a Star Caregiver in a future Caregiver Quarterly.



Treasa Doty

"I recognize that every interaction is a unique opportunity to serve others." Well said, Treasa Doty! Treasa is one of the many great caregivers in the Eastern Humboldt region. Treasa has been working as a caregiver for the elderly and disabled for 22 years, and her dedication is a tribute to her grandmother who needed in-home care. "There are people like me who know what it is like to have a family member who needs in-home care so they can stay in their own homes and live a normal life."

Treasa's dedication is clear as a bell when talking with those in her care. Last summer Larry Pollock asked Treasa to attend his high school reunion with him and she was quick to accept! Larry said the evening was more

(Continued on page 2)

Caregiver Training in January

Each time an In-Home Care Provider training class graduates, Caregiver Services' free registry welcomes new caregivers to its ranks. Completion of the 33-hour training is the first step in the application process—next comes an interview and reference checks. Gradually the registry grows and grows, and yet we are always in need of more trained and pre-screened caregivers.

The next caregiver training starts in January. Since space is always limited wherever a training is held, we recommend that anyone interested in attending call Michelle Guthrie at 443-4363 (toll free: 877-977-1604) for details.

Help us make the registry grow!

Remember to Call In!



Registry Caregivers – Are you missing job referrals? Remember to check in with Caregiver Services the first week of each month. Call our **Active**

Caregiver Call-In Line at 441-0444, extension 222, and leave a message on the Voice Mail. Give your name, phone number, hours you are available to work and the type of care you are willing to provide (personal care, transportation, housekeeping and/or heavy cleaning).

If your schedule changes any time during the month, call in again and update us. If you were available the first week and called in, but now have enough clients, please call to tell us you are full! It's awful when someone calls for a list of caregivers and the names on the list end up being caregivers whose schedules are already full but who have not called to update.

If you lose a client and have hours available at any time during the month, call in and update so we can refer you to new clients.

If you have already called to tell us your schedule is full, you do not need to keep calling in every month. Your name will not be given out to consumers until you let us know you are available.

Hooray for Star Caregivers! *(Continued from page 1)*

successful because Treasa was able to go with him. Larry told us that "Treasa is more than a caregiver, she is also a friend." That attitude is echoed by Carl Hanks, another one of Treasa's clients. Carl says that Treasa takes time to talk and visit and she is always cheerful and in a good mood. Both Carl and Larry agree, "Be nice to your care providers, they do a lot for making your life easier!"



Jo Anne Rowland

Jo Anne's caregiving adventures began 12 years ago in Oregon, when she accepted a live-in companion job in which she could do the overnight shift and attend school during the day.

As time went on, the needs of her client changed, so that Jo Anne was providing a higher level of care than just companionship. Jo Anne found this type of work extremely rewarding. When she moved to Northern California, she decided to continue in the caregiving field. What began as something she fell into while going to school, became a career she loves!

Jo Anne finds caregiving to be gratifying because she is able to find the uniqueness in each client she works for. Learning about their experiences teaches her a lot about herself in the process. A challenge Jo Anne feels caregivers face is helping the client accept the assistance they need. She finds that after many years of caring for others, clients may have difficulty receiving help. Jo Anne likes to remind them that "it is okay to now receive what they have been giving to others for so long." Jo Anne would encourage other caregivers to always give the care and companionship they would want for themselves or a loved one. This is what Jo Anne thinks about when she is having a hard day on the job.

Send your "Favorite Caregiver Story" to Caregiver Services, 3300 Glenwood Street, Eureka CA 95501. Or email: caregiver@a1aa.org

Caregivers' Celebration & Resource Fair

November was National Caregivers Month. The In-Home Supportive Services (IHSS) Public Authority, the IHSS Advisory Board, and the Area 1 Agency on Aging put on a great 3rd Annual Caregivers' Celebration and Resource Fair on a rainy evening November 2nd at the Adorni Center in Eureka.

More than 300 people attended. Caregivers and their guests visited with service providers. St. Vincent de Paul put on a delicious buffet spread and the IHSS Advisory Board made it possible for many door prizes to be awarded to caregivers. What a party!

To Give or Not to Give?

As the winter holidays start rolling by, caregivers and the people they care for may want to give each other a little gift – a special something of appreciation. And yet, this can be a tricky situation, because the relationship between caregiver and client is really a professional one. Neither the caregiver nor the client should ever have to feel the pressure of being obligated to give or expect gifts.

Granted, caregivers and their clients may become emotionally attached, and feel protective as “family-like” relationships develop. Clients may want to reward their caregivers for the assistance they have provided. Caregivers may be tempted to give their clients a little present, especially if the client doesn’t have close friends or family nearby.

Caregivers, remember, this is your work. You work in a business of caring for people who are often frail, vulnerable and/or disabled. To maintain a professional approach, you should generally avoid accepting or giving gifts. Accepting gifts shifts the relationship from “business” to “friends,” creating a possibility in the future of problems in the working relationship. Accepting gifts can complicate things by creating an “I owe you – You owe me” situation.

If a client really wants to give you something, suggest they donate to their favorite charity.

Now is the Time to Consider Your Medicare Drug Coverage 2007 Options

By Anne Conrad-Antoville

If you have Medicare and do not have Medi-Cal:
Time to make changes for your drug coverage next year is short. Open enrollment to change drug plans or get a plan for the first time ends December 31st.

If you currently have a Medicare drug plan, you may want to change plans if your plan will not cover your medications in 2007 or if your plan premiums will increase in 2007. You can make ONE change in your Medicare drug coverage for 2007.

If you have Medicare and Medi-Cal:

- You may have been automatically given a new plan by Medicare if the plan you had for 2006 is no longer available or will no longer accept the Medi-Cal payment for premiums.
- You can change plans once each month. You will want to call your current plan to make sure they will continue to cover your medications in 2007.

Important things to know:

- You can call your plan to make sure your medications will be covered next year. If your plan has taken your medication off the formulary, you can ask your doctor to file an exception with the plan before January in order to get your medication covered, or you can change plans.
- If you change plans or get a plan for the first time, the plan must provide the first 30 days worth of any medication you are taking even if the medication is not on the plan formulary.

If you need help you can call HICAP for free telephone or in person counseling. Call 444-3000.

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

Caregiver Services' offices will be closed for the holidays on Friday, December 22nd; Monday and Tuesday, December 25th and 26th; and Monday and Tuesday, January 1st and January 2nd.



Caregiver Quarterly is published every three months by Caregiver Services, a program of the Area 1 Agency on Aging. 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 us at: caregiver@a1aa.org

Caregiver Support Group News

Three new caregiver support groups are now available for caregivers of people with Alzheimer's and other dementias. These groups are also open to caregivers assisting people with other diagnoses as well, such as Stroke, Multiple Sclerosis and ALS (Lou Gehrig's disease).

- ◆ A Garberville group will meet the 2nd Thursday of each month at the Mary Bendle Health Resource Center starting January 11th. Call (707) 923-2275 to confirm before attending.
- ◆ An Arcata Day Group meets on the 1st and 3rd Monday mornings of each month from 9:30 to 10:30 at Mad River Community Hospital in the back area of the hospital cafeteria.
- ◆ A Eureka Day Group meets the first and third Mondays of each month from 12:30 pm to 1:30 pm at Timber Ridge Assisted Living Center. Call (707) 443-4875 to confirm before attending.



For more information about these and other caregiver support groups in Humboldt County, call Jamie Kerr, MSW, at the Redwood Caregiver Resource Center, (707) 443-4875.