

Caregiver Quarterly

A publication of Caregiver Services and Eldercare,
Programs of the Area 1 Agency on Aging.

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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.

Eldercare
is a care consultation service for working people whose aging parents or other relatives need assistance.

How to reach us:

Caregiver Services
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877-977-1604

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caregiver@a1aa.org

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Caregiver Services and Eldercare are located at 808 E Street in Eureka.

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The Grass Isn't Always Greener... Things to Consider Before You Move Your Elderly Relative

By Lucy Ingrey

For anyone with an elderly relative, there are always nagging thoughts about them getting more frail and being alone. However, with your own life, work and family keeping you busy, often those thoughts get pushed aside. Then, for whatever reason—a visit, a fall, a call from the hospital—something gets you to thinking it's time to do something. It's time for Mom to move closer, and perhaps you even think of that spare room in your house.

Upon breaking the good news to her, you are surprised when it is received

with a firm "No" and the beginning of a growing resentment. You wonder what went wrong and how are you going to make her accept that she can't live where she is anymore.

As people age, loss becomes part of their lives—loss of family, friends, pets, independence, mobility, perhaps their driver's license. Most people over 65 have lived in their home for decades. Relocation is not only a loss of the family home, but of all the memories and many of the possessions that remind them of who they are. Relocating also means

(Continued on page 2)

Calling All Registry Caregivers!

There are always more people looking for in-home care than there are caregivers to refer to them. If you have hours available and are wondering why you are not being called for referrals by our staff, call our registry and check in!

There has been some confusion about using our Active Caregiver Call-in Line. This line is for caregivers who are listed with the registry to call and update their availability for referrals. If you are a caregiver with our registry and want to be referred out for work, you need to call the number, **441-0444, extension 222**, during the first week of every month and give your name, phone number, hours of availability and the type of care you are willing to provide (personal care, transportation,

housekeeping, and/or heavy cleaning).

If you are a caregiver on our registry and your schedule is full, you do not need to call in. Your name will not be given out to consumers until you call in and let us know you are available. Don't worry - if you do not call, your name will still remain on the database. You will continue to receive mailings and you will be able to use our support services.

If your schedule changes ANY TIME during the month, call in and update us. This means if you were available the first week and called in, but now have enough clients, call in and say you are full as soon as you are! 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.



Relief Caregivers Wanted

Have you ever had the flu, a family emergency or just wanted to take a vacation, but had no one to call to take care of your clients? Caregiver Services would like to be able to help by providing our registered caregivers with a list of relief caregivers.

This list would be of caregivers who are on our registry who are willing to provide care on a temporary basis. If you are on the registry and would like to add your name to this list, call 443-4363.

A Helpful Book

If you're thinking about taking a caregiver training, here's something to encourage you to sign up for the next course



offered. Thanks to the Humboldt County IHSS Public Authority's generosity, when you graduate from the 33-hour course you will be given a free copy of **Quick Tips for Caregivers**. This easy to read book, written by Marion Karpinski, R.N., Director of Healing Arts Communications, is packed with practical how-to caregiving advice and information with clear descriptions and illustrations. Note: This is very likely a one-time offer just for the next several trainings coming up, and we won't be able to make this offer in future years.

Trainings are conducted throughout Humboldt County periodically. In the past six months, trainings were held in Eureka, Fortuna, Orleans, Burnt Ranch and Arcata. Call Laura at 443-4363 or toll free at 877-977-1604 for information on future trainings in your area.

The Grass Isn't Always Greener... (Continued from page 1)

having to give up friends, place of worship, familiarity, and routine – essential things that can't be replaced or re-learned as easily later in life. And it's not only Dad who will have to give up things if he is to move in with or closer to you. You will need to look at your own social, health and economic needs and determine how you are going to balance your family, career, and social life as well as the needs of your elder.

Still, something needs to be done for all of you to feel safe and comfortable. The place to start is with frank discussion. Schedule some time with family to talk. Make sure everyone has a turn to voice their concerns and ideas, including input from your elder. Remember that the person is still an adult and therefore has the right to make decisions and be an active participant in their life. Be ready and open to solutions you hadn't thought of, and think creatively. Consider where your senior is at emotionally as well as physically. Has there been a recent death of a spouse? Is your family member still in the grief process that would be impacted by a move? If you can, start with slow changes and allow time for adjustment to new situations.

Consider resources that can be put into place in the current location. Could Mom stay in her home with some support?

- Is there a family member nearby who would be willing to help?
- Is hiring in-home care an option?
- Look at senior or community services like Care Management, Occupational Therapist Assessments, housekeeping and yard work businesses, Friendly Visitor programs, Meals on Wheels, Senior Centers, Volunteer programs, Lifeline and Adult Day Health Centers.

If none of those are an option, could Mom stay in the same city, keeping her friends and familiar surroundings, but downsize by moving to a senior apartment complex or Residential Care Facility that can accommodate a disability?

If a move near or with a family member turns out to be the solution, look at the resources available in the area and the stability and willingness of the family member. Consider the weather; for example, dampness and mold may aggravate respiratory problems. Look at the availability of medical services and whether their health insurance will be accepted in the new area. Make sure the move meets the long-term care needs in terms of health conditions. Check out the transportation services available to the senior and investigate opportunities for socialization outside of the family.

Whatever you and your family decide, realize that change is always a stressful process, so make sure to find ways to cope with the situation – take walks, talk to friends, or join a support group.

For information on senior services nationwide, call the Eldercare Locator, 1-800-677-1116. For local information, call Senior Information and Assistance at 707-442-9591 or 800-408-4636.

Lucy Ingrey is a Resource Specialist for Caregiver Services and Eldercare.

You May Get \$600 for Prescription Costs with the New Medicare Discount Card

By Anne Antoville

By now, if you have Medicare, you should have received information and applications from private companies offering a Medicare Discount Card.

This year through 2005, there is special help on the Medicare Discount Card for people who have Medicare and have low incomes. You may be able to get \$600 per year credit for prescription costs.

For the \$600 credit you must have Medicare and your income must be:

- ◆ Single—\$12,569 per year or \$1,047 per month
- ◆ Married—\$16,862 per year or \$1,405 per month

Unlike Medi-Cal, there is no asset test for assistance. The application for assistance is part of the Medicare Discount Card application. HICAP can help you with the Medicare Discount Card application and the application for special assistance. You can only apply for one Medicare Discount Card.

If you are approved for the assistance, you can receive \$600 credit in 2004 and \$600 credit in 2005. Any unused credit from 2004 will roll over into 2005. If you are approved for the special assistance in 2004, you will automatically get the assistance in 2005. The Medicare Discount Cards will expire in December 2005.

How does it work? You use the \$600 credit by using your Medicare Discount Card at the pharmacy that accepts your card. Once you have used all of your \$600 credit for the year, you can receive a 10 to 20% discount on prescriptions.

If you have more questions or need assistance with the Medicare Discount Card, you can call HICAP for an appointment. HICAP services are free and confidential. Call 443-9747 or call toll free: 1-800-434-0222.

Anne Antoville is HICAP Program Manager.

Caregiver Quarterly is published every three months by Caregiver Services and Eldercare, programs 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

Take Charge of Diabetes!

We are indeed lucky in rural Humboldt County to have in our midst a "Take Charge" Diabetes Consumer Action Group. Presently there are nine members, all volunteers, who make educational presentations on diabetes care to small groups. Their common binding factor is that they have diabetes themselves and can speak with a personal perspective on dealing with this disease.

If you would like to schedule a presentation for your group, or if you would like to become a Diabetes Consumer Action Group volunteer, call Roxanne Levang at 442-2806, or email her:

roxanne@communityhealthalliance.org

A Walk in the Park



Friday and Saturday, June 18 and 19, K'ima:w Medical Center will hold its annual Health Fair in Hoopa. On Friday, from 10 am to 3 pm, numerous community agencies will have information booths at the Neighborhood Facility. Health services provided will include cholesterol, blood sugar, and blood pressure checks. On Saturday walkers will participate in the two-mile Diabetic Walk, starting at the K'ima:w Medical Center and ending up at the Health Fair. For more information, call Helen Pellegrini, Health Fair Coordinator, at (530) 625-4261.

Alzheimer's Caregiver Education Series

For four Tuesdays in a row, June 8th through the 29th, Jamie Kerr will lead an Alzheimer's care training at Eureka Adult Day Health Services from 6 to 8 pm. This free training is designed for those who have already received caregiver training through Caregiver Services, or family caregivers who are helping someone with dementia. Topics include nutrition concerns, the effects of pain and other disabilities on behavior, personal care and bathing, and activities and community resources.

Attendees must pre-register and agree to attend all four sessions. Space will be limited to 30 students. To sign up, contact Caregiver Services at 443-4363 (toll free: 877-977-1604).