

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 is 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
(707) 443-4363

Toll Free:

877-977-1604

FAX: (707) 443-8946
caregiver@a1aa.org

Willow Creek:

(530) 629-1139

FAX: (530) 629-1148

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Eldercare

(707) 442-9400

FAX: (707) 443-8946
eldercare@a1aa.org

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

(Mail Address:
3300 Glenwood Street
Eureka CA 95501)



We at **Caregiver Services** and **Eldercare** wish you and yours a memorable and peaceful holiday season. Call us if you need respite caregiver referrals, information, support group listings, or if you want to share your concerns.

Call Caregiver Services for Registry and Support

By Anthony Antoville

Caregiver Services is a program of the Area 1 Agency on Aging that has combined the service of the caregiver registry with the caregiver training and supportive assistance of the Caregiver Support Project.

Caregiver Services provides free supportive services to caregivers and registry services to match caregivers with those people needing in-home assistance.

Family and paid caregivers contact our program to learn about scheduled trainings to improve the care they give and to receive information and referral to services that may assist them. Our lending

library also provides useful books and instructional videos related to a wide-range of caregiving topics.

Seniors and people with disabilities call us to find a trained and pre-screened caregiver through our registry database or other care options. Caregivers who list with our registry can be hired by anyone needing their services or by individuals who receive In-Home Supportive Services.

In-Home Supportive Services (IHSS) is a county program operated by the Department of Health and Human Services, Social Services Branch, that provides non-medical, caregiving

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Lightening the Holiday Load for Caregivers

By Lucy Ingrey

Just say the words, "The holidays are coming," and you will probably hear reactions ranging from joy to groans. The holidays bring unique opportunities and demands to caregivers and their families. This can be especially true if you are visiting elderly loved ones or having guests in your home. We offer here some tips to help make your holiday season, if not enjoyable, at least manageable.

- Begin by talking about what the holidays mean to your senior relatives. Ask what they want to do. Be realistic – consider their needs and abilities.
- Try to work together to plan any celebration. Do not assume your loved one does not want to participate in preparations.
- If you are visiting an elder at home, note any changes. Look for things like depression, increased alcohol use, self-neglect or signs of elder abuse.

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Money in Your Pocket

By Julie Sessa

You or someone you care for could pay less for telephone, gas and electricity services. Here are two ways you may be able to put some money in your pocket.

A 20% discount on gas and electric service charges is available through Pacific Gas and Electric's CARE program. That can mean saving \$10 when you have a \$50 utility bill. To get the discount, complete an application and meet income guidelines.

A 50% discount on basic telephone service is available through a program offered by the Universal Lifeline Telephone Service (ULTS). If you meet the low income limits, you could pay just \$5.34 a month for the "Flat Rate Local Service." Or you could choose the "Measured Local Service" and pay just \$2.85. All phone service providers must offer basic phone services for income eligible households at these reduced rates. This discount is for new phones and existing phone service customers.

For more information and application assistance, contact Caregiver Services at 443-4363. You may also call Senior Information and Assistance at 442-9591 (toll free at 800-408-4636), located at the Humboldt Senior Resource Center, 1910 California Street, in Eureka.

Julie Sessa is Coordinator of Senior Information & Assistance.

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

Call Caregiver Services (Continued from page 1)

services to eligible, low-income adults who are aged, blind or who have a disability. These services are to help those individuals live at home by assisting with daily tasks such as cleaning, meal preparation, bathing and dressing. To arrange for IHSS as a family caregiver or recipient, call (707) 476-2100.

People needing a trained and pre-screened caregiver who is listed with Caregiver Services, or caregivers who want to be listed with our program, may contact us at: (707) 443-4363 or toll-free (877) 977-1604. And in Willow Creek, our program may be contacted at (530) 629-1139.

Anthony Antoville is Manager of Caregiver Services.

The Caregiver Services and Eldercare offices will be closed for the holidays on Wednesday, December 24th; Thursday, December 25th; Friday, December 26th; Wednesday, December 31st; and Thursday, January 1st.

Lightening the Load (Continued from page 1)

Meet their caregivers, friends and neighbors and leave your number to be contacted. If you do notice something, follow up with another visit or phone call after the holidays.

- When having a senior visit you, think ahead about the safety and accessibility of your home and places you plan to visit. Are there stairs, lights and clear pathways? Are bathrooms easy to reach and move around in?
- If you are a caregiver, take advantage of family visits by giving yourself the gift of time. Use the hours to rest, not to run errands! Ask for help and accept it when it is offered.
- Respect an elder's need to rest by including quiet time in your visit.

When visiting your elder in a nursing facility,

- Offer to help decorate their room. Bring familiar decorations from home.
- Show videos of family events they might have missed such as graduations, weddings, school or holiday plays.
- Help them write holiday cards to their friends and family.
- Touch is important. Help with their hair and nails.
- Take them out to shop or visit friends. (Be sure to check first on the facility's policy.)

Lucy Ingrey is Resource Specialist for Caregiver Services and Eldercare.

Coping with Loss During the Holidays

By Lucy Ingrey

When a relative, friend or a person in your care dies, coping with that loss during the holidays is hard to endure. For many, the holidays are a reminder of happier times that are now gone. The stress of the current reality of the loss only makes such times more difficult.

For some, continuing with traditions brings comfort. For others, simplifying holiday activities or starting new traditions may help ease the pain.

Different family members may be in different stages of grief, so remember to take time to talk about how everyone feels. Then plan and delegate holiday responsibilities accordingly.

- ◆ Helping others often makes us feel good. Try doing something your loved one would have enjoyed doing. Help feed homeless people. Take meals to shut ins. Make a donation to a charity in their name.
- ◆ Find new ways of dealing with old traditions. Simplify decorations or meals.
- ◆ Start a new tradition – travel, skydive, create a scrapbook of family recipes.
- ◆ Talk about the person, share memories.
- ◆ Allow yourself time to grieve. Spend some time alone.
- ◆ Join a support group to give yourself a safe place to work through your grief as well as help others during this difficult time.



We Have A Resource Library!

We encourage you to call and make an appointment to visit our *Caregiver Services* lending library. Located in our Eureka office at 808 E Street, the library features a large selection of books, videos and all kinds of materials on topics of interest to families, caregivers and professionals in the field of long-term care. Books can be checked out for two weeks and videos for three days.

For instance, *Mr. Food's Quick & Easy Diabetic Cooking* has over 150 recipes, with information on portion sizes to aid blood sugar control and weight loss. There's "Bottomless Chicken Potpie" and "Spiced Sweet Potato Wedges," and there are even 19 dessert recipes. Yum!

For more information or to make a library appointment, call Laura Patterson at 443-4363 (toll free: 877-977-1604).

Special Right to Buy Medigap Insurance in 2004

By Anne Antoville

If you are under 65 and have Medicare because of a disability, you have a Special Enrollment Period to apply for Medigap insurance in January through March 2004. You will have the right to buy Medigap insurance at this time without a health screening.

Medigap insurance includes plans that pay the co-pays and deductibles for Medicare. Some plans have more benefits, including prescription drug coverage.

You must meet three requirements to apply for the Medigap insurance without a health screening:

- 1) You must be under age 65 and have Medicare because you are getting Social Security Disability Benefits;
- 2) You did not enroll for a Medigap plan during the Special Enrollment Period in 2001; and
- 3) You do not have End Stage Renal Disease (ESRD).

You can call the Health Insurance Counseling and Advocacy Program (HICAP) at (707) 443-9747 to find out more about Medigap plan options and the Special Enrollment Period. Or e-mail:

hicapmanager@a1aa.org

HICAP is a free program of the Area Agency on Aging.

**Anne Antoville is
HICAP Program Manager.**

Caregiver Support Groups

You are not alone! Find new friends, emotional support and practical information in these groups.

- ◆ Caregivers of people with Alzheimer's and other dementias are welcome to come to **Eureka Afternoon group** that meets the 2nd and 4th Mondays from 4 to 5 pm at **Adult Day Health Services**, 1901 California Street, in Eureka. Call (707) 444-8254, ext. 202.
- ◆ **Eureka Day group** meets 1st and 3rd Mondays, 12:30 pm, at Timber Ridge, 2740 Timber Ridge Lane.
- ◆ **Arcata Support group** meets 1st Tuesdays, 3 pm, at Mad River Adult Day Health Care. Call (707) 822-4866 to confirm before attending.
- ◆ **Garberville group** meets last Thursdays, 12 noon, as needed, at the County Services Building, 727 Cedar Street. Call Patti Rose at (707) 923-3921, ext. 222, to confirm before attending.

Eureka Day and Garberville groups are sponsored by Redwood Caregiver Resource Center, a program of North Coast Opportunities, Inc. of Ukiah, telephone (800) 834-1636. Arcata group is sponsored by Adult Day Health Care of Mad River. Eureka Afternoon group is sponsored by the Alzheimer's Day Care Resource Center.

What is Eldercare?

Eldercare is a care consultation service designed to help working families identify aging loved ones' care needs and help locate appropriate services to meet those needs. Eldercare services offered include private consultations, resource materials, special publications and the Eldercare Workshop Series.

Current participating employers include the County of Humboldt, Humboldt Bank, the Humboldt County Office of Education, Pacific Lumber and other local employers who have purchased the Community Health Alliance's Employee Assistance Program.

Call Lucy Ingrey at 442-9400 for more information regarding Eldercare in Humboldt County.

If you are interested in caregiver trainings, call Laura Patterson at 443-4363 (toll free: 877-977-1604).