

Caregiver Quarterly

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

Spring 2005
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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.

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)



To reach **Eldercare**, call **Caregiver Services** at 443-4363 or toll free: 877-977-1604 and ask for Lucy.

Exercise Your Mind!

By Lucy Ingrey

Be a student so long as you still have something to learn, and this will mean all your life. ~Henry L. Doherty

With spring almost here, it is time for a fresh start and new goals. Often spring goals include exercising. While it is great to focus on exercising your body, don't forget to exercise your brain too. Take a class for personal or professional growth. Classes are a good way to increase your skills and learn new techniques, meet new people, build your resume or just have fun.

Here at Caregiver Services, we coordinate 33-hour caregiver training classes to help caregivers increase their skills and network with other caregivers. The training is a

requirement for caregivers to list with our registry for work referrals. Family caregivers also find the training to be a good source to learn practical and time-saving skills. Sometimes caregivers feel they already know everything – but later they find after taking the course that there is always something new to learn.

Caregiver Services also works to keep you informed of upcoming classes and workshops related to caregiving, such as Alzheimer's, CPR, First Aid and Diabetes education. We list upcoming classes in almost every issue of the Caregiver Quarterly. We have a

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Sign Up Now for Caregiver Trainings!

Spring is coming, and now is the time to sign up for a 33-hour In-Home Care Provider Training in your area. Pre-registration is required.

In Willow Creek:

The Blue Lake Rancheria and the Area 1 Agency on Aging offer this training **free of charge** to anyone caring for a Native American Elder (55 or older), or who may provide in-home care for a Native American Elder in the future. The classes will be held on Saturdays, April 16th through May 21st, from 9 am to 3:30 pm, at St. Joseph's Community Resource Center, 38883 Hwy 299. Call Robin at (530) 629-1139, or Laura, toll free: (877) 977-1604.

In Eureka:

March 15th through April 19th, Tuesday and Thursday evenings, from 6 to 9 pm, at the Eureka Adult Day Health Services building. There is a \$15 fee. Call Laura at (707) 443-4363 or toll free: (877) 977-1604.

Rx Check-Up: An Easy Way to Keep Track of Medications

By Julie Sessa

Remembering which medication to take when can be a real challenge. Prescription drugs, over-the-counter medications that you buy at the drug store or the supermarket, vitamins, herbal supplements – the number of medications a person takes seems to increase as we get older or if we experience a health crisis such as an illness or injury. How do you keep track?

The **Rx Check-Up** is a helpful choice. This checkbook-sized medication management record book can help seniors, their caregivers and their families keep track of current medications, changes in medications and other health care related matters.

There are sections on Allergies or Problems with Medications/Foods; Medications Prescribed by My Doctor; and Over the Counter Medications, Vitamins and Dietary Supplements. Each section provides space to write in the date, name of medicine, strength, when and how often taken, and why. This is a convenient way of making a great deal of information easy to read. Carry it with you everywhere you go, just like your wallet.

Many things can be noted in the **Rx Check-Up**:

- What symptom or conditions is this medication for?
- What if I miss a dose?
- Should I take the medication with food, or not?
- Should this be kept in the refrigerator?
- Are there possible side effects I should be aware of?
- Is it safe to take vitamin/mineral/herbal supplements with this medication?
- Do all my doctors/pharmacies know all my medications so there won't be drug interactions?

Rx Check-Up books are available at HICAP and Senior Information and Assistance offices in Eureka and Crescent City, Caregiver Services, and at several local pharmacies. As always, your best health care advice comes from your doctor and your pharmacist. Show them the book and start the conversation.

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

Exercise Your Mind! *(Continued from page 1)*

handout on CPR and First Aid classes offered throughout the county. We often receive information from organizations that offer classes or trainings that caregivers might want to attend. Please feel free to call us if you are looking for some training information.

Other community classes are available through a variety of organizations. Local papers are a good place to look, and some are free. Classes listed there vary from professional education to dancing and yoga. Whatever you decide, try to make 2005 the year you learn something new and make it a healthy habit to practice every year!

Lucy Ingrey is a Resource Specialist for Caregiver Services.

Places to Call for Classes & Workshops

Alzheimer's, Dementia, Family Caregiving

The **Redwood Caregiver Resource Center**, 350 E Street, Suite 510, Eureka 95501. Call Jeannie Talbot, Family Consultant, (707) 443-4875.

Alzheimer's Day Care and Resource Center, 1901 California Street, Eureka 95501. Call (707) 444-8254.

Cancer

American Cancer Society, 2942 F Street, Eureka 95501. Call (707) 442-1436.

The **Humboldt Senior Resource Center**, 1910 California Street, Eureka 95501, presents a *Good Nutrition and Helpful Hints for Cancer Prevention* class the 2nd Monday of every month. Call 443-9747, ext. 228.

CPR and First Aid

American Red Cross, 406 11th Street, Eureka 95501. Call (707) 443-4521. See current class schedule at website: www.northcoast.com/~hcarc/

Eureka Fire Department, 533 C Street, Eureka 95501. Call: Jan Gillespie, (707) 441-4000.

Caregiver Services: Ask for our handout listing these and many other local facilities offering CPR and First Aid classes.

Diabetes

Lima's Professional Pharmacy sponsors diabetes lectures periodically. Call Margaret, 845-7117.

Vision Loss

LightHouse of the North Coast provides education, training and support to older adults with vision loss. 2127 Harrison Avenue, Suite 3, Eureka 95501. Call (707) 268-5646.

Setting Boundaries in Caregiver/Client Relationships

By Lucy Ingrey & Laura Patterson

Most of us are usually on our best behavior when we first meet someone to interview for a job or try to hire someone. As time goes by and the connection between caregiver and client develops, we become more relaxed. While this is a positive step in building a lasting relationship, it is important to remember that it is still a *work* relationship. We know when someone has stepped over our boundaries and when their actions bother us. However, *they* will not know it unless we say something. Some problem issues that we hear about at the registry could be prevented. Here are some examples of setting good boundaries in employer/employee relationships.

Your caregiver/client asks to borrow money.

Caregivers should never borrow money from their clients (or clients from their caregivers). However, should someone ask to borrow money, your response should be something like, "I'm sorry you are having a hard time right now, but I'm not comfortable loaning money." No long explanations are needed.

Your client calls you on your day off to ask you to do something for her.

Gently remind the client it is your day off and that you have to take care of your own needs today. Reassure her you will be there when you are next scheduled. The day before your next day off, remind her that you will be off tomorrow and ask if there's anything she needs you to do before you go.

Your caregiver's personal life starts entering yours.

Maybe she is bringing the kids to work or using your phone or borrowing your car. Whatever it is, it has crossed some line with you. Remind her that she is there to help you with your needs and that you would appreciate it if when she is at your house, she concentrate on you. Ask her to use her breaks or days off to take care of her personal business, and make a set schedule so she can arrange for consistent child care.

Setting boundaries is not disrespectful, bad or wrong. Setting boundaries can raise your sense of self-worth and self-esteem by sending yourself the message that you are also worthy of care. Boundaries let people know what you do and do not want. This gives them the security of knowing your relationship guidelines and eases their fears about how they should behave with you. All of us need to set good boundaries and communicate our needs clearly for ourselves and others.

*Lucy Ingrey and Laura Patterson
are Resource Specialists for Caregiver Services.*

Free Medicare & Prescription Assistance Counseling

By Anne Antoville

Caregiver Services Resource Specialist Lucy Ingrey has been certified to provide free HICAP counseling to Caregiver Services clients. Lucy can help you with questions or problems regarding Medicare or health insurance.

If you are paying high costs for prescriptions, Lucy can help you with the Medicare Discount Card and with other prescription programs.

If you apply before March 31, you may be able to get \$600 credit for prescription costs on the Medicare Discount Card. If you are single, your income must be \$1,047/month or less. If you are married, your income must be \$1,405/month or less. There is no asset test for this program.

You can call Lucy at Caregiver Services for help. Call (707) 443-4363 or toll free: (877) 977-1604.

*Anne Antoville is
HICAP Program Manager.*

Speak Up About Transportation

A **Transportation Forum** will be held at the Eureka Municipal Auditorium on Tuesday, May 3rd, from 10 am to 2 pm. The Forum, which will be free and open to the public, will offer an opportunity for seniors and people with disabilities to voice their concerns about local transportation issues. The Forum's goal is to come up with creative solutions to these issues.

Those who wish to attend are asked to RSVP by calling (707) 445-8404. The Forum is presented by Tri-County Independent Living, the Your Voice/Your Choice Coalition, the IHSS Advisory Board and the Humboldt County Public Authority.

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

Calendar of Coming Events

Caregiver Trainings

In Eureka:

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In Willow Creek:

April 16th through May 21st, Saturdays, 9 am to 3:30 pm. St. Joseph Community Resource Center, 38883 Hwy 299. This training is free of charge to anyone caring for a Native American Elder (55 or older) or who may provide in-home care for a Native American Elder in the future. Call Robin at (530) 629-1129, or Laura, toll free: (877) 977-1604.

An Eastern Humboldt Update

Robin Dummer, Resource Specialist in our Willow Creek office, is looking forward to listing new caregiver training graduates on the registry when the April-May Willow Creek class ends.

If you already have completed the 33-hour caregiver training and have not yet listed with the registry, we encourage you to do so. By listing with the registry, you can get job referrals and also help fill a need in your local community.

Robin tells us that there is a strong need currently for caregivers in the Hoopa area. Please call Robin at (530) 629-1139 to find out more.