

# *The Family Caregiver*

Newsletter of the Lewis-Mason-Thurston Family Caregiver Support Program

Summer 2019

*Welcome to Summer family caregivers!*

*Summer is a busy time of year for the family caregiver program. As people travel to visit their family or attend reunions, they are able to see changes in health and energy levels of parents, which may surprise them. It is often that moment individuals realize they are no longer just family member, but have become a "long distance caregiver." The lucky ones reach out for help and perhaps call their local Family Caregiver Support Program.*

*One such summertime call came from a daughter who traveled for a living and telephoned her mother every day. She knew her mother was having increasing difficulty grocery shopping, preparing meals, and climbing the front porch steps. She was not quite prepared for the call from the neighbor who noticed a bag of groceries at the bottom step and 2 newspapers at her mother's front door. The neighbor checked on our client's mother, who was speaking in a confused way and the house had a strong smell of stale trash and sour milk. That day the daughter called a home care agency and booked a flight.*

*When the daughter arrived at her mother's 'the rest of the story' became starkly clear. Mom has been presenting her best over the phone, but was failing on many levels. The daughter phoned us for support and began building support local to her mother.*



*"I exist in two places, here and where you are."*

*Margaret Atwood*

The links below are likely a good start to meet your long distance caregiving needs and worthy of review whether you are 30 miles or 3 states away from your family member.

If you are a local caregiver, these resources may help your out-of-town siblings and relatives to help you access help.

### **Area Agencies on Aging ElderCare Locator**

<https://eldercare.acl.gov/Public/Index.aspx>

Locate an area agency on aging near you or where a family member lives. Each county in the country has a AAA and family caregiver program. While they may not all deliver the same services, they all are a source of information where to start and what is available in that locale.

### **Family Caregiver Alliance – (Can be downloaded and printed)**

[www.caregiver.org/sites/caregiver.org/files/pdfs/op\\_2003\\_long\\_distance\\_handbook.pdf](http://www.caregiver.org/sites/caregiver.org/files/pdfs/op_2003_long_distance_handbook.pdf)

Family Caregiver Alliance is a national nonprofit caregiver support organization headquartered in San Francisco, California. Beginning as the all-volunteer Family Survival Project in 1977, it was founded to serve the needs of those caring for a friend or family member with serious cognitive impairment. At the time, Alzheimer's was not yet a household word, and those caring for a husband, wife, daughter, neighbor, or other loved one were expected to deal with the challenges of total care completely on their own, if they were thought about at all.

### **National Institute on Aging/NIH**

[www.nia.nih.gov/health/getting-started-long-distance-caregiving](http://www.nia.nih.gov/health/getting-started-long-distance-caregiving)

The National Institute on Aging is a division of the U.S. National Institutes of Health, located in Bethesda, Maryland. The NIA itself is headquartered in Baltimore, Maryland. The NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. In 1974, Congress granted authority to form NIA to provide leadership in aging research, training, health information dissemination, and other programs relevant to aging and older people. Subsequent amendments to this legislation designated the NIA as the primary Federal agency on Alzheimer's disease research.

### **AARP**

[www.aarp.org/caregiving/care-guides/long-distance/#step1](http://www.aarp.org/caregiving/care-guides/long-distance/#step1)

AARP is a United States-based interest group whose stated mission is "to empower people to choose how they live as they age." According to the organization, it had more than 38 million members as of 2018. The magazine and bulletin it sends to its members are the two largest circulation publications in the United States.

# UPCOMING CLASSES & EVENTS

## Powerful Tools for Caregivers

### Six-part series

September 10, 2019 - October 15, 2019

Runs for 6 consecutive Tuesdays from 1-3 pm  
Olympia office conference room.  
2404 Heritage Ct SW, Olympia

A commitment to attend the entire series is requested  
Pre-registration is required.



Heritage Park, Olympia  
September 22, 2019

### For Event Details

Contact Roxy Robertson - 206-428-3844 \* [rorobertson@alz.org](mailto:rorobertson@alz.org)

Or Visit : [http://act.alz.org/site/TR/Walk2019/WA-WashingtonState?fr\\_id=12878&pg=entry](http://act.alz.org/site/TR/Walk2019/WA-WashingtonState?fr_id=12878&pg=entry)



## Save the Date

Annual Family Caregiver Workshop  
November 7-8, 2019

*For information, registration or accommodation for the above workshops,  
please call (360) 664-3162 ext. 102, or register online at  
[www.LMTAAA.org](http://www.LMTAAA.org)*

**"Come with questions, leave with answers."**



**STUDY GROUP**

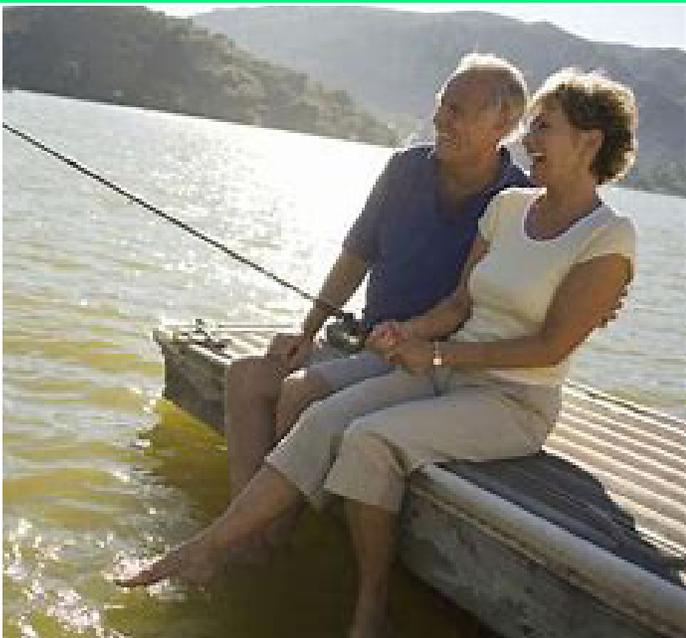
In SHELTON:	Second Wednesday of the month from 1-3 PM	(360) 427-2226 x102
In CHEHALIS:	Second Thursday of the month from 1-3 PM	(360) 748-2524 x102
In OLYMPIA:	Third Thursday of the month from 1-3 PM	(360) 664-3162 x102



Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW  
Suite A  
Olympia, WA 98502

## FAMILY CAREGIVER RESOURCE MANAGERS



*Lewis County* Joan Vance, MSW  
360-748-2524 ext. 210, or toll free 1-888-702-4464  
1651 S. Market Blvd., Chehalis, WA 98532

*Mason County* Todd Nelson, MSW  
360-427-2226 ext. 156, or toll free 1-877-227-4696  
628 W. Alder / P.O. Box 2087, Shelton, WA 98584

*Thurston County*  
2404 Heritage Ct SW, Suite A, Olympia, WA 98502  
Kathy Schroeder, MSW  
360-664-3162 ext. 106, or toll free 1-888-545-0910  
Brandon Humphries  
360-664-3162 ext. 149, or toll free 1-888-545-0910

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For an online copy of this newsletter please visit our website at [www.LMTAAA.org](http://www.LMTAAA.org)

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