

The Family Caregiver

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

Summer, 2016

Greetings Caregivers & Hello to Summer!

After what seems to have been a long, wet spring we sure are glad to have a little more sunshine to brighten our days. As usual our Family Caregiver Support Program has been busy. In the Spring our staff attended the Oregon State University's and the Alzheimer's association's annual conferences. We learned so much and are very excited to share that with you in the months to come. We held a very successful Powerful Tools for Caregivers class this past spring and will be offering one in our Lewis County office this summer (see page 3 for details).

One of the topics we have revisited has been caregiving technology. We have put together a little technology update for you on page two. Our hope is that each of you may learn something new that may make caregiving just a little bit easier. As always, we ask that you share with us what works for you (and what doesn't) so that we can inform other caregivers.

Our November caregiver workshop is right around the corner. So save the dates: November 1 & 2. With all that we have learned at the various conferences, we are sure you won't be disappointed with what we are planning to offer!

We hope you enjoy the longer, sunnier days of summer!

-Your Family Caregiver Support Program Team

What is Palliative Care? How does it affect (my) caregiving?

Palliative care is treatment which puts safety and comfort first so you can live your life as you wish and the best that you are able. Palliative care helps other primary treatments like chemotherapy or dialysis.

The Palliative care practitioner asks the patient, "how does this treatment affect your life goals and how can you carry on with these life goals during treatment?" If the patient cannot decide for themselves, such as people living with Dementias, they will ask the caregivers what the patient would want to help them be safe and comfortable. They may also ask, "how will this medication maintain or improve their condition and quality of life?"

Palliative care is not "giving up." Palliative care relies on input from the patients and caregivers about how would the patient wish to live their life during care." Palliative practitioners do not separate receiving care from life, but see it rather as one more part of life. Just like with childbirth, attending school or adjusting to retirement, they are all part of your life experiences. Seeing treatments as part of your life rather than being an experience separate from your life may take some rethinking of what quality of life means to someone with a Dementia.

SECURITY ON YOUR MIND?

We often hear caregivers concerns about how to secure important documents, but also have them available for a medical emergency. Below are some services which secure documents for you, but keep them available for you when you need them, especially if you, the caregiver, have a medical emergency. Below are some services which may be of assistance to you:



Legal Directives provides immediate access to all of your important health care documents and medical information, including your: Living Will, Health Care Power of Attorney, Emergency Contact Information, Primary Care Physician Information; Allergies and Medical Conditions. Legal Directives provides this access by securely storing health care documents and information and then faxing them or making them available online, 24 hours a day, from anywhere in the world. (They even have a service for college students –especially those who may be travelling internationally.)

Cost: 1 year \$24; 2 years \$40

www.legaldirectives.com

DocuBank



The DocuBank card lists medical conditions, allergy information, emergency contact information and a current medications list. You also have the ability to share all stored documents with family and friends that may need to access the information. The DocuBank card also comes with wallet stickers that you can place on your driver's license to alert others of your information.

Cost: 1 year \$55; 5 years \$175

www.docubank.com



MedicAlert and Safe Return is a partnership with between Medic Alert Foundation and the Alzheimer's Association. It is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. Enrollment includes personalized ID jewelry, an emergency medical information record, 24-hour emergency response service, and more.

Cost: 1 year \$55 + \$7.00 shipping; 3 years \$90

www.medicalert.org -or- <http://shop.alz.org/Care-and-Safety/MedicAlert-Alzheimers-Association-Safe-Return>

UPCOMING CLASSES & EVENTS

Powerful Tools FOR Caregivers

The Powerful Tools for Caregivers six week class will be held on six consecutive Tuesdays at our CHEHALIS office this summer:

Week 1: July 26th

Week 2: August 2th

Week 3: August 9th

Week 4: August 16th

Week 5: August 23th

Week 6: August 30th

Seriny and Joan will teach this excellent class which helps you to care for yourself while you are caring for someone else.

To register, please call (360) 748-2524 ext. 102 or send an email to: FCSP@lmtaaa.org



STUDY GROUP

"Come with questions, leave with answers."

July marks the beginning of the 5th year we have offered Dementia Study Group. It is a home grown group which was inspired by the Gentlecare Dementia training in 2012 and requested by attendees as a way to practice what they learned. If you have joined us in the past, thank you for your questions. If you are attending now, glad to have you. If you are thinking of attending, just come. It is the place to better understand the brain and how to be a more skilled caregiver. Our motto is still the same, "come with questions, leave with answers."

In SHELTON: Second Wednesday of the month from 1 PM-3 PM (360) 427-2226 ext. 102
In CHEHALIS: Second Thursday of the month from 1 PM-3 PM (360) 748-2524 ext. 102
In OLYMPIA: Third Thursday of the month from 1 PM-3 PM (360) 664-3162 ext. 102



Alzheimer's Walk - Sunday, September 18, 2016

NEW LOCATION: Heritage Park at Capital Lake on 5th Ave in downtown Olympia

Registration starts at noon - Walk begins at 1pm

www.SouthSoundAlzheimersCouncil.org



Family Caregiver Support Program's Annual Caregiver Workshop November 1st & 2nd, 2016



Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW
Suite A
Olympia, WA 98502

Heard it from a Caregiver

A caregiver recently told us about how his Mother's peripheral vision has dramatically narrowed, causing her to accidentally knock over her beverage. The adult family home where she lives thoughtfully put a lid and straw on her drinking glass, resulting in much less embarrassment and mealtime disruption. So now when he takes his Mother to a restaurant or a family dinner, he asks for lids and straws for everyone's drinks! An example of all for one and one for all caregiving.

FAMILY CAREGIVER RESOURCE MANAGERS

Lewis County Joan Vance
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Mason County Carolyn Merling
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628 W. Alder / P.O. Box 2087, Shelton, WA 98584

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

For an online copy of this newsletter please visit our website at www.LMTAAA.org
