

The Family Caregiver

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

Winter 2020

“Let’s begin by taking a smallish nap or two.”

Winnie the Pooh.

Greetings and welcome to winter. Or as Winnie the Pooh would say, “Tut- tut, it looks like rain.” As the days slowly get longer we have some upcoming classes which we hope will brighten your day. In Shelton, we are offering an Advance Care Planning workshop on January 22. Learn how to start your plan to speak for you when you are unable to do so.

In Chehalis, on January 23 we will learn how to write a care plan for your care receiver. Join us to put on paper all the ideas and tricks you use to best care for your family member. It is a time to record their preferences and what works to care for them. The plan will help guide respite workers to care for your family member while you are taking a break. See page 3 for details and registration links.

Last November 8th, we hosted a workshop with an emphasis on skills and activities to help those with dementia and falls prevention. Many were new skills and some, like the Teepa Snow “Hand under Hand” technique, felt a bit awkward to learn and do for the first time. The Hand under Hand technique starts as a handshake but you slide your hand under theirs to support their hand. It is a way to stay connected and have them feel more in control allowing you to stand at their side and support them.

We spoke with many caregivers about how awkward it felt the first few times it was used. However, they agreed it should feel a bit uncomfortable. It is new. It is different. Eventually, with practice, it feels helpful and comforting for both caregiver and care receiver.

To see the technique done by Teepa herself, click or enter the following in your browser (<https://www.nursepartners.org/tag/hand-under-hand/>)

"You don't have to change yourself, just change what you do"

GETTING WHAT YOU NEED FROM MEDICAL APPOINTMENTS

Ira Byock is a noted palliative care and hospice care physician. Though his practice focuses on end of life care, Dr. Byock is adamant about quality of life throughout our life span, including the assurance that we receive all the health care we need from our physician.

Dr. Byock warns that we may be setting ourselves up for failure during our Dr. appointment if we find ourselves nodding 'yes', although we have no idea what our Dr. has been saying to us during the visit .

Another common practice, Dr. Byock warns, is our tendency to report to our physician that we are doing 'fine' when in fact we may have a month's worth of problem symptoms to report. Perhaps the most frustrating situation we face following our Dr. appointment is remembering that important question, or problem symptom that needed discussing, when we are in the car, on our way home from the appointment!

To avoid these doctor appointment tragedies, Dr. Byock suggest that we adopt the following mantra when communicating with our health care providers: **Be Informed. Be Prepared. Be Polite. Be Persistent.**

Be Informed. Know the names of your doctor, nurse and receptionist. Dr. Byock says that person centered health care works both ways, and includes both physician and patient. Review your last appointment notes, in order to remember what the last plan included, and review what you've accomplished since your last doctor visit. For your next appointment, bring your log of current symptoms for reference.

Be Prepared. Before your appointment, think through or rehearse the questions you have for your doctor, and bring your written list of questions to your appointment. Let your doctor know up front that you have a list of questions to ask.

Be Polite. Respectfully ask your questions, no need to raise your voice, but gently press for a plan of action.

Be Persistent. If you do not understand the doctor's answers to your questions or the instructions given, or your doctor is in a rush, stay put in the exam room. The room will be needed, and someone will come back to check on you. You can then politely explain that you did not understand the instructions or answers from your health care provider, and you'll need assistance.

We know from others experiences, that a terminal diagnosis or imminent death often brings life into focus. Dr. Byock's work with very sick and dying people is reflected in his focused approach to providing the best care possible. In fact, *The Best Care Possible* is the title of Dr. Byock's most recent book. The Family Caregiver Support Program staff have been reading *The Best Care Possible*, and are impressed by Dr. Byock's compassion, patient voice and focus on quality of life and management of pain and discomfort throughout a life-limiting illness.

UPCOMING CLASSES & EVENTS

Advance Care Planning Workshop
January 22, 2020 1-3pm
2008 Olympic Hwy N, Shelton



"The Carebook: A Workbook for Caregiver Peace of Mind"



January 23, 2020 1-3 pm
1651 Market Blvd, Chehalis

SAVE THE DATE

POWERFUL TOOLS FOR CAREGIVERS
FEBRUARY 18-MARCH 24, 2020
TUESDAYS 1-3 PM

"Come with questions, leave with answers."



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

*For information, registration or accommodation for the above workshops,
please call (360) 664-3162 ext. 102, or register online at*

www.LMTAAA.org

FAMILY CAREGIVER RESOURCE MANAGERS

Mason County

2008 Olympic Hwy N / P.O. Box 2087, Shelton, WA 98584
 Todd Nelson, MSW
 360-427-2226 ext. 156, or toll free 1-877-227-4696
 Bethe Eichler
 360-427-2226 ext. 259, or toll free 1-877-227-4696

Lewis County

1651 S. Market Blvd., Chehalis, WA 98532
 Joan Vance, MSW
 360-748-2524 ext. 210, or toll free 1-888-702-4464
 Kathy Howard
 360-748-2524 ext. 149, or toll free 1-888-702-4464

Thurston County

2404 Heritage Ct SW, Olympia, WA 98502
 Laurie Lembke
 360-664-3162 ext. 192, or toll free 1-888-545-0910



PICK-UP AND DELIVERY SERVICES FOR GROCERY AND RESTAURANTS

COMPILED AS OF DECEMBER 2019

STORE	WEBSITE	PHONE APP	DELIVERY	PICKUP	PHARMACY	COUNTY AVAILABLE
DOORDASH RESTAURANT DELIVERY	doordash.com	Phone or Tablet Required	YES	NO	NO	THURSTON LEWIS
UBER EATS RESTAURANT DELIVERY	ubereats.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
POSTMATE RESTAURANT DELIVERY	postmates.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
GRUBHUB RESTAURANT DELIVERY	grubhub.com	Phone or Tablet Required	YES	NO	NO	THURSTON ONLY
INSTACART	instacart.com	Phone or Tablet Required	YES	NO	NO	THURSTON LEWIS MASON
FRED MEYER	fredmeyer.com	YES	NO	YES	PICKUP ONLY	THURSTON MASON
WALMART	walmart.com	YES	YES	YES	PICKUP DELIVERY	THURSTON LEWIS MASON
TARGET	target.com	Phone or Tablet Required	NO	YES	PICKUP DELIVERY	THURSTON ONLY
ALBERTSON	shop.albertsons.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY
SAFeway	shop.safeway.com	YES	YES	YES	PICKUP ONLY	THURSTON ONLY
RALPHS THRIFTWAY	shop.mywebgrocer.com	NO	NO	YES	NO	OLYMPIA ONLY
CVS	cvs.com	YES	YES	YES	PICKUP DELIVERY	PATICIPATING PHARMACY

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