



Participant Guide

Caring for Aging Adults

Overview

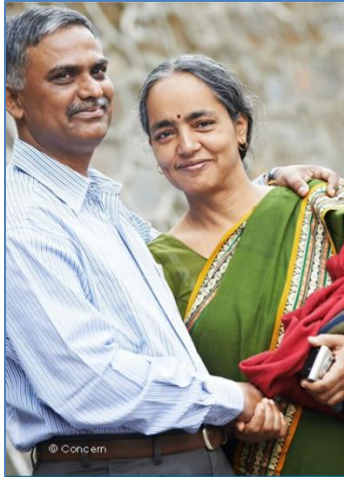
We are living longer. In 2018, 52.4 million Americans were age 65 or older and 6.5 million Americans were 85 or older. By 2040, 80.8 million Americans will be age 65 or older and 14.4 million will be 85 or older. From now (2021) until 2030, an average of 10,000 baby boomers will turn 65 every day.

As the population ages, so does the need to care for an elder adult. Being informed and prepared can help the process. Being a caregiver of an aging adult can be a fulfilling and rewarding experience for both the aging adult and the caregiver. It can also be a time-consuming and stressful process. In order to be of the greatest assistance to the aging adult, caregivers will want to be aware of red flags that point to the need for assistance, resources available, options to consider, and remembering to care for yourself. This workshop will help you prepare.

Objectives:

- Identify signs that point to an elder's need for help
- Determine next steps to prepare
- Identify those who can help
- Understand how to take care of yourself as a caregiver

Seminar Length: Approximately 1 hour



Objectives

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Red Flags

- Missed appointments
- Changes in personal hygiene
- Memory loss
- Isolation
- Hospitalization
- Unexplained injuries/bruises
- ANY change, especially if sudden



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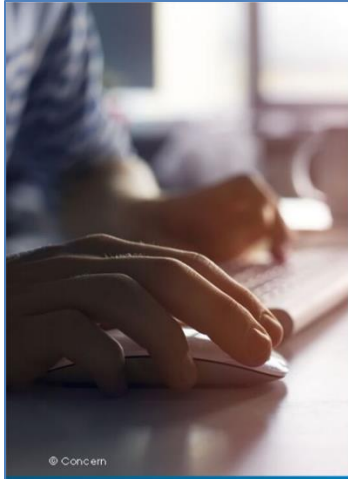
Additional Steps to Assess and Prepare

Look around the house

- Check food for freshness
- Cleanliness
- Loose wires, broken devices
- Get permission to talk with the doctor
- Talk with neighbors and friends
- Get informed and keep learning
 - Contact Concern to access Adult Care Services

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Help IS Needed. What's Next?

- Educate yourself before a crisis occurs
- Consider options
- Gather information about resources in the area:
 - Check out senior centers, hospitals, nursing homes
 - Contact Concern to access Adult Care Services

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Services to Consider

- Medicare & Medicaid
- In-home care / home health agencies
- Senior Centers – meals/activities
- Transportation
- Housing
- Legal
- Emergency response systems

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Information to Gather

- Important names and contact info
- The person's insurance policies
- Copies of their insurance cards
- Legal documents
- Medications and dosages
- Medical history



Your Network

- Family
- Friends
- Neighbors
- Social organizations or groups
- Religious/Spiritual organizations or groups
- Include the elder in decisions

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Family Dynamics

- Family meetings
- Lists of tasks
- Schedules and sign-ups
- Distance doesn't have to mean non-involvement

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Dealing with Stress

- Be realistic about how much you can do
- Delegate – family, paid help, volunteers
- Communicate – involve the older adult in the process
- Set limits

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Taking Care of Yourself

- Sleep
- Nutrition
- Exercise
- Connection with others
- Connection with self
- Downtime – laugh, play, rest



Confidential Life Balance Solutions at No Cost To You

Counseling

Set # of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict issues
- Substance use
- Grief

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

Legal Resource Center

employees.concernhealth.com

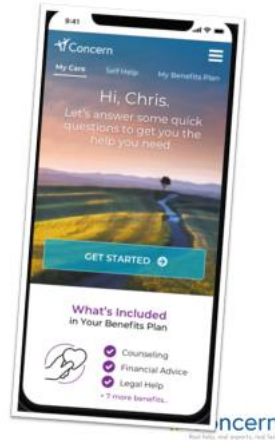
800-344-4222



Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



employees.concernhealth.com

800-344-4222



Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act:

- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

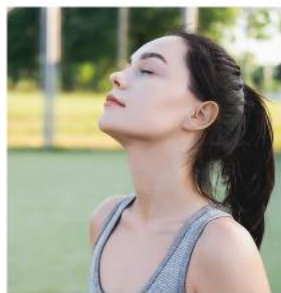
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer: your Personalized Dashboard.

It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



employees.concernhealth.com

800-344-4222



Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It Can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!
Questions? Comments?

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>



Home Safety Assessment

The following safety factors are found throughout the house and adjacent outdoor areas:

Floor/Ground Covering

- Is carpeting tightly secured at baseboards, on stairs and at thresholds?
- Is carpeting low, dense and tightly woven, i.e. Berber, commercial (no shag)?
- Throw rugs are not recommended, but if they are used, do they have non-skid backing?
- Are linoleum, tile and hardwood floors free of wax and polish?
- Are outdoor stairs, walkways, decks and patios covered with non-skid surfaces?
- Are they clean, dry and in good repair?
- Are there handrails on all stairs, both indoors and outdoors?

Electrical

- Are electrical or extension cords safe, meaning NOT frayed, located near water or have exposed wires?
- Are extension cords run along walls (not through walkways) and taped down?
- Are outlets overloaded with multiple plug-ins? This can be dangerous.

Lights

- Are light switches easily accessible when entering the house or any room?
- Is there enough lighting in the hallways and stairs to allow you to see well?
- Are there night-lights along stairs and in hallways?
- Are light switches self-illuminated?
- Are there light switches at the top and bottom of the stairs?
- Can lamps be activated by touch or clapping?
- Do reading and bedside lamps have highest recommended bulb wattage?
- Are motion sensor lights installed in the front entryway and backyard?

Telephones

- Are all phones touch-tone or voice activated? Do phones have large numbers?
- Are there phones throughout the house, especially in the kitchen, bedroom (near bed) and in the living room (near the favorite chair)?
- Is there a short, easy to read, list of emergency numbers at each phone?

Home Safety Equipment

- Are there smoke detectors properly placed in the home?
- Are they in good working order and maintained regularly?
- Are there CO2 detectors installed in the home?
- Is there a working fire extinguisher?

Miscellaneous

- Can locks and door handles be easily used?
- Do doors and windows have secure locks?
- Are furniture and other objects arranged so they are not an obstacle to the normal traffic pattern?
- Are laundry facilities and appliances easily accessible?
- If the home has a basement, can it be closed off?
- Have flammable substances and materials been removed from house and yard?
- Have portable heaters been removed from the premises?
- Is there a plan in place to cover medical emergencies, fire, or an intruder?
- If the home has pets, is their food easily accessed? Can they be cared for adequately?
- When driving, are seatbelts used?

Bedroom Safety Assessment

- Are bed linens well fitted? Do bed covers hang well above the floor?
- Have electric blankets been replaced with warm comforters?
- Is there a working flashlight within reach of bed?
- Is there a container for eyeglasses within reach of bed?
- Is there a chair or bench near the bed on which to put clothes when undressing?
- Have all obstacles been removed between bed and bathroom?
- Is the path from bed to bath well lighted?
- Have all heavy objects been removed from high shelves in closet?
- Is there an emergency bedroom exit plan in place?
- Is there a pair of well-fitted, firm-soled house shoes at bedside?
- Is there a phone at bedside?

Kitchen Safety Assessment

- Are appliance controls easy to operate?
- Do appliances have automatic shut offs?
- Are indicator lights working?
- Does one have to reach over the burners to reach control panel?
- Are aprons, hot pads, and trivets stored away from the stove burners?
- Have overhead obstacles, i.e. hanging utensils and pots, plants and lights been removed?
- Are cabinet doors kept closed to prevent bumping one's head?
- Is a lower work surface available to allow sitting while preparing food?
- Are frequently used utensils and ingredients stored on counter or lower shelves?
- Is wearing loose clothing avoided while cooking?
- Do you need to stand on something to get things from high shelves, cabinets or closets?

Bathroom Safety Assessment

- Does one have to climb stairs to access a full bathroom?
- Does the tub or shower floor have non-skid strips?
- Are water heater thermostats or faucets set so water does not scald the skin?
- Are grab bars installed at the toilet and in the bath and shower?
- Are sink and toilet easy to use and securely attached to the wall?
- Is there a raised seat on the toilet?
- Are bath and toilet accessories easy to access?
- Are the bathroom sink and towel racks ever used for support or to pull up on?
- When bathing, is water level kept below 4 inches?

Medication Safety Assessment

- Are prescription medicines clearly labeled and in original containers?
- Are all out-of-date medicines disposed of routinely?
- Is there a list of current medications and dosages posted in a highly visible place?
- Are non-child resistant closures requested at the pharmacy?

Exterior Safety Assessment

- Are all garden equipment, hoses, tools, and extension cords, stored properly?
- Are all toxic materials, i.e., fertilizers, pool chemicals, stored securely?
- Is there seating at the front door and at various locations in the yard?
- Are fences and gates in good condition?
- Are locks easy to use and in working order?
- Is the pool fenced and locked? Is there a safety plan in place?
- Are paved areas maintained with no cracked, broken or raised areas?

Feelings Often Expressed by Care Receivers and Care Provider

CARE RECEIVER

Anger or Frustration

- For being treated like a child
- For being confined or limited
- Of what is happening
- Of what the future may hold
- Loss of familiar roles
- Power & influence are gone
- Mental stability failing
- Loss of independence

Helplessness

Isolation

Confusion

Depression

- Having a chronic illness
- Deaths in peer group

Embarrassment

- Because of need for personal care
- Because of disabilities

Guilt

- For spoiling the caregiver's life

Shame

- For behaviors which he or she cannot control
- For being a burden

CAREGIVER

Anger

- For being trapped
- That others in the family do not carry their share
- At the impaired person's demands and behaviors
- At the health care system and health professionals

Depression

- Because of an emotionally and physically draining experience
- Because of feeling overwhelmed
- Embarrassment
- At the impaired person's behavior
- At the thoughtlessness of others

Fear

- That they may be next in line. Particularly with inherited conditions
- Of not being able to handle the situation
- Of what other people are saying about how the situation is being handled

Grief

- For the way the care receiver used to be
- For the way things used to be
- For the lost relationship-emptiness

Guilt

- For wanting "out" of the caregiver role
- For wishing the care receiver would die
- For not having done enough-and not being able to do more even when you do all you can

Helplessness

- The situation is too great and there is no way to control it
- Shame
- Of the parent or spouse for their failings for what they were or were not
- Of self for being ashamed
- Worry
- That they may later feel they did not give enough

How to Set Limits

When Caregiving becomes overwhelming and you realize that you can't do it all, it's time to set limits. These assertive communication techniques will help you take control of your use of time and your life.

- Be honest. Don't say **yes** when you want to say **no**
- Use non-verbal language: good eye contact and firm, non-threatening body language.
- Don't be defensive. It can lead to confrontation.
- Be brief. The longer you talk, the closer you are to giving in and accepting unwanted responsibility.
- Give an explanation, not an excuse. An explanation is a simple statement of fact. Excuses open us up for challenge.
- Use statements that will give you confidence. For example, say, "Yes, I can do that as long as..." or "No, that won't work."
- Use the rule, "2=1=1."

For example, your mother might ask you to take her for a haircut. You may want to help her out; however, you've made a commitment to your friend whom you haven't seen in a long time, and you really don't want to disappoint your friend or yourself. Here's how the rule, "2=1=1" works:

- **Positive statement:** *Mom, I really want to take you for a haircut.*
- **Positive statement:** *I enjoy being with you.*
- **Negative statement:** *But Saturday at 11:30 won't work for me.*
- **Positive statement:** *If you can change your appointment to 3:00 or for the following Saturday, I can go with you.*

Danger Signals that Say . . . Caregiver Needs Help!

- When is it okay to cry “Uncle”? To say, “I can’t give any more unless I get some help”?
- Many caregivers would rather trudge on under unbearable conditions than admit to such a “failure.” What happens, though, is their own health suffers more and more, and eventually they themselves need care. Others simply don’t realize they’re taking on too much until it’s too late.
- If you notice any of the following danger signals, you are probably approaching role overload and should seek assistance from local support group or self-help agency.
- Your relative’s condition is worsening despite your best efforts.
- No matter what you do, it isn’t enough.
- You feel you’re the only person in the world enduring this.
- You no longer have any time or place to be alone or even a brief respite.
- Things you used to do occasionally to help out are now part of your daily routine.
- Family relationships are breaking down because of the Caregiving pressures.
- Your Caregiving duties are interfering with your work and social life to an unacceptable degree.
- You’re going on in a no-win situation just to avoid admitting failure.
- You realize you’re all alone-and doing it all-because you’ve shut out everyone who’s offered to help.
- Your coping methods have become destructive: You’re overeating/under eating, abusing drugs/alcohol, or taking it out on your relative.
- There are no more happy times, loving and caring have given way to exhaustion and resentment, and you no longer feel good about yourself or take pride in what you’re doing.