Caregiver College
South AL Regional Planning Commission/
Area Agency on Aging, Mobile, AL
Take Off with Respite National Lifespan Respite
Conference
October 11-13, 2017
Huntsville, AL

Della Sanchez, LGSW
Alabama Cares - Support for Caregivers Coordinator
dellasanchez@sarpc.org
251-706-4650
Objectives

- Awareness Aging Trends of Alabama
- Brief History of Caregiver College
- Key tips and tools to Implement a Caregiver College in your community
What ‘s Trending Graying In AL

- Alabama's senior citizen population will grow by more than 80 percent over the next quarter-century, and every county – including those that are shedding population overall – will have more residents 65 and older than they do today, according to new projections.

- Increase in the number of older Americans will create more demand, particularly for health care and other services that seniors need.

- AL Legislature recognize the need to propose a resolution SJR-73. Alabama Department of Senior Services (ADSS) to establish a committee on family caregiving and LTC support for the purpose of providing recommendations and advice to Governor and Legislature.
The Center for Business & Economic Research

- The Center for Business and Economic Research (CBER) projected Alabama population by age groups. With aging baby boomers and declining birth rates and net migration, the share of older population is projected to increase from 13.8 percent in 2010 to 21.5 percent in 2040 for people 65 years old and over. The share of Alabamians 85 and older is expected to increase from 1.6 to 3.0 percent during the same period.
Highlights of Today’s Caregivers

Caregiving in the U.S. 2015 is a joint report between the National Alliance for Caregiving and AARP. The report was made possible through generous sponsorship from AARP, the Archstone Foundation, Eli Lilly, Home Instead Senior Care, the MetLife Foundation, Pfizer, UnitedHealthcare, and the Family Support Research and Training Center in conjunction with the University of Illinois at Chicago.

- 82% care for one person who is likely either living with the caregiver or living within 20 minutes of the caregiver.

- 60% of caregivers are female. The typical caregiver is a 49-year-old female caring for a 69-year-old female relative, most likely her mother.

- 40% of caregivers are male.
Highlights of Today’s Caregivers

- 34% of caregivers have a full-time job, while 25% work part time. Caregivers who work do so for 34.7 hours per week on average.

- Caregivers have been caring for 4 years on average, spending 24.4 hours per week helping with activities like bathing, dressing, housework, and managing finances.

- 32% provide at least 21 hours of care a week, on average providing 62.2 hours of care weekly.

- 38% of caregivers report high emotional stress from the demands of caregiving.
IN THE BEGINNING...
CIRCA 2012
LET’S TAKE A “BRAVE” NEW DIRECTION

AJ Dugay
Education Coordinator
Family Caregiver Alliance
415-434-3388 ext. 313
785 Market Street, Ste. 750
San Francisco, CA 94103

www.caregiver.org
So Let’s Get Started..

- Step 1 – What are the courses or topics Caregivers need to know?
- Step 2 - Who can provide this presentation?
- Step 3 - How much time do you want provide for the college?
- Step 4 - Where is the college going to be held?
- Step 5 – How are you going to get the word out?
- Step 6 - Find your partners….
SPEAKERS

Contact  Your Network and Partners

- AL DETA program encourages community-based services for persons with Alzheimer’s disease and other types of dementia. DETA trains family caregivers and professionals in existing community programs and agencies about dementia and promotes education that allows Alabamians with dementia to live with dignity, independence, and respect.
- HOSPICE agencies, Nurses, Social Workers, Home Health Agencies,
- Bay Area Pharmacy Society- (community service) Resident Interns for Mobile Infirmary Health Systems, Mobile, AL
- Legal
- AAA office staff- ADRC, SHIP, Ombudsman
- Alzheimer’s Association local chapter
- AARP
- Local support groups
Do you care for a loved one diagnosed with Dementia / Alzheimer’s Disease, or who has critical health needs?

Do you know what to expect as the primary caregiver for a frail adult?

Help for you and your loved one is available through the Caregiver College sponsored by the Area Agency on Aging of the South Alabama Regional Planning Commission.

For questions or additional information please contact:
Della Sanchez, LGSW
Alabama Cares Caregiver Support
251-433-6541 or 1-800-AGELINE (800-243-5463)

Class are offered regularly in Mobile, Baldwin and Escambia Counties.
For more information, visit www.agingsouthalabama.org.

WE CAN HELP!
Caregiver College is designed for busy caregivers like you and it’s FREE!!
As a caregiver, it’s hard to know where to find answers and reliable resources. A good first step is to attend the FREE Area Agency on Aging’s Caregiver College.

Caregivers juggle the responsibilities and stresses of work, family and caregiving, often at their own expense.

Caregiver College will enhance your knowledge and skills, while helping you simplify and de-stress.

If you or someone you know is a caregiver, it’s time to go back to school. The course is FREE and open to all caregivers.

Courses List

**Dementia 101**
Learn the basics on the most common forms of dementia and what to expect during different stages of the disease. Learn what caregivers can do to cope with daily challenges, including communication and safety.

**Tips & Tools for Home Care**
Hands-on practice on incontinence care and toileting, bathing, hygiene, grooming and dressing, dental care, feeding, nutrition, and exercise.

**Just 4 Me**
How to cope as a caregiver. Topics include stress and relaxation, grief and loss, depression, taking breaks and tips and ideas for keeping yourself well while caring for a loved one.

**Area Agency on Aging Services and Support**
Meet with agency coordinators to explore your options as a caregiver, and get a free assessment of services available to you and your loved one.

**Legal Base**
Meet with an experienced elder law attorney from the Davis & Neal law offices. Find out about medical and financial power of attorney, long-range legal plans, and free legal assistance for your family and loved ones.

Class Details
This is a FREE interactive group education program, taught two hours a week for four weeks. Time is allowed for interaction with other caregivers, and the sharing of information in a confidential setting is encouraged.

Who may attend the college?
The program is for anyone caring for a family member or loved one with dementia, chronic illness or physical frailty.
Caregiver College
Enhance your skills and knowledge of caring for a loved one during this FREE One-day course.

8:30 a.m. - 3:00 p.m. Thursday, Nov. 12, 2015

Dementia 101
Learn the basics on the most common forms of dementia. Find out what to expect during different stages of the disease. Learn what caregivers can do to cope with daily challenges including communication and safety.

Just 4 Me - Caring for the Caregiver - Learn stress and relaxation techniques, skills for coping with grief and loss and depression, and taking time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

Medication Dispensing and Caregivers
A discussion on the common issues that caregivers face dispensing their care recipient's medication in a safe and timely fashion.

Legal Ease
Meet with an experienced elder law attorney from the offices of Davis and Associates, and learn about medical and financial powers of attorney, long-range legal plans and other age-related topics.

If you need help with care of your loved one to attend the class, call Della Sanchez @ 251-706-4650

To register, call 251-433-6541 or 1-800-AGE-LINE, or e-mail Della Sanchez at dellasanchez@sarpc.org

Lunch will be provided. * Limited Seating *

Classes will be held at
Via Health, Fitness & Enrichment Center
Arlene F. Mitchell Campus
1717 Dauphin Street
Mobile, AL 36604

* Registration Closes Friday, Nov. 6, 2015
Quick Facts /Focus of Class

- Alzheimer’s disease is an irreversible, progressive brain disease that slowly destroys memory and thinking skills and, eventually even the ability to carry out the simplest tasks of daily living. In most people with Alzheimer’s, symptoms first appear after age 60. Alzheimer’s disease is the most common cause of dementia among older people.
- Alzheimer’s disease is the 6th leading cause of death in United States.
- 1 in 3 Senior dies with Alzheimer’s or another dementia.
- Nearly 15% of caregivers for people with Alzheimer’s or another dementia are long distance caregivers.
- In 2013 Alzheimer cost the nation $203 billion. This number is expected to rise to $1.2 trillion by 2050.
- No cure, terminal, duration 5 to 15 years.
Free Lunch

Free Book

Door Prize
Notes:

- Title III Consult form is completed.
- Voucher for payment is given.
- Survey is provided.
- Certificate of attendance is given.
Caregiver College
Thursday, July 23, 2015
Sponsored by SARPC/Area Agency on Aging
Alabama Cooperative Extension Office
South Boulevard (Hwy 31)
Brewton, AL 36426

9:00 a.m. - Welcome- Della Sanchez, AL Cares Coordinator, Area Agency on Aging

9:15 a.m. - Martha Allegri, R.N. ALA - Dementia 101/ Managing Difficult Behaviors

10:30 a.m. - Break

10:45 a.m. – Kitty Bradshaw, RN, Caregiver Support Facilitator, Covenant Hospice, “Caregivers Need Care Too”.

11:45 a.m. - 1:00 p.m. - Working Lunch –Sharing the Care, Della Sanchez, LGSW, AL Cares Coordinator, Area Agency on Aging
James Roberson, MHA, Regional SHIP Coordinator, Area Agency on Aging

1:00 p.m. – 2:00 p.m. Alec Brown, Davis and Associates, “Legal Ease” Learn about long-range legal plans, medical and financial powers of attorney.

2:00 p.m. Danny Cottrell, Pharmacist, Brewton Medical Center Pharmacy- “Medication Dispensing and Caregivers”

3:00 p.m. Adjourn
Directions: Please fill out this form CLEARLY and completely and return with an invoice to the address below to REQUEST a Reimbursement for caregiver services.

Your name: _________________________________________________________________________________
Address: ___________________________________________________________________________________
City: _____________________________________, AL    ZIP: ___________County________________________
Daytime phone: (_____) ______-_______________ Email address: ________________________________
Name of Care recipient: __________________________Relationship: ________________________________
MALE /FEMALE (Please circle one)       Date of Birth: ______________________________
Diagnosis: _________________________________________________________________________________
Date of Caregiver College/ Workshop ________________________________
Location__________________________________________________________________________________
TOTAL number of respite hours needed for workshop and travel time to Caregiver College____________________
Who will provide respite care so you can attend training: (Please check one)
ADULT LIVING OUTSIDE THE HOME Name: _____________________________________________________
Phone number_____________________________________________________________________________
Private duty AGENCY ___________________________Phone Number________________________________
Is your loved one already enrolled in Alabama Cares or the local Area on Aging program? YES NO UNSURE
(Please circle one)

I understand that by mailing this completed form to Alabama Cares, I am requesting a reimbursement for caregiver services. I understand that if I provide false information on this form, I may be liable to pay any respite funding used.

Caregiver Signature: ______ ______________________ Date signed: ________________________________
Authorization _________________________ Date Signed____________________________
Title III Funding
Thank you for taking the time to participate in this Caregiver College evaluation. Your comments will enable us to better plan and execute future Caregiver Colleges and tailor them to meet Caregiver needs.

1. How did you hear or learn about Caregiver College?
   - Brochure/Flier
   - Ad in Senior Resource Guide/Newspaper
   - Area Agency on Aging Website
   - Friend
   - Community Agency
   - Other: ______________________

2. Please specify the main reason for attending this conference:
   - Content
   - Networking
   - Personal growth & development
   - Speakers
   - Other: ______________________

3. Which speaker(s) were you mostly interested in listening to?
   - Speaker 1 - Martha Allegri, R.N. - Dementia 101
   - Speaker 2 – Gina Germany, CDP- Positive Discharging Planning Tips
   - Speaker 3 - Ray Weinshenker- “The Man About Town”
   - Speaker 4 Alec Brown, Attorney, Law Firm of Davis &Neal

4. Would you recommend the Caregiver College to others? Yes or NO

5. Did you find the handouts useful? Yes or No

6. What was the most beneficial aspect of the Caregiver College?
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

7. Suggestions or Comments____________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
Caregiver College Schedule

Upcoming Colleges for 2017:
- Thursday, Nov. 2, State Street Church, Mobile, AL

Upcoming for 2018
- Thursday, January 18, Somerby of Mobile
- Thursday, February 22, Westminster Village, Spanish Fort, AL
Conclusion

- The first step is always the hardest.
- Define your college to reflect your community needs and your resources.
- Use your Title III funds, same purpose for outreach, but in a different manner.
Remember These 4 Words

DRINK, STEAL, SWEAR, AND LIE

1. DRINK from the cup of life everyday.

2. STEAL – a moment each day to do something for someone who is less fortunate.

3. SWEAR – each day to be a better person.

4. LIE - down each night & Thank God for allowing you to live in the USA.

Attribute to Mike Miller
Marshall County KY
Wooden Bowl
Resources

- Graying Alabama: Senior population projected to grow by 83 percent; check your county | AL.com
- http://alzbrain.org/
- New Study Identifies Challenges for Family Caregivers, Caregiving Solutions Needed
  http://www.caregiving.org/caregiving2015/ or http://www.aarp.org/caregivingintheus/
  to download the report and related materials.
- WELLMED Foundation Caregiver SOS Signals Newsletter – help for caregivers
The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson.

The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess.

'We must do something about father,' said the son.

'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner.

There, Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone.

Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor.

He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded,

'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.

'The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless.

Then tears started to stream down their cheeks.

Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table.

For the remainder of his days he ate every meal with the family.

And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

- Anonymous