Respite Support at the Western Reserve Area Agency on Aging

Presented by:
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The Older Americans Act

Medicare

Medicaid
Graying of America
Greedy Geezers
Crisis in Aging
Aging Tsunami
Stomp Out Ageism

Empower & Support
MYTH

Most older people will end up in a nursing home.
MYTH

Older people suffer a decline in health.
MYTH

Suicide is mainly a problem in teenagers.
MYTH

Loneliness and depression are inevitable.

MYTH OR FACT
MYTH OR FACT

MYTH

Senility is a part of normal aging.
MYTH OR FACT

FACT

A little extra weight will help you extend your life.

5/6/2019
ADVOCACY. ASSISTANCE. ANSWERS ON AGING AND DISABILITIES.
Old dogs can learn new tricks.
Caregivers

- **Average age of 63 years**
  - 1/3 in fair to poor health
  - Health declines as you focus on them instead of focusing on you

- **Burden falls on women**
  - Stressful tasks
  - Role reversal
  - Range of emotions
National Family Caregiver Program

- Federal Older Americans Act
- Services are available to:
  - Adult family members
  - Grandparents or relatives age 55 or older
- Services include:
  - Information
  - Individual counseling
  - Support groups and caregiver training
  - Respite care
  - Supplemental services
  - Legal Assistance
Powerful Tools for Caregivers

- Developed by a team of Professionals in Portland
- Focus on Caregiver self-care

• Risks
  • High stress
  • Worry and uncertainty
  • Decreased well-being
  • Increased physical illness
  • Diminished immune response

• Solutions
  • Management of emotions
  • Increased self confidence
  • Increased self-care behaviors
Aging and Disability Resource Network

• Single-point entry system:
  • Information
  • Referrals
  • Assistance

• Enhances access:
  • Community living
  • Personal choice
  • Independence

• Collaboration between:
  • WRAAA
  • Local partner agencies

• Slows the rate of growth and expenditures to state’s Medicaid programs.
What to do with your Respite

• Prevent burnout
  • It is in their best interest for you to take care of you.

• Avoid barriers to action
  • Make a plan

• Change negative self talk
  • You DESERVE this time

• Practice good communication
  • Use “I” statements
  • Problem solve together
I Challenge You to…

Seek out opportunities for support.

Take time for the things you enjoy

Opt for help whenever you can.

Prioritize your needs.

A society will be judged by
How it treats those at the beginning of life
How it treats those in the shadows of life
And how it treats those at the end of life

~Hubert Humphrey