

## Area Agency on Aging Region 9

710 Wheeling Ave  
Cambridge, OH  
43725

AAA9 serves the  
counties: Belmont,  
Carroll, Coshocton,  
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Holmes, Jefferson,  
Muskingum, and  
Tuscarawas

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blooms all year. Be  
patient with  
yourself."*

# Caregiver Newsletter



Spring 2022

## Caregiver Program

This service is free of charge and available to all unpaid caregivers living in our nine-county area that provide care to an older adult. Program participation may help to reduce stress, delay nursing home placement, and decrease the number of emergency room visits and hospitalizations.

A caregiver is defined as someone that provides care for a person that is ill, elderly, or disabled. Family members and volunteers provide up to 90% of all informal care-

giving. Few of us are trained to be caregivers, and often the need to provide care for another is sudden and unexpected.

This program is a free service providing support to caregivers including:

- Regular telephone contact for caregiver support
- Information to facilitate improved communication with family and physicians
- Information on improving home safety
- Information on balancing caregiving

- Information on community workshops and support groups
- Lending library that can be mailed to caregivers
- Evidenced based programming

Want more information? Call 1-800-945-4250 press 0 and ask for the Caregiver Program or follow the prompts on the menu to reach the Caregiver Program.

## Our Mission

"We work with people, communities and organizations to help older adults and people with disabilities live independently and enjoy the highest quality of life possible."



## Springtime Caregiving Tips

With spring officially here and even warmer weather right around the corner, outdoor activities and fun in the sun are surely on your mind. But what about your loved ones in need – how can they enjoy spring and avoid being cooped up during this popular season?

### Spring Clean:

Winter tends to result in accumulated gifts and clutter throughout the house. For in-home care recipients, now's the time caregivers can lend a helping hand with spring cleaning. This not only keeps your loved ones

active, it also creates a safer environment for seniors and in-need adults to move around the home. By taking your time and reminiscing over keepsakes, you and your loved ones can also turn spring cleaning into an enjoyable activity.

### Go for a Walk:

For older individuals or even those recovering from injuries, walking can be one of the most powerful springtime activities. The Arthritis Foundation cites numerous benefits of walking such as improved circulation, a 40 percent reduced risk for hip fractures, improved mood, healthier weight, stronger

joints and diminished mental decline.

### Try Gardening:

This low-impact activity has been shown to offer a wealth of health benefits to individuals, especially seniors. Don't Have a garden or the space? Some communities have a community garden area where you can be involved. Because gardening can be a community activity, it's a perfect pastime for caregivers to actively connect with their loved ones.

Herbs grow anywhere and are great for seasoning. The more you pinch and

pick the herbs, such as basil, parsley and chives, the more vigorous they grow.

Garden right outside your back door. Container gardening allows for easy access to flowers or vegetables in one pot and also gives the height that makes gardening easier.

Look for equipment that can make the job easier. The Arthritis Foundation has a product and services directory for senior gardeners and other mobility problems. Log on to [www.arthritis.org](http://www.arthritis.org) to learn more.

## 5 Helpful Tips for Caregivers

### Get Support

Family caregiving can take its toll on caregivers mentally, physically and emotionally. Don't be afraid to ask for help or accept someone's offer to help. Keep a running list on your phone or close to you so you can pass along a task to helping hands.

### Take care of your health

In order to care for others, you should first care for yourself. Many family caregivers tend to put their own health on hold. Staying

healthy can actually help relieve stress that caregiving could cause. Exercising 30 minutes per day, eat healthy to maintain your energy, and fuel your body. Keep fruits and veggies on hand for snacks, drink plenty of water and don't skip meals.

### Polish your communication skills

Caregivers shoulder many responsibilities, but one of the most crucial may be the ability to effectively communicate with family members

The primary family caregiv-

er typically knows the ins and outs, routines and nuances of a loved one's care. Communicating these needs is essential. Hold family meetings, hear everyone's concerns, and being flexible can be small steps in creating better communication.

### Organize Important Documents

Caring for a loved one requires caregivers to understand and likely manage another person's financial, legal and medical affairs. Having all these important documents in one place can

help alleviate any unnecessary stress when the documents are needed.

### Practice Positive Self Talk and Gratitude

Inspiring self-care starts with you. Keeping a positive attitude about the caregiving situation you're in can help you be more optimistic and look for the good that surrounds you.

For links to resources and more on this article visits: [www.caregiverstress.com](http://www.caregiverstress.com)

## Powerful Tools For Caregivers

What is Powerful Tools?

The Powerful Tools for Caregivers is a free 6-week class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. The Caregiver Help Book will be provided to caregivers upon enroll-

ment. This book includes information for in-home caregivers, caregivers in the workplace, long-distance caregivers, caregivers of veterans, and caregivers of children with special health and behavior needs. Other chapters provide resources for driving issues, sensory changes, and end-of-life issues.

What Will I Learn in Classes?

Class #1: Taking Care of You

Class #2: Identifying & Reducing Personal Stress

Class #3: Communicating Feelings, Needs and Concerns

Class #4: Communicating in Challenging Situations

Class #5: Learning from Our Emotions

Class #6: Mastering Caregiving Decisions

Want to know about available classes?

Call 1-800-945-4250 press 0 and ask for the Caregiver Program or follow the prompts on the menu to reach the Caregiver Program. Or email us at

[caregiver@aaa9.org](mailto:caregiver@aaa9.org)

## Virtual Support Group

Area Agency on Aging Region 9 hosts Virtual Support Groups held the 1st Tuesday of the month from 1:00pm – 2:30pm and the 2nd Wednesday of each month from 5:30pm-7:00pm.

If you would like to register or want information regarding in person support groups that may be available in your area, call 1-800-945-4250 option 0 and request one of our Caregiver Education Coordinators.

## REACH Program

The REACH program is a certified dementia caregiving intervention Program, coached by trained providers. It provides free individual classes to the caregiver. Sessions are targeted by a risk assessment of each caregiver, and structured through

protocols and scripts.

There are:

- 4 Active Core Sessions
- Optional additional sessions if needed
- Maintenance sessions if caregiver requests

Each caregiver will be provided a REACH

Community Caregiver Notebook for the sessions. Book will be provided by Area Agency on Aging Region 9.

Please call 1-800-945-4250 option 0 or email at [caregiver@aaa9.org](mailto:caregiver@aaa9.org) to register.







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## Therapy

You may find yourself or your loved one in need of therapy services from unforeseen accidents, surgeries, or even regular maintenance. Therapy plays a significant role in maintaining your health and wellbeing. Let's take a moment to highlight two forms of common therapy and difference between them.

### Occupational Therapy

Focuses on increasing independence of activities of daily living through increased range of motion, upper body strengthening exercises, determining appropriate adaptive equipment, and retraining on bathing, dressing, cooking and cleaning

### Physical Therapy

Focuses on quality of gait, balance, strength, and determining appropriate assistive devices to increase safety and allow an individual to live as independently as possible.

Physical therapy and occupational therapy work together with

individuals and families to provide a person-centered treatment approach to rehabilitate individuals.

If you, your loved one, or family members think they may benefit from therapy services, contact your primary care physician to discuss options available to you.

## Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the

Alzheimer's Foundation of America at:

*Phone: 866-232-8484*

*Email: [info@alzfdn.org](mailto:info@alzfdn.org)*

*Web: <https://afamemorytest.com>*



## Lending Library

The Caregiver Program offers many supports. One of these supports is the Caregiver Support Program Lending Library. This library offers nearly 300 options of DVD's, CD's, and Books. Topics include but not limited

to: caregiver stress and burn out, caring for aging parents, working caregivers, disease specific information, Managing Medications, Kinship, and much more. If you are interested in the Caregiver Program

Lending Library you can contact the Caregiver Program at 1-800-945-4250 press 0 and ask for the Caregiver Program or follow the promotes on the menu to reach the Caregiver Program.





## SIMPLE SPRING WORDSEARCH

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and Tuscarawas Counties.

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with what you have  
from where you  
are"*

*Theodore Roosevelt*



## Short Story

One evening, after spending several days with his new wife, a man leaned over and whispered into her ear, "I love you."

She smiled – and the man smiled back – and she said, "When I'm eighty years old and I'm thinking back on my entire life, I know I will remember this moment."

A few minutes later, she drifted off to sleep. The man was left with the silence of the room and the soft sound of his wife's breathing. He stayed awake, thinking about

everything they had done together, from their first date to their first vacation together and ultimately to their big wedding. These were just some of the life choices that the couple had made together that had led to this very moment of silence in the presence of each other.

At one point, the man then realized that it didn't matter what they had done or where they had gone. Nor did it matter where they were going.

The only thing that mattered

was the serenity of that very moment. Just being together. Breathing together. And resting together.

The Moral: We can't let the clock, calendar, or pressure from external sources take over our lives and allow us to forget the fact that every moment of our lives is a gift and a miracle – no matter how small or seemingly insignificant it is. Being mindful in the special moments that you spend in the presence of the ones that you love are the moments that truly give your life meaning.