



Senior Resources of Guilford Caregiver Connections Newsletter

Your Community Resource Connection for Aging and Disability Resources

The Caregivers Survival Kit



Keep your routine. If you normally get up, stretch and shower before sipping your coffee and watching the news, don't stop. Even if this makes you more anxious about catching the next appointment, try to stick with what is familiar. It will keep you and your family calm, especially if you have others living in the home.

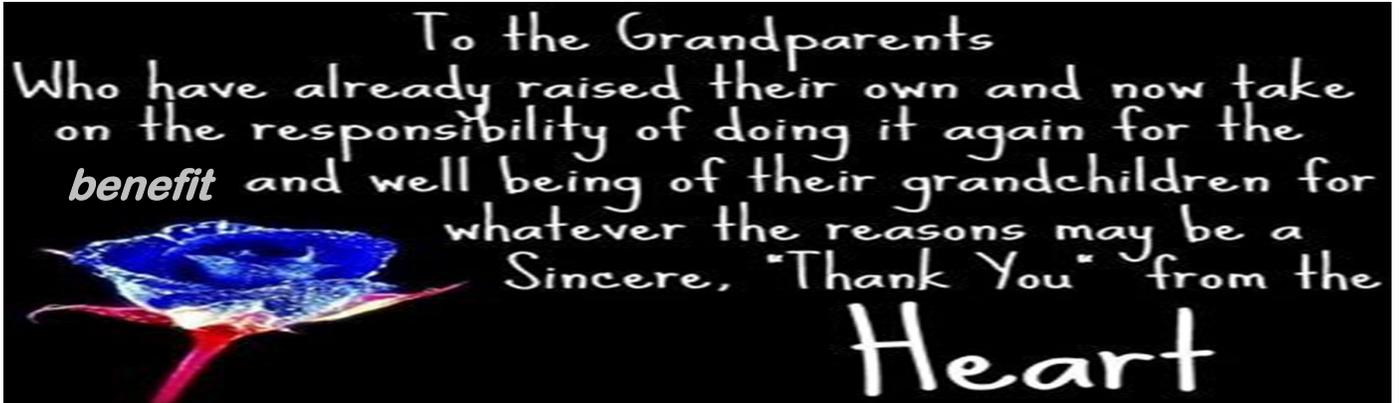
Find an enjoyable physical pursuit. Find a form of exercise you enjoy. Exercise increases the production of powerful feel-good endorphins, which can counteract stress that you are probably experiencing.

Reward yourself. Make a list of things you enjoy and commit to doing one. Whether it is getting a manicure, having coffee with a friend, or even going shopping. You need to take a break from anxiety and reward yourself for the superb care you are providing for your loved one. Above all, don't feel guilty about wanting to feel good.

Breathe. Whenever we are anxious, our breathing becomes shallow and our lungs never quite fully inflate. This can deprive the brain of the hormones it needs to function calmly and clearly. Just 10 minutes of slow, deep breathing will help slow your heart rate, calm your emotional state and allow you to think clearly. So, whenever you feel overwhelmed by caregiving responsibilities, take a time out to sit calmly and do this.

The information in this article was adapted from Woman'sDay, The Caregivers Survival Kit, 2018.

Grandparents Raising Grandchildren



Grandparents assume responsibility of raising their grandchildren due to varied reasons, including parental incarceration, death, substance abuse, unemployment, parental abandonment, and neglect. Grandparents are to be commended for taking on this responsibility regardless of the situation.

Adjusting to the new role of primary caregiver typically takes some effort. This new role can bring about mixed feelings because grandparents may feel increased anxiety and pressure while also appreciating closeness to a grandchild. **Often, grandparents raising grandchildren experience more stress due to such things as financial concerns, physical limitations or adjusting to the transition of being primary caregiver. Grandparents in this role need support in caring for their own physical and emotional health.**

Senior Resources of Guilford invites you to come and network with other senior grandparents raising their grandchildren. Regular conversations with other grandparents who are also raising their grandchildren can provide a great support as you are able to encourage and give confidence to each other.

Grandparents Raising Grandchildren “Holiday Party”
December 8, 2018
11:00 AM to 1:00 PM
Evergreens Lifestyle Center
1401 Benjamin Parkway, Greensboro, NC 27408

Benjamin Parkway For more information regarding our “Grandparent raising Grandchildren” support group call Juanita York at (336) 373-4816 Ext 238.



Greensboro
3rd Thursday of Every Month
12 noon—1:30 pm
Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408

High Point
2nd Tuesday of Every Month
11:30 am– 1:00 pm
Macedonia Family Resource Center
401 Lake Ave
High Point, NC 27260



How can I deal with my family member's challenging behaviors without losing my patience?

People with cognitive impairment may exhibit a range of frustrating behavior problems. These might include communication difficulties, becoming fixated on an idea or constantly repeating a question, aggressive or impulsive behavior, paranoia, lack of motivation, memory problems, incontinence, poor judgement, and wandering. Cognitive impairment can be caused by a variety of things such as, Alzheimer's disease and related dementias, stroke, Parkinson's disease, brain injury or brain tumor.

Almost all persons with dementia show some changed behavior that can be caused by many of reasons. They may react because they do not understand what is happening. They may have unmet needs. They might be frustrated because they cannot communicate. They may not be able to handle their emotions. They may act in socially inappropriate ways. Unsuitable surroundings make daily tasks difficult for them. Someone expecting a person with dementia to do things they cannot do may also cause changed behaviors. Seeing their caregivers' emotions like frustration and anger can also affect individuals with dementia.

Various strategies can help you deal with challenging behaviors. Caregivers can start by understanding that these episodes or challenging behaviors are the person's situation. Try to look for the probable causes and reduce them if possible. Individuals with dementia are sometimes not able to explain what they want. Look at the behavior as information about their needs and do not get upset by it. In many communities, the Family Caregiver Support Program or another community organization offers classes and training sessions that teach skills that are useful in handling troublesome behavior. There you can receive information about your care recipient's ability to understand and communicate. Joining a support group or Memory Café can also be helpful. A support group is a good place to share your frustrations and discuss coping strategies with people who are in the same situation caring for their family members or friends. While many support groups meet in person, online and telephone groups also exist.

It's important to remember that it's the disease, not the person, causing the behavior. Anticipating that there will be ups and downs through the illness can provide an important perspective to help, maintain your patience. Compassion and sense of humor also may enable you to cope more effectively with difficult behavior. Senior Resources of Guilford offers a Memory Café in High Point and Greensboro to offer support when caregivers are going through difficult times.

*The information in this article was adapted from Family Caregiver Alliance, caregiver.org, by National Center on Caregiving, 2018.
The information in this article was adapted from Handling Behavior Challenges, Dementia Care Notes, May, 2018.*

CATHI

Caregiver's Answers, Topics, and Helpful Information

To find the latest CATHI article, visit our website and click on **caregiver information**.



North Carolina Family Caregiver Support Program
Completing the Care

The ABC's of Caregiving



ASK. Admitting that you need help caring for your loved one is hard. If you are the primary caregiver, ask other family members to contribute some of their time. Do not take “no” for an answer. Everyone is busy. Being a caregiver for someone who is ill is more than one person can handle.

BANKING. Visit the bank where your loved one does their banking. Have your name added to their account so you are able to access their accounts if they are not able to do so themselves.

COMMUNITY. There are many resources in your community. Identify and take advantage of them. Neighbors, friends, and church members are often eager to help, but don't know what is needed.

DELEGATE. As a caregiver, you may think you have to do everything. Delegate activities of lesser importance to others. It will give you more free time to deal with the important issues.

EMOTIONS. Caregiving is an emotional role. There will be days of anger, depression, loneliness, anxiety and more. These feelings are normal given the circumstances. To balance the darker days, there will also be days of laughter, love, and joy.

FORGIVENESS. In the daily stress of caregiving, you'll have your share of difficult days. Forgive yourself when you're having a bad day.

GOVERNMENT. There are a multitude of agencies that can be great resources for caregivers. Check www.eldercare.gov to find an agency near you. If your town has a senior center, that is also a great place to start. Senior Resources of Guilford SeniorLine provides seniors in the community with information and resources, call our Senior Line at 336-333-6981 to help get connected.

HOME HEALTH AIDES. A good home health aide can be a blessing. If you decide to use an agency, ask if they do background checks on their aides. Make a list of things you would want an aide to do.

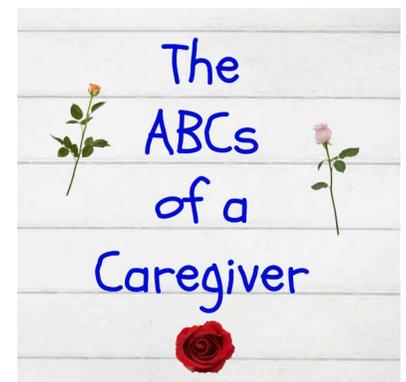
INSURANCE. Understand the medical insurance your loved one has. Find out what benefits your loved one is entitled to and what the out-of-pocket expenses will be.

KNOWLEDGE. They say knowledge is power. This is never truer than when dealing with a health crisis. Learn as much as you can about the disease your loved one is facing. It will prepare you and teach you what symptoms to look for. If it's a progressive illness, you can learn to identify the stages of their illness to assist with the caregiving process.

LEGAL. Make sure all your loved one's legal documents are up-to-date. A will, power of attorney, and health care proxy are a must. Consult an attorney to prepare these documents.

MEDICATIONS. You will need to become an expert about the different medications your loved one is prescribed. Asking for a 90-day supply can often be more cost-effective and will also save you trips back and forth to the pharmacy. Make sure to check with the Pharmacist to ensure that any new medicine will not affect any your loved one is already taking.

NUTRITION. Illness has a tendency to change the eating habits of both the person who is ill and their caregiver. Try to make sure you both have healthy, nutritious meals during this journey.



The ABC's of Caregiving continued

ORGANIZE. If you were never an organized person, it is a skill you will need to master quickly. As a caregiver, you will be multitasking more than you ever thought was possible. Caregiving tasks may seem overwhelming, just take one at a time and you will succeed.

PATIENCE. As a caregiver, this is a necessary attribute to your skill set. Everything you want to do will take more time than you think. Be patient.

QUESTION. Do not be afraid to ask doctors, nurses, and other medical personnel any questions that you might have about the health of your loved one. There are no dumb questions.

RESPITE. If your loved one is sick, they become the center of your family's world. It is vital that you find time for your self and take a break from your role as a caregiver. Make sure to schedule some time for something you enjoy doing and find out what respite options are available in your community,

SPIRITUALITY. Connect with your spiritual side. Maintaining your faith or finding the faith that you lost can be a significant coping mechanism throughout your caregiving journey. Spiritual leaders will often make visits to your home to provide guidance to both you and your loved one.

TALK. Find someone that you trust and talk to them about your feelings. Talk with your loved one about their feelings. Talking makes any relationship closer.

UNDERSTANDING. As a caregiver, you will be expected to provide a deep level of understanding to your loved one. You will need to evaluate each situation to determine what your loved one needs. Are they looking for a shoulder to cry on? Are they in pain? Are they lonely? Is it something more? It will be beneficial to you and your loved one to learn and understand their cues so you can help efficiently.

VISITNG NURSES. Visiting nurses are the unsung heroes of the healthcare industry. They could potentially save you trips to the emergency room. Look for visiting nurses in your community for more information.

WISHES. If your loved one is terminal, it might be time to have "the talk" with them. It is not easy, but it is necessary. You might talk about their final wishes or quality of life issues.

eXercise. Yes, we cheated with the spelling here, but exercise is extremely important. There are many benefits of exercise and maintaining your own health is very important. Exercise can help manage stress.

YOU. **You** should be at the top of the list. You, as a caregiver, will be facing a whole new world of challenges. This makes you a special person. You are providing someone care who really needs it. **YOU ROCK!**

ZEAL. Like anything done well, it requires a commitment. Caregiving is not different. Address your role as a caregiver with zeal. Be an advocate for your loved one.

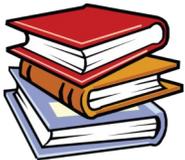
This article was adapted from The ABCs of Caregiving, Today's Caregiver, May 25, 2017.



Caregiver Resource Libraries

The Family Caregiver Support Program established three new Resource Sections within the Guilford County Public Libraries. This makes a total of ten Caregiver Library Resource Sections available in the community. The Family Caregiver Resource Sections offer free resources to caregivers. Information is available on many subjects including:

- Caregiver Education
 - Memory Loss
 - Legal Matters
 - Health Topics
 - Medication
- Transportation Options
 - Fall Prevention
- Financial Supports
- Health Insurance
- Información en Español



Locations:

Greensboro- Central Library

219 N. Church St.

Blanche S. Benjamin Branch Library

1530 Benjamin Parkway

Glenwood Branch Library

1901 W. Florida St.

Hemphill Branch Library

2301 W. Vandalia Rd.

McGirth-Horton Branch Library

2501 Phillips Ave.

Senior Resources of Guilford

1401 Benjamin Parkway

High Point -

High Point Public Library

901 N. Main St.

Roy B. Culler Senior Center

600 N. Hamilton

Jamestown-

Jamestown Public Library

200 W. Main St.



Senior Resources of Guilford

We're
LOOKING
for

VOLUNTEERS WHO CAN
DONATE TIME AND SKILLS FOR
SENIORS IN GUILFORD COUNTY



- ✓ Home Meal Delivery
- ✓ Medical Transportation
- ✓ Minor Home repairs
- ✓ Yard Work
- ✓ Weekly telephone calls

Upcoming Events

Memory Café Meeting's

High Point

First Thursday of every month from 10:00AM -12:00PM

Wesley Memorial United Methodist Church, 1225 Chestnut
Dr. High Point, NC 27262

Greensboro

Second Thursday of every month from 10:00AM -12:00PM

Senior Resources of Guilford, 1401 Benjamin Pkwy.
Greensboro, NC 27408

Jamestown

Starting in January 2019

Third Tuesday of Every Month 1:30 PM to 3:30 PM

Jamestown United Methodist Church
Oakdale Campus
532 Oakdale Rd.
Jamestown, NC 27282

Caregiver Connection Expo

Get connected with fellow family caregivers and
community resources

Saturday, November 17, 2018 10:00 AM to 2:00 PM
1401 Benjamin Pkwy. Greensboro, NC 27408

Caregiver Lunch and Learn Series

Registration is required

Legal & Financial Planning for Alzheimer's Disease

Wednesday, November 7, 2018 12:30 PM to 2:00 PM

High Point Library

901 N. Main St. High Point, NC 27262

Caring for a loved one with Dementia

Wednesday, December 12, 2018 12:30 PM to 2:00 PM

1401 Benjamin Pkwy. Greensboro, NC 27408

Lunch will be provided at no cost. Registration is required.

To register: Contact SeniorLine by phone at (336)-333-6981 or

by email at seniorline@senior-resources-guilford.org

Support Groups for Family Caregivers

Dementia Support Groups

Greensboro-

1st Tues. @ 10:30am-
First Baptist Church, Rm 208
1000 W. Friendly Ave
Contact: Lois Mezer (336) 852-7454

2nd Wed. @ 10:00am-
Guilford College United Methodist,
1205 Fleming Rd
Contact: Deborah Gregson (336) 656-7048

2nd Thur. @ 6:00pm-
Brighton Gardens
1208 New Garden Rd
Contact: Destiny Chapman (336) 297-4700

3rd Mon. @ 6:00pm- NC A&T Center for Outreach
in Alzheimer's, Aging and
Community Health- Dora Som-Pimpong (336) 285-
2176

High Point-

4th Thur. @ 6:00pm-
Lebanon United Methodist
237 Idol St
Contact: Deborah Gregson (336) 656-7048

Jamestown-

1st Tues. @ 4:00pm-
Jamestown United Methodist Church
403 East Main Street Rm. 113/115
Contact: Laura Gullledge (336) 906-0430

Oak Ridge-

Last Wed. @ 6:00pm-
Oak Ridge United Methodist
2424 Oak Ridge Rd
Contact: Scott Herrick (336) 285-5920

Stokesdale-

2nd Sat. @ 10:00am-
Country Village Lodge
7700 US Hwy 158
Contact: Scott Herrick (336) 285-5920

Stroke Support Group

Greensboro-

3rd Sun @ 3:00pm- Moses Cone Hospital, Dept
4000, Rehabilitation Day Room- Jane Edwards
(336) 832-8120 or (336) 832-4000

High Point-

2nd Tues. @ 12:00pm-
Millis Regional Health Education Center
Contact: The Stroke Center (336) 878-6888

Family Caregiver Support Groups

Greensboro-

2nd Tues. @ 12:30pm-
First Baptist Church, Rm 112
1000 W. Friendly Ave

Last Tues. 6:45pm-

ACE Adult Center,
2710 Henry Street
Contact: Jodi Kolada (336) 545-4245

2nd Thur. @6:30pm-
Mt Zion Baptist Church Rm. 4
1301 Alamance Church Rd.
RSVP encouraged as dinner is provided
Contact: Alexis Williams (336) 273-7930

High Point-

1st Wed. @ 1:00pm-
Pennybyrn at Maryfield
109 Penny Rd
Contact: Jodi Kolada (336) 545-4245

Grandparents Raising Grandchildren

Greensboro-

3rd Wed. @11:00am-
Senior Resources Senior Center
1401 Benjamin Parkway
Contact: Juanita York (336) 373-4816

High Point-

2nd Tues. @ 11:00am-
Macedonia Family Resource Center
401 Lake Ave
Contact: Juanita York (336) 373-4816



Senior Resources of Guilford
PO Box 21993
Greensboro, NC 27420

www.guilfordboomers.org

SeniorLine

Information & Referral

Have questions?

Need Answers?

Call SeniorLine!



Greensboro/County:
(336) 333-6981

High Point/Jamestown:
(336) 884-6981

Check us out!



www.facebook.com/SeniorResourcesofGuilford/



@SrResourcesGuil

Senior Resources of
Guilford

1401 Benjamin Pkwy
Greensboro, NC 27408

(336) 373-4816

Fax: (336) 373-4922

600 N. Hamilton St.
High Point, NC 27262

(336) 883-3586



Caregiver Connections Expo



Saturday, November
17th

10:00 a.m.– 2:00 p.m.

Entertainment
Provided by:
UNCG Spartones

Take the Fear out
of Caregiving
By:
Tina Ketchie
Stearns

Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408

Get connected with fellow caregivers and community resources!

Lunch will be provided. On-site respite will be available. Registration Required.

Register online at www.well-springsolutions.org/registration



To discontinue receiving this newsletter contact Family Caregiver Coordinator at Senior Resources of Guilford (336) 373-4816 or caregiver2@senior-resources-guilford.org.