



APRIL 2007 ISSUE

Newsletter

MARCH 24 2007

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CAREGIVING GLOSSARY

The recent Caregiver Awareness Day held at the Hawaii State Capitol, March 21, 2007 resulted in over 30 different organizations participating to help the Legislators focus on bills that are designed to promote different aspects of caregiving.

Displays were set up along the third floor railings and selected teams visited many of the Legislative offices to bring their personal stories and to emphasize the importance of caregiving issues. Our own Elaine and Rachel Sato and Lani Nedbalek were among those visiting our politicians.

Our meeting last month featured a wonderfully informative presentation by Tom Baty of Catholic Charities. He opened our eyes to the wide scope of services available through Catholic Charities.

The speaker for our next meeting is an experienced

caregiver, an author, motivational speaker and musician! Carmen Leal will help us understand that caregiving is not only for the elderly. You won't want to miss this moving and inspiring talk.

Check out our Calendar of Caregiving events list to learn of other great opportunities.

Have you provided us with your email address? We will make this newsletter available in an electronic version (pdf) and will be sending out other notices this way. Don't worry—if you do not have email we will still send you printed copies.

We also want to make you aware of our new email address cocsgchi@yahoo.com You may send us ideas for the newsletters, pictures to share, and use this to communicate with us!

Sincerely yours,



Representative Marilyn B. Lee

Meeting Schedule

April 12, 2007

Wahiawa General Hospital

WNRC

2nd Floor Dining Room

7 PM—9 PM

Speaker—Carmen Leal

Advisory Council

Senator Robert Bunda
 Tom Lynch, RPh
 Jennifer Matsui, MSW
 Jeannette Nekota, MSW
 Re. Marcus Oshiro, JD
 Tom Oyasato
 Kathy Patrick, RN, MBA
 Marion Poirier, RN
 Milton Sagon
 Carlton Shiroma, LSW
 Edmund Whang, MD
 Re. Ryan Yamane, MSW, MBA

CATHOLIC CHARITIES HAWAII'I

Mr. Tom Baty with Catholic Charities of Hawaii spoke to the COCSG on March 8 and we all were surprised to learn the scope of services provided by this organization.

Mr. Baty was quick to tell us that although CCH is a Catholic agency—it's services are available to people's of all or no Faiths.

Catholic Charities provides services to more than

25,000 people in Hawaii each year. These services range from providing transportation for those in need, individualized services such as house-keeping, shopping, letter writing and reading all the way to the popular programs at Lanakila Multi-Purpose Senior Center.

Services are available to Elderly, Infants, Families, Youth, Unwed Mothers, Felix kids—literally every part of our

Community. Delivering those services appropriately requires the combined efforts of Community organizations, Government Service organizations, and the concerned public. About 1/3 of the clients being served are either homeless or soon-to-be homeless. Mr. Baty said it is very dangerous to be an elder and be on the streets.

Mr. Baty gave us an illustration of how individuals are sometimes pushed into

intuitional care when all they really needed was individualized care: his example was an elderly man living in a 3rd floor apartment and has trouble walking. As a result his mail goes uncollected, his garbage accumulates because he cannot take it to the dumpster and he cannot shop for himself or collect his medicine. A Health and Human Services inspector is called and sees the conditions of the apartment and makes the assessment that this man is no longer capable of caring for himself. And he is institutionalized. All he really needed was someone

to take his garbage out, do some shopping for him, collect his mail etc. Among many others, Catholic Charities is able to provide these kinds of services:

- Housekeeping
- Shopping
- Escorting
- Letter writing and reading
- Translation
- Advocacy
- Para-professional counseling

Catholic Charities can be reached
Monday - Friday

7:45 a.m.—4:30 p.m.
(808) 594-5900
www.CatholicChraitiesHawaii.org

A private, non-profit, human and behavioral health service agency established in 1947



National Caregiver Awards 2007

The NAC and Met Life are now accepting on-line applications for the 2007 National Caregiver Awards. Visit the website at www.web.raffa.com/nac/caregiver_awards/ Awards will be given in 3 categories— Caregiving Education, Caregiving Technology and Caregiving

Submit Events

Submit Caregiving events by emailing details to COCSG at cocsghi@yahoo.com

By the 15th of the month.

"Employee caregivers spend \$2 billion per month of their own money on providing care for family members." ⁴

"More Spend Time Caring for Elders," Karen S. Peterson, USA Today, March 18, 1997,

CALENDAR OF CAREGIVING EVENTS

04-01-07	Island Treasures of HI	Sheraton Waikiki 546-2277
04-10-07	Mayor's Senior Recognition	Waikiki Sheraton 9-11 AM
04-10-07	ALZ—education yourself	ALZ Assn 9:30—10:30 AM
04-11-07	Gary Small—ALZ assn. mtg	HI Conv. Ctr 591-2771
04-12-07	COCSG—Monthy support mtg.	Wahiawa General Hosp. 7-9
04-14-07	ECH—Decision Making and Personal Care—Elders	Central Union 9-12 noon
04-17-07	ALZ—Legal and Financial Affairs	ALZ Assn 9:30 - 10:30 AM
04-21-07	ECH-Nutrition and Meds mgt.	Central Union 9-12 noon
04-24-07	ALZ—Manage Challenging Behaviors	ALZ Assn—9:30—10:30 AM
04-28-07	ECH-Hearing and Vision	Central union 9-12 noon
05-01-07	ALZ—Care for the Caregiver	ALZ Assn—9:30—10:30 AM
05-05-07	ECH- Caregiving - at end of life	Central Union 9-12 noon
05-08-07	ALZ—Hiring Caregivers	ALZ Assn—9:30—10:30 AM
05-15-07	ALZ—When is time—Facility	ALZ Assn—9:30—10:30 AM
05-22-07	ALZ—Extended Family / Friends	ALZ Assn—9:30—10:30 AM
05-29-07	ALZ—Community Resources	ALZ Assn—9:30—10:30 AM
Alzheimer's Assn	1050 Ala Moana Blvd. D15	808-591-2771
Central Oahu Caregivers SG		808-621-6467
Elder Care Hawaii		808-988-6300
Kapiolani Community College		808-734-9469

CARING FOR THE CAREGIVER

by Rochelle Brunson,
MSW



Have you heard of the “sandwich” generation? The sandwich generation refers to those of us who find ourselves “sandwiched” in our caregiving between our children and our parents. Often this means that we are juggling needs

When transitioning to being a caregiver for an elderly parent, we are facing strong challenges to the family roles we play.

We may be called on to make very serious decisions regarding our family members, We may be called on physically (with task assistance), and certainly we are called on in terms of our time. We may feel we have no time anymore between balancing home, work, and the needs of our elderly family member. Add to this that the financial constraints are probably increasing as well as the responsibility level.

Often this drain on

our reserves comes to our attention only when pointed out by others, or when our bodies begin to rebel against the strain, or when our mood becomes downcast with feelings of being overwhelmed.

We want to be there for the people who are so important in our lives, (but) we may be running ourselves ragged. And we may be so busy that we don't notice how close to the edge we are playing it. Or we may have a sense of how fragile we are, but feel guilty about “complaining”. We want to be able to handle all we are dealt, and do so with love and compassion. Unfortunately, the expense is often the physical, emotional and spiritual health and energy of the caregiver.

So, what can we do to help ourselves? The first step is taking a self-assessment. We can check in with ourselves and pay attention to our functioning. Am I eating the same or have I had a change in appetite? Am I having problems sleeping? Am I short tempered more than usual? Impatient? Sad? Am I tired much of the time? Or feeling as if things are out of control? How are my relationships? Am I spending time with my partner? My friends? Am I doing any activities which bring me joy? Having any time alone for myself?

Next take a look at the systems in our lives. Who can you turn to for help making caregiving decisions? Are there people I can turn to for emotional support? How about for some relief from caregiving? Are there other family members to help carry the extra responsibility about the time off.

One of the key points to be made about taking care of the caregiver is the value of speaking up for ourselves as we identify things with which we need help. Often others in our lives may want to offer help, but are not aware that any is needed or accepted.

We can start by giving ourselves permission to want and have a life of our own. We do not have to sacrifice ourselves unduly to be of service to those we love. We can make conscious decisions about when and where and how much we give. It is helpful to remain aware that we cannot give without being replenished along the way. We will not be able to give at all if we have used up all our resources.

Having a plan for self care is vital. We want to be very kind to ourselves and give ourselves breaks along the way. Avoid isolation, keep up positive relationships, have fun, engage your sense of humor along the way if you can.

Look at your priorities. Are all the things you did still of top priority? Are there things you can relax your standards about?

Look into joining a caregiver support group. Use your community resources including your faith community. Use your EAP or mental health provider as needed

The bottom line is to give yourself lots of credit for how hard you are working now. Taking care of yourself is one way to acknowledge that credit. The work you are doing is important, and so are you.

Rochelle Brunson, MSW, is the Area Director for LCS' Columbia Basin Office in Kennewick. She works with adults and seniors, specializing in mood disorders, such as depression, life adjustment issues and trauma.

(article edited for space—complete article at <http://www.lcsnw.org/insights/CaringForTheCaregiver.html>)



Activities of Daily Living (ADLs)

Basic personal activities which include bathing, eating, dressing, moving from a bed to a chair and using the toilet. ADL's are used to measure how dependent a person may be in requiring assistance

in performing any or all of these activities.

Acute Care

Care that is generally provided for a short time to treat a certain illness or condition. This type of care could include short-term hospital stays, doctor visits, surgery and X-rays.

Acute Illness

Illness that is usually short-term and comes on quickly.

Adult Care

Home residence that offers housing and personal care services for 3-16 residents.

Services (such as meals,

supervision and transportation) are usually provided by the owner or manager. May be a single family home. Also called board and care home or group home.

(Compiled by KHON TV)

Visit **ARCHIVE** for past meeting notes

www.wypress.com/care

Central Oahu Caregivers' Support Group
PO Box 893711
Mililani, HI 96789

ON-LINE RESOURCES FOR CAREGIVERS

Arthritis Assistance

<http://allaboutarthritis.com>

Information about types of arthritis, pain management, treatment options, FAQs and personal tools.

Care Giving Community

<http://www.eldersearch.com>

Support for caregivers and information available in your areas. A good site for problem solving and geriatric care.

Benefits for Seniors

<http://www.benefitcheckup.org>

Service that identifies federal and state assistance for your particular situation.

Senior Store

<http://www.seniorstore.com>

On-line store includes: clothing, books, video, music and nostalgia. Also featured, household items, gift baskets and more. A unique shopping site.

Senior Housing Net

<http://www.seniorhousing.net>

A comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities and nursing homes nationwide.

Transitions, Inc.

<http://www.asktransitions.com/index.html>

Elder Care consulting - tips and tools, family resources services.

Administration on Aging

<http://www.aoa.dhhs.gov/aoa/webres/craig.htm>

A directory of web sites on aging.

The Gerontology Foundation

<http://www.healthandage.com>

Interactive center between the public and the professionals.

Access America for Seniors

<http://www.seniors.gov>

News magazine reporting on the issues of aging.

Administration on Aging

<http://www.aoa.gov>

Sites on Adult Day Services, Ageism, Assisted Living and much more.

Indiana Association for Home Care, Inc.

http://www.ind-homecare.org/pages/independent_living.html

A Guide to Independent Living.

Administration on Aging

<http://www.aoa.dhhs.gov/elderpage.html>

Extensive information for Older Persons and their families.

Dr. Koop

<http://www.drkoop.com>

Former Surgeon General provides a medical community on line.

American Association of Retired Persons

<http://www.aarp.org>

Advice from the nationally-known agency.

Seniors Site

<http://www.seniors-site.com/index.html>

Message boards for illness, pets, drugs, housing and more.

Life Extension Foundation

<http://www.lef.org>

Information on medical discoveries and research.

Meals on Wheels

<http://www.projectmeal.org>

Information on the Meals on Wheels closest to your area.

Homecare Online

<http://www.nahc.org>

Extensive guide to home care and hospices, advice on how to choose an agency.

Elder Care Resource

Web based information portal—Tries to coordinate timely information and act as a central site for Hawaii-based Care groups.

EldercareHawaii.com

Senior Resources

<http://www.seniorresource.com>

Resources by state, retirement, finance, insurance and care.

National Alliance for Care Giving

<http://www.caregiving.org>

Care Guide

<http://www.careguide.net>

Personal care giving resource for directories, articles, newsletters, tools and more.

Age Page

<http://www.agepage.com>

Caregiver's resource guide and lots of information.

Senior Options

<http://www.senioroptions.com>

Free guide to senior services including living facilities, care centers, home health services, and hospices everywhere in the USA. Listed by state and city.

Estronaut

http://www.estronaut.com/elderly_mental_health.htm

Mental health concerns in the elderly.

Web MD

<http://www.webmd.com>

The online doctor is IN.

Catholic Charities Hawaii—Community Services for Hawaii.

<http://www.CatholicCharitiesHawaii.org>

COCGS does not endorse any of these organizations.

This information is provided for your resource use only.