

The Family Caregiver

Newsletter of the Lewis-Mason-Thurston Family Caregiver Support Program

Spring 2019

Welcome to Spring family caregivers!

Alzheimer's Conference May 10th 9am to 3:30pm!

This year's annual Alzheimer's conference marks a significant change in local Alzheimer's advocacy and education. Our local South Sound Alzheimer's Council has joined the Alzheimer's Association of Washington, now known as the Alzheimer's Association South Sound Region Advisory Council.

The conference's featured presenter is a Washington based researcher and neuropsychologist, Dr. Emily Trittschuh. Dr. Trittschuh will guide us through dementia basics and update us with the newest research.

Dr. Trittschuh completed her doctorate at Northwestern University and is a true "scientist-practitioner." While conducting local and national research as faculty of UW School of Medicine, she sees patients at the VA Memory Disorders Clinic in Seattle.

Dr Trittschuh's research includes the study of healthy brain aging, PTSD and dementia late-onset Alzheimer's disease (LOAD). Dr. Trittschuh is also a great friend and member of numerous local and national workgroups and advisory boards.

Mark your calendars for Friday, May 10th, 9:00 am to 3:30 pm.



TedTalk is not to be missed. Tony Luciani is an artist and caregiver for his mother, Elia, when he accidentally discovered a common language - photography. Check out the 13 minute link below. Keep the tissues handy.
www.ted.com/talks/tony_luciani_a_mother_and_son_s_photographic_journey_through_dementia

WHEN OUT-OF-HOME CARE MAY BE NECESSARY

Understandably, many caregivers want to care for their family member at home for as long as possible. What does it take to keep folks at home and how do you know when it's time?

Maybe you are taking care of a family member in your home and it is working well for you. Or perhaps you are starting to feel that balancing the needs of your care receiver, children and job is becoming too much to manage. We often say "the plan works until it doesn't." We all know that plans can change and people's needs change.

There are three issues which often influence or cause when or where out-of-home care occurs: Safety-Money-Guilt.

Safety. Can you and your care receiver get your needs met in your current in-home setting without undue risk? How much of the home can be altered to accommodate their needs with the resources you have? How are your emotional and physical health reserves? Are both you and your care receiver willing to bring in help to safely meet their needs to stay at home?

Money. It is often the root of getting the right type and amount of care at the right time. Caregiving placements meet different needs at different price points. We encourage you to carefully examine your circumstances and resources and to be flexible in how you think about placement.

Guilt. It's that feeling of remorse for doing something wrong. Caring for a family member naturally presses us to examine our own guilt and admit our own caregiving burdens. Realistically evaluating your own physical and emotional capacities before a crisis occurs can help make a transition to out-of-home care less stressful for both you and your care receiver.

The following are signs it may be time for out-of-home care.

How often each day do you worry about and check on your loved one?

Is the food in the refrigerator old or spoiled?

Are there burn marks on the stove or counter?

Are they no longer bathing, shaving or grooming frequently?

Is their medication box untouched since your last visit?

When to place

It is never too early to check out the out-of-home care options in your community. In fact, caregivers we have worked with who looked BEFORE they needed placement, ended up placing with less stress and guilt. (But we are not saying it was easy.)

The local facilities all invite visitors to help you plan. Friends who have needed such care for a family member may share their experiences with the how and where. There are professionals who help people find the right fit for their family members. Call us to help you find placement professionals in our community.

The insert in the newsletter is a Nursing Home Facility checklist which Medicare authored. It is a practical guide to check-off what the facility has and what your family member needs.

Nursing Home Facility Checklist/Questions to Ask

Use the Nursing Home Facility Checklist when you visit a nursing home. Use a new form for each visit.

Name of Nursing Home: _____ Date of Visit: _____

Address: _____ Phone Number: _____

Basic Information	Yes	No	Notes
Is facility Medicare/Medicaid-certified?			
Is nursing home in a desirable location and close to family & friends			
Is there a bed available today?			
Are patient rooms	<input type="checkbox"/> Single/double <input type="checkbox"/> Private		
Who helps family obtain Medicaid	<input type="checkbox"/> Social Work <input type="checkbox"/> Billing office		
Does nursing home have the level of care I need? (check box if yes)			
<input type="checkbox"/> Independent Living	<input type="checkbox"/> Long Term Care		<input type="checkbox"/> Assisted Living
<input type="checkbox"/> Ventilator Unit	<input type="checkbox"/> Dementia Unit		<input type="checkbox"/> Rehabilitation
<input type="checkbox"/> Wound Care			
Resident Appearance	Yes	No	Notes
Are the residents clean, well groomed, and appropriately dressed?			
Grooming/Hair/Nails			
Does the facility (check box if yes)			
<input type="checkbox"/> Have own beauty salon/barber shop for personal haircuts/shaves/nails?	<input type="checkbox"/> Have a beautician/barber come to facility for haircuts/shaves/nails?		<input type="checkbox"/> Provide transport to beauty salon or barber shop?
<input type="checkbox"/> Provide diabetic nail care	<input type="checkbox"/> Have someone come in for diabetic nail care		
Staff			
Do the staff (check box if yes)			
<input type="checkbox"/> Have a warm, polite, and respectful relationship with residents?	<input type="checkbox"/> Knock before entering a resident's room?		<input type="checkbox"/> Wear name tags?
<input type="checkbox"/> Contact my doctor if I have a medical need?	<input type="checkbox"/> Refer to residents by name?		<input type="checkbox"/> Assist residents with meals when needed?
Does the nursing home (check box if yes)			
<input type="checkbox"/> Have a licensed nursing staff 24/7	<input type="checkbox"/> Offer a training and continuing education program for all staff?		<input type="checkbox"/> Have Social Workers
<input type="checkbox"/> Have a high turnover rate with administrators or directors of nursing?	<input type="checkbox"/> Do background checks on all new hires?		
Resident's Rooms			
<input type="checkbox"/> Room for personal belongings and furniture?		<input type="checkbox"/> A window?	
<input type="checkbox"/> Storage space (closet & drawers)?	<input type="checkbox"/> A choice in roommate(s)?		<input type="checkbox"/> Access to personal phone and television?
<input type="checkbox"/> Are there policies and procedures to protect resident's possessions (lockable cabinets and closets)?			

Visit Nursing Home Compare at Medicare.gov/nursinghomecompare/search.html for more information

Menus and Food (check box if yes)		
<input type="checkbox"/> Have a choice of food items at each meal? (Also, ask if your favorite foods are served.)	<input type="checkbox"/> Have nutritious snacks available upon request?	<input type="checkbox"/> Cater for special dietary needs (low-salt or no-sugar-added diets)?
Activities (check box if yes)		
<input type="checkbox"/> Are there activities for residents including those who are unable to leave their rooms?	<input type="checkbox"/> Do residents have a role in planning or choosing activities?	<input type="checkbox"/> Is there an active volunteer program?
<input type="checkbox"/> Are there outdoor areas for resident use?	<input type="checkbox"/> Is the staff available to assist residents outside?	
Nursing Home Living Space		
Does the nursing home have (check box if yes)		
<input type="checkbox"/> A pleasant smell or overwhelming odor? <input type="checkbox"/> Good lighting? <input type="checkbox"/> Comfortable temperature?	<input type="checkbox"/> Well-kept living, dining & common areas? <input type="checkbox"/> Sturdy attractive furnishings?	<input type="checkbox"/> Appropriate noise levels in common living areas such as dining room, game room, etc.
Safety		
Does the facility (check box if yes)		
<input type="checkbox"/> Assist in arranging hearing screenings or vision tests?	<input type="checkbox"/> Help arrange transportation to see personal doctors? <input type="checkbox"/> Quickly answer call lights?	
Plan of Care		
Who is involved in patients plan of care (check box if yes)		
<input type="checkbox"/> Nurse/Nurse Manager <input type="checkbox"/> Nurse Practitioner (NP) <input type="checkbox"/> Doctor	<input type="checkbox"/> Social Worker <input type="checkbox"/> Nursing Assistant <input type="checkbox"/> Administrative Director	<input type="checkbox"/> Patient <input type="checkbox"/> Family <input type="checkbox"/> Nutritionist
When are plan of care meetings planned? Are these meetings convenient for families and are they flexible with times and dates?		
How are complaints or concerns handled/resolved?		
Has the nursing home corrected all deficiencies (failure to meet one or more state or Federal requirements) on its last state inspection report? Where can copies of survey results be found?		
Who is Medical Director?		
Who does patient rounding?	<input type="checkbox"/> Doctor	<input type="checkbox"/> Nurse Practitioner (NP)
How often does Doctor or Nurse Practitioner round?		

Visit Again

It's a good idea to visit the nursing home a second time and on a different day and time than the initial visit. Staffing can be different at different times of the day and on weekends. Make sure to ask the same questions on your second visit for consistency.

UPCOMING CLASSES & EVENTS



South Sound
Alzheimer's Council

SAVE THE DATE: Annual Conference
Friday, May 10, 2019

For more information or to register, please visit: www.SouthSoundAlzheimersCouncil.org



Giving Care • Taking Care A Conference for Family Caregivers

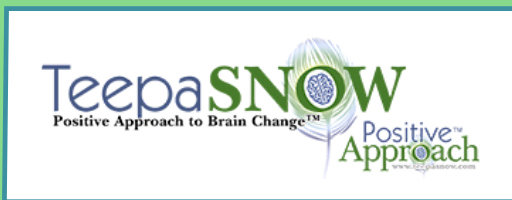
Tukwila Community Center
Monday, June 3rd 9:00am - 4:30pm

Limited Space. Must Pre-Register by May 13th.

For more information and to register, go to:

<http://tinyurl.com/GivingCareTakingCare>

Or call 800-422-3263



This two-part series will run on June 4th &
June 11th from 1-3:00 PM
Attendance for both classes is encouraged.
Pre-registration is suggested.

*For information, registration or accommodation for the above workshops, please call
(360) 664-3162 ext. 102, or register online at www.LMTAAA.org*

"Come with questions, leave with answers."



STUDY GROUP

In SHELTON:	Second Wednesday of the month from 1-3 PM	(360) 427-2226 x102
In CHEHALIS:	Second Thursday of the month from 1-3 PM	(360) 748-2524 x102
In OLYMPIA:	Third Thursday of the month from 1-3 PM	(360) 664-3162 x102



Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW
Suite A
Olympia, WA 98502

FAMILY CAREGIVER RESOURCE MANAGERS



Lewis County Joan Vance, MSW
360-748-2524 ext. 210, or toll free 1-888-702-4464
1651 S. Market Blvd., Chehalis, WA 98532

Mason County Todd Nelson, MSW
360-427-2226 ext. 156, or toll free 1-877-227-4696
628 W. Alder / P.O. Box 2087, Shelton, WA 98584

Thurston County
2404 Heritage Ct SW, Suite A, Olympia, WA 98502
Kathy Schroeder, MSW
360-664-3162 ext. 106, or toll free 1-888-545-0910
Brandon Humphries
360-664-3162 ext. 149, or toll free 1-888-545-0910

For an online copy of this newsletter please visit our website at www.LMTAAA.org
