



# The Family Caregiver

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

Spring 2021

## Greetings to Spring

Another spring and hopefully one which brings fruitful seasons to follow. We are very excited to share the information and links below for the Dementia Legal Planning Toolkit. The Toolkit includes all the legal planning things you have been wondering about, and stuff you may never considered. More below.

Again, happy spring and remember you are **essential....**

The Dementia Legal Planning Toolkit is a comprehensive guide to the legal aspects of caring for a family member with dementia. The Toolkit is brought to you by Washington's very own Dementia Action Collaborative. Yes, this is the same group who created the *Dementia Road Map* ([Dementia Road Map - A Guide for Family and Care Partners.pdf \(wa.gov\)](#)).

The toolkit starts with the basics of dementia and mental capacity, Powers of Attorney, paying for care, estate planning, and health care directives. There are PDFs for Washington approved forms, checklists for planning, and links to so many resources to help you and your care receiver.

Link to the Dementia Legal Planning Toolkit can be found on our website:

[Legal Planning and Dementia \(lmtaaa.org\)](#)

We have been hearing from some of you about your successes and struggles over the past year. Many of them are deeply personal. Some include challenges and lessons others have or still might experience. If you have a caregiving story you would like to share with others, consider sending them to us ([john.mcbride@dshs.wa.gov](mailto:john.mcbride@dshs.wa.gov)). We will be compiling them and of course with your permission, may be included in a future newsletter, The Family Caregiver article or our website.

# Getting what you need from medical appointments

After the COVID 19 Emergency Health Declaration in March of 2020, telehealth appointments went from an anticipated 36 million to over 200 million in 2020. That is a lot of non-traditional appointments. Keep in mind many of the in-office strategies to get the most from your appointment still apply.

Dr. Ira Byock, noted palliative care and hospice care physician, reminds us that if we find ourselves nodding 'yes', it is a warning sign we are not getting the most out of our medical appointment. For in-office, telephone call, or Zoom appointments, remember to *Be Informed, Be Prepared, Be Polite, Be Persistent.*

**Be Informed.** Dr. Byock says that person-centered-health-care works both ways between doctor and patient. You may need to review your notes from your last appointment, in order to remember what the plan included, and review what you've accomplished since your last doctor visit.

**Be Prepared.** Before your appointment, think through or rehearse the questions you have for your doctor, and have the written list with you whether it is a phone call, zoom or in office appointment. Let your doctor know up front that you have a list of questions to ask. P.S. Having a written timeline of symptoms can be very helpful for you and your doctor.

**Be Polite.** Respectfully ask your questions, no need to raise your voice, but gently press for a plan of action. Yes, we understand you may have to speak up if you have internet problems.

**Be Persistent.** If you do not understand the doctor's answers to your questions or the instructions given, or your doctor is in a rush, politely explain that you did not understand the instructions. Perhaps another staff person could help with the details of the plan.

In case you are interested in more of Dr. Byock's advice, his book, *The Best Care Possible*, has been a favorite among our staff for his focus on the quality of life, at all stages of life.

*Please forgive me. I forgive you. Thank you. I love you.*

*Dr. Ira Byock-The Four Things that Matter Most*

# Classes with Joyce Beedle, RN

Joyce is a geriatric nurse who, among many professional experiences, was a class leader when the Powerful Tools for Caregivers class was being developed and she has been a long-time collaborator with Teepa Snow.

**Classes will be done via Zoom from 1-3pm**

## **Intimacy and Sexuality in Caregiving-April 13, 2021**

Joyce has developed her Intimacy and Sexuality in Caregiving class after years of experience and research working with caregivers in this often ignored personal, and at times challenging or embarrassing, topic.

## **Ask a Nurse-April 20, 2021**

Joyce will join us to answer all of your questions you forgot to ask or are afraid to ask when you are at your doctor's office. "Warning:" answers may come with some added whimsy or humor.

*For information, registration, or accommodation please call (360) 664-3162 ext. 102,  
or [melissa.thompson@dshs.wa.gov](mailto:melissa.thompson@dshs.wa.gov)*

This two-part series will run via Zoom on

May 11th & 18th from 1-3 PM

Attendance for both classes is encouraged.

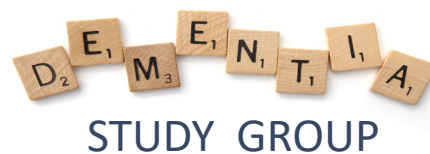
Pre-registration is suggested.



Dementia Skills Class featuring videos edited from Teepa Snow's presentation at our annual Fall Workshop in 2015

*For information, registration or accommodation please call (360) 664-3162 ext. 102,  
or [melissa.thompson@dshs.wa.gov](mailto:melissa.thompson@dshs.wa.gov)*

**"Come with questions, leave with answers."**



**We are now meeting via Zoom!!  
Contact us for the zoom link to attend.**

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

# CAREGIVER TECH SUPPORT

## **Examples of Assistive technology that may be useful for persons with dementia:**

<https://www.trl.org/how/check-out-assistive-devices>

Aids for Better Living: Tools to help with vision, hearing, mobility, and communication  
You can borrow assistive devices through your local Timberland library. The purpose of this small collection of assistive devices is to provide you the opportunity to try out a device you may be considering for yourself or another and to encourage thinking about how assistive devices may promote greater independence.

<https://safelumin.com/>

KEEP THE LIGHTS ON EVEN WHEN THE POWER GOES OUT

No more struggling in the dark finding candles, matches and a flashlight that might work. With the convenience of flipping your existing light switch, you will have Safelumin backup light for 3hrs on demand.

<https://www.freedomscientific.com/products/software/jaws/>

JAWS, Job Access With Speech, is the world's most popular screen reader, developed for computer users whose vision loss prevents them from seeing screen content or navigating with a mouse. JAWS provides speech and Braille output for the most popular computer applications on your PC. You will be able to navigate the Internet, write a document, read an email and create presentations from your office, remote desktop, or from home.

<https://iguardfire.com/>

The iGuardStove is an easy to use motion sensor control device that simply shuts off the stove when it doesn't see any motion in the kitchen for a full 5 minutes. However, every time it sees you move within those 5 minutes it will continuously reset the countdown timer BACK to the full 5 minutes over and over again which ultimately rewards you with continuous cooking. It's only when you are gone for the full 5 minutes that the iGuardStove will step-in and shut off the stove. No more burnt food or melted pots or pans. In minutes you can add many valuable safety features that are NOT available on stoves at all.

<https://www.alzstore.com/day-night-clock-p/h006.htm>

Seniors and patients with dementia sometimes have difficulty differentiating between the different times of day. A clock might say 7 o'clock, but the patient might not know whether that is 7 in the morning or 7 in the evening, and Alzheimer's patients frequently have difficulty reading the numbers on digital clocks. To combat these difficulties, clocks for Alzheimer's patients have to overcome several potential causes of confusion. A day and night clock can solve that confusion.

<https://herohealth.com/our-product>

Wifi connected pill dispenser for caregivers. It's easy to fill, you just dump the pill in, up to 10 kinds, and it does the counting and dispensing. Plus, it locks for safety and is a relatively modest monthly fee.

<https://www.wrightstuff.biz/myself-belts-adult-black.html>

One handed belt

<https://www.mindcaresstore.com/memory-picture-photo-phone-seniors-p/mc-0030.htm?1=1&-CartID=0>

Our 10-Photo Button Picture Phone with amplification will ensure those with Dementia, Alzheimer's, those with limited vision or the elderly who are hard of hearing can connect with you!

Smart mediset, might be good from some CG with higher functioning CR's? Its less complicated than some of the smart pill dispensers out there.

<https://elliagrid.com/>

Wearable technologies – Ambassador Interpreter Waverly Labs Inc Hearing

<https://www.waverlylabs.com/>

Razor for caregivers

<https://gillette.com/en-us/the-latest-from-gillette/gillette-treo-razor-for-caregivers>

Caregiver Call buttons with Pager

<https://www.walmart.com/ip/Caregiver-Call-Buttons-With-Pager/50745084>

[https://www.amazon.com/dp/B07H29R7JD/ref=redir\\_mobile\\_desktop?\\_encoding=UTF8&aaxit-k=NXW3gFx8eb921N-MJt7vwQ&hsa\\_cr\\_id=2757074560601&pd\\_rd\\_plhdr=t&pd\\_rd\\_r=fffa57c7-25bd-467d-95ba-ab346cd81459&pd\\_rd\\_w=IBdW3&pd\\_rd\\_wg=eXpwn&ref\\_=sbx\\_be\\_s\\_sparkle\\_mcd\\_asin\\_2\\_title](https://www.amazon.com/dp/B07H29R7JD/ref=redir_mobile_desktop?_encoding=UTF8&aaxit-k=NXW3gFx8eb921N-MJt7vwQ&hsa_cr_id=2757074560601&pd_rd_plhdr=t&pd_rd_r=fffa57c7-25bd-467d-95ba-ab346cd81459&pd_rd_w=IBdW3&pd_rd_wg=eXpwn&ref_=sbx_be_s_sparkle_mcd_asin_2_title)

Bed bath hair washing station

[https://www.amazon.com/Portable-Inflatable-Disabled-Bedridden-Handicapped/dp/B083J5C31N/ref=sr\\_1\\_5?dchild=1&keywords=bed+bath+basin&qid=1614728986&sr=8-5](https://www.amazon.com/Portable-Inflatable-Disabled-Bedridden-Handicapped/dp/B083J5C31N/ref=sr_1_5?dchild=1&keywords=bed+bath+basin&qid=1614728986&sr=8-5)

Phone with pictures

<https://www.amazon.com/Future-Call-FC-1007-Picture-Phone/dp/B00INR388I>

[https://www.alzstore.com/RAZ-Memory-Cell-Phone-for-Seniors-p/0039.htm?utm\\_source=google&utm\\_campaign=RAZ%20Mobile%20Phones%20-%20PLA&utm\\_medium=pla](https://www.alzstore.com/RAZ-Memory-Cell-Phone-for-Seniors-p/0039.htm?utm_source=google&utm_campaign=RAZ%20Mobile%20Phones%20-%20PLA&utm_medium=pla)

Door alarms

[https://www.amazon.com/s?k=alzheimers+door+alarm+that+connect+to+smartphone&crid=P-DONFE1YB2WE&srefix=alzheimers+door+alarm%2Caps%2C259&ref=nb\\_sb\\_ss\\_ts-doa-p\\_2\\_21](https://www.amazon.com/s?k=alzheimers+door+alarm+that+connect+to+smartphone&crid=P-DONFE1YB2WE&srefix=alzheimers+door+alarm%2Caps%2C259&ref=nb_sb_ss_ts-doa-p_2_21)

Floor mat exit alarm

<https://www.amazon.com/Floor-Alarm-Elderly-Prevention-Anti-Wandering/dp/B00A7ZU-SA0>



2404 Heritage Court SW  
Olympia, WA 98502

## FAMILY CAREGIVER SPECIALISTS

### *Mason County*

2008 Olympic Hwy N /P.O. Box 2087, Shelton, WA 98584  
360-427-2226 or toll free 1-888-545-0910  
Bethe Eichler - Ext 259  
Laurie Lembke - Ext 106

### *Thurston County*

2404 Heritage Ct SW, Olympia, WA 98502  
360-664-3162 or toll free 1-888-545-0910  
Brittany Begley-Dennis, MSW - Ext 167

### *Lewis County*

1651 S. Market Blvd., Chehalis, WA 98532  
360-748-2524 or toll free 1-888-545-0910  
Kathy Howard - Ext 149

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For an online copy of this newsletter please visit our website at [www.LMTAAA.org](http://www.LMTAAA.org)

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