



Salt Lake County Caregiver Support Program

May 2012



The Battle of the Bedpost

Several years ago my mother went into emergency open heart surgery. Three nights after her hospital release I found myself on “caregiver duty” on a blow up mattress in a room near by.

Well after midnight I heard my mother’s frustration as she tossed and sighed into the darkness.

Exhausted, I rolled the wrong direction and ran into the book case—which added bruises to a stubbed toe from the piano mishap the night before.

“Would you like help sitting up?” I had asked.

“No. Go back to sleep.” The reply had come. Her voice was gruff and unfriendly.

“Okay.” I had replied and left.

I heard her anxiety long after I had left the room. I had never seen my upbeat, talkative mother behave so curtly. Could surgery change her?

She was anxious, almost afraid.

The next morning my mother had asked me to come help her out of bed. When I went into the room the smirk I knew and loved was back on her face.

She said, “This surgery is doing strange things. When I told you to leave last night I could see you standing at the end of the bed for an hour. I was really mad that you wouldn’t leave until I realized that ‘you’ were the bed post.”

We laughed together for the first time since the surgery. We talked and realized that she was experiencing changes, such as increased anxiety, that needed professional answers.

Physical changes drive emotions and behaviors. If the person you care for has behaviors you do not understand call a professional and ask for help.

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Behaviors and Aging

Many seniors slowly remove decorations for a safer walking space in their home. The car turns into UTA or a cab for safety. And, the family home becomes an apartment for more manageable independence. Change is constant. Life is often unsettling at a time of life when many of us crave safety and security.

Aging requires strength and courage. Everything about the aging process asks us to implement behaviors such as patience, courtesy, humor, and flexibility.

Caregiving can require us to work with individuals who struggle with the transitions of aging. Individuals exhibit anger due to a life situation or a diagnosis. They may be depressed due to isolation or loneliness. They may be grieving because all of their friends are dying and they are losing their confidants. Critical speech, demanding time requirements, and over-spending surface to compensate for loss, frustration and other emotions that have not yet been identified or dealt with.

What causes these behaviors and what can caregivers do to support those they care for as they face life's transitions?

Behaviors are symptoms. It is important to find out what is driving the behaviors we are observing.

There are several things a caregiver can do:

1. Keep a journal of observed behaviors. Write down what is done and the exact situation that preceded the behavior. Over time it will give you clues as to the cause of the behavior. Share this information with professionals as needed.

2. Start a dialogue or conversation with the person you care for, ask them why they are angry, sad, etc. Do not accuse. Show concern, be calm, and ask questions until you get to the cause of the problem.

A caregiver recently learned that her mother was angry with her because every phone call she made began with “did you take your pills today?” She is not her mother’s case worker or nurse. Her mother wanted her daughter back. The caregiver needed to separate time to be a daughter from the time used for daily caregiver tasks.

Here are a few thoughts to ponder:

- Isolation may be caused by a need to feel safe. Physical frailty makes us drive and walk cautiously and avoid crowds.
- Repeat 9-1-1 calls or repetitive buying from a sales person can all be symptoms of loneliness. People will even allow themselves to be exploited to feel loved.
- Quality and quantity—which is more valuable—one good meal around the table or 20 frozen dinners in the freezer? It depends on how your care receiver defines value.

Caregiving is a skill developed over time. Behaviors improve when needs and expectations are met—and boundaries are agreed upon. We can’t meet expectations if we can’t define them. Set aside time to get to know the behaviors of your care receiver. Small changes offer great rewards.

“Wherever you go, go with all your heart.”

~ Confucius

A Mother's Wisdom

Mother's Day is just around the corner. Here are a few inspiring quotes about mothers that reveal much about the heart of caregiving:

- “The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.” (Rajineesh) How like the caregiver who is only awakened when there is another person for whom to care.
- “A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.” (W. Irving) How like the caregiver who in the dark of night rises anyway to make sure the light is on and the hallway is clear.
- “Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.” (Elizabeth Stone) How like the caregiver who is always making the decision to serve in a way that seems to make no sense to those who have only observed but never lived the experience.
- “Becoming a mother makes you the mother of all children. From now on each wounded, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate.” (Charlotte Gray) How like the caregiver who once having served, becomes the volunteer, the advocate, for all other caregivers once their own caregiver has long since passed.

Q & A

Question:

Is there a new Senior Center?

Answer:

Yes and No... there is a new Community Center—part library, part recreation center and part senior center. It is located at 2266 East Evergreen Avenue in East Millcreek. They would love you to stop by for a visit!



Millcreek Community Center
Celebrated its GRAND opening!



Respite Opportunities in Salt Lake County



SEMPER FI

MAY 8th

at 6:30 pm

The heart of one man leads to the largest water contamination incident in U.S. History. A FREE film.

SLC Library
200 E 400 S
 801-524-8200

May

May I take a much needed caregiver break this month?

Please do!



Go for a HIKE

Location: [Antelope State Park](#)

4528 W 1700 S

Syracuse, Utah

Time: Saturday, May 26th

10:00 am

Cars \$9, Bikes \$3

Join in on the Deserts are Not Deserted Hike at Antelope Island! (801) 652-2043



Live Green Festival—FREE

Saturday, May 5th! 10:00 am to 6:00 pm at Library Square

200 East 400 South, Salt Lake City, Utah

Sustainable green products and cutting edge renewable technologies... not to mention food, music, entertainment, live auctions, and much more!



MOTHER'S DAY BRUNCH

May 13th

Gardner Village

1100 West 7800 South

West Jordan, Utah

Crepe with the Chef's,

Salads, Brunch Buffet.

Prices \$10.95 to \$19.95.

(801) 566-8903

for information.



VISIT THE NEW...

Millcreek Community Center!

2266 E Evergreen Avenue

(3435 South)

A place to learn, read, exercise, be social and eat at the café!

8th ANNUAL FIDDLIN' N' PICKIN' CONTEST

May 12th, 2012—Saturday at 8:00 am.

West Valley City Hall, 3600 S Constitution Blvd

Call (801) 967-0346 for more information.

Caregiver Resource Options

Behaviors seen while caregiving are often minimized if we have the proper products and tools necessary to make our care comfortable. The organizations listed below, as well as local medical supply stores, carry useful aids, tools and supplies for caregivers and frail care receivers. Most organizations will still send a catalog to your home upon request.

AbleData—www.abledata.com or 1-800-227-0216

Information location site – helps locate assistive technology products and rehabilitation equipment

The Alzheimer's Store—www.Alzstore.com or 1-800-752-3238

Kitchen, bath and house aids, such as alarms, mats, pads, chair helps, hand bars, telephones, games, cards, electronic pill dispensers, etc.

Arthritis Organization—www.arthritis.org or 1-800-654-0707

Kitchen products, gardening tools, appliances, health aids & supplies, brochures, etc.

Dynamic Living—www.dynamic-living.com or 1-888-940-0605

Home task aids, mobility products, kitchen gadgets, safety and emergency, caregiving aids such as rinse-less shampoos, vision and hearing products, etc.

Patterson Medical—www.pattersonmedical.com or 1-800-343-9742

Kitchen, bath, bedroom supplies, such as Automatic Faucet Controls, The Kennedy (no-spill) cup, Elastack spiral cushions, rip material, Spyro laces (elastic), Zipper grips, etc.

Radio Shack—www.radioshack.com

Wireless emergency pendant, Wireless door alarm system, Portable motion detector / alarm, etc.

Senior Shops—www.seniorshops.com or 1-800-894-9549

Arthritis aids, hearing devices, blood pressure monitors, foot stools, garments, pillows and wedges, mattress overlays, magnifiers, gardening assists, alarms, supports, etc.

Silvert's—www.silverts.com or 1-800-387-7088 for catalog

Special clothing for people w/disabilities, velcro back or easy access, slip on, easy tie, etc.

Action Planning Tool

What action will I take to improve the behaviors I am experiencing while caregiving?

1. What will be done (keep a journal, ask questions, organize private time, etc.)
2. How much will be done (1 hour, 1 vacation, 1 full journal over time, etc.)
3. When and how often will it will be done (Tuesday and Thursday nights)

Make sure your goals are:

Specific, Measurable, Accountable, Realistic and have a Time Limit (have boundaries)

Example: Understand Mom

This week I will take mom to lunch on Wednesday and bring up a conversation about her fear of accepting home health care into her home. We'll simply start a conversation, but I won't make her accept care or make a decision. One step at a time. (2 hour lunch out).

This week I will: (check off what you complete)

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

How confident are you that you will actually complete this goal? (circle)

Not at 1 2 3 4 5 6 7 8 9 10 Very
 Confident Confident

If you are not at least 60% sure of completion you may want to adjust your goal (s).

SLCO Caregiver Calendar of Events

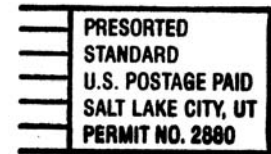
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOTE: Please call us if you have individual support needs or have questions: **(385) 468-3280**

Date	Time	Location	Event or Class
May 14	11:30 am to 1:00 pm	Women's Luncheon Support Group	A support group for women who care for their spouses or partners. Held the second Monday each month. Call Kathy at (385) 468-3281.
All Wednesdays	12:00 noon to 1:00 pm	Alzheimer's Association Classes on Dementia	The Alzheimer's Association offers monthly classes on Dementia. Call Sylvia at (801) 265-1944 for more information.
May 16	11:30 am to 1:00 pm	Eastside Adult Children's Luncheon Support Group	A support group for adult children who care for parents or adult family members. Held the 3rd Wednesday of each month. Call Cynthia at (385) 468-3271.
May 21	11:30 am to 1:00 pm	Men's Luncheon Support Group	A support group for men who care for their spouses or partners. Held the fourth Monday each month. Call Kathy at (385) 468-3281.
May 24	6:00 pm to 8:00 pm	729 Arapeen Drive, Salt Lake City, Utah	National MS Society and UofU offering: Improving Quality of Life with Ed. Gappmeier M.P.T. RSVP Required, call: 801-424-0113
May 31	11:30 am to 1:00 pm	Westside Adult Children's Luncheon Support Group	A support group for adult children who care for parents or adult family members. Held the last Thursday of each month. Call Christine at (385) 468-3269.
May 28		Offices Closed	Salt Lake County Government Center Offices will be closed for the Memorial Day Holiday.



Salt Lake County Caregiver Support Program
2001 South State Street S1500
PO Box 144575
Salt Lake City, Utah 84114-4575



“Helping you navigate the transitions of aging”

A Caregiver needs a variety of resources, skills and ideas. Here are a few helpful websites and phone numbers that families can search to locate local resources:

24 hour Crisis Hotline **1-800-273-8255** or **911**

[Salt Lake County Caregiver Support](#) at (385) 468-3280

[211 information](#) resources at 2-1-1 or Aging Services [55+ Directory](#) at (385) 468-3200

[Elder Care Locator](#) for long distance caregivers at 1-800-677-1116

[Adult Protective Services](#) at (801) 538-3567 or 1-800-371-7897

[Alzheimer’s Association](#) at (801) 265-1944 or [LBD](#), [FTD](#) or [Vascular](#) Dementias

[Dept of Services for People with Disabilities](#) at (801) 538-4200

[Grandfamilies](#) at (801) 326-4409 or (801) 355-7444 and [SLCo Youth Services](#) at (385) 468-4500

[LGBT Aging Center](#) or [Utah Pride Center](#) at (801) 539-8800

[Self Reliance Utah](#) at 355-2188 or [Utah Independent Living Center](#) at (801) 466-5565

[Utah Parent Center](#) at (801) 272-1051 or the [Utah Family to Family Network](#)

Veterans [Caregiver Support Program](#) or [Michael Tracy](#), Utah Coordinator at (801) 582-1565 ext 4165