

The Resource Roadmap

Long Road Ahead? Stop for Fuel!

We all need a map, supplies and good fuel stops to complete the journey!

Using the Roadmap

This roadmap provides an overview of Education programs and one-on-one services provided by Salt Lake County Aging Services' Caregiver Support and Healthy Aging Programs.

- Education programs may be adapted and arranged in-house for individual groups by calling the phone number at the top of each catalog page.
- Classes are offered to the public throughout Salt Lake County at various locations and times.
- Education programs listed in the Resource Roadmap are *free of charge*. Individuals from other counties may attend these classes at no charge, but additional services need to be arranged through the Area Agency on Aging located in their county of residence.

Programs and services may change or update periodically to comply with state or national standards and guidelines.

Caregiver Support Education Programs

(801) 468 - 3480

Education Classes and Workshops page 2

Caregiver Support One-on-One Options

(801) 468 - 2460

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(801) 468 - 2772

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Education Programs

Call Caregiver Support Training at (801) 468 - 3480

Aging Services Caregiver Support Resource Overview

Come find out about caregiver resources in Salt Lake County, Utah and through the U.S. Learn who to call, who pays or provides grants, and what support is available. Face the tough questions head on—there could be an answer. Program guidelines, resources available, waiting lists, courses, support groups and materials. Learn what the case managers and trainers can do to support your family while experiencing the role of a caregiver. (1 hour session)

Caregiver Burnout

Emotional overload manifests itself in two ways, burnout (outward) and depression (inward). Learn to identify the warning signs and triggers for your stress and get help before it becomes burnout. (1 hour session)

Caring for Seniors

Each generation has its own thoughts and ideas about how a senior should be treated and cared for in their last years. Learn about the current conflicts, challenges and management of today's groups—meet the quality and the quantity generations and learn why so much conflict arises between the two. (1 hour session)

Caregiving on a Budget

Sometimes it's not about the money, but all about how wisely the money is spread around. Pooling resources and finding just the right purchased services make the caregiving experience more manageable. (1 hour session)

Dementia #1 – Understanding the Disease

Dementia is not a “normal” part of the aging process. Dementia is a loss of cognitive skill and reason based on a disease in or injury to the brain. It is essential to know what is happening in order to avoid pitfalls in Dementia care. (1 hour session)

Dementia #2 – Living with the Effects and Behaviors

Living with a disease is much different than understanding where it comes from. Those who care for Dementia sufferers need specific skills in communication, stress management, resources and patience. This disease can show aggressive or difficult responses or behaviors. Learn to communicate with emotion instead of logic or reason. Calm the world you live in. (1 hour session)

Finding Balance: Work and Caregiving

A working caregiver has specific adjustments to make. Caregiving itself is a full time job. Find the right support network. Communicate needs to management and Human Resources to negotiate a flexible work plan. (1 hour session)



Education Programs

Call Caregiver Support Training at (801) 468 - 3480

If Guilt were a Trip I'd be a Frequent Flyer

Guilt, grieving and loss seem to be main staples in the caregiving diet. Validate the need for emotions in caregiving and work to set them aside to solve daily tasks and conflicts. (1 hour session)

Living Independent Longer

Falls account for five billion dollars in hospital bills each year. Exploitation is on the rise. Dad has just given up his driver's license. Discuss options for keeping our frail seniors at home and independent. (1 hour session)

Long Distance Caregiving

Living a long way from aging family members can be stressful and difficult. What do you ask the doctor? How do you determine if dementia is setting in? How do you keep in touch with the neighbors? How do you participate from so far away? What can you do? (1 hour session)

Managing Milestones

Facing the future while coping with a difficult diagnosis, such as dementia, can be very challenging. Think of a car—the price tag is the cost to own the car and the maintenance is the cost to use the car. What is the cost to own and use a disease? What are the lube and oil stops, the bad brakes, the cracked windshields of life that come with a disease—and how do you face them with dignity, strength and courage? (1.5 hour session)

Managing Stress

Caregiving is a stressful full time job. It is essential to develop plans, find support and identify workable stress relievers to turn the caregiving experience into a manageable job. (1.5 hour session)

Preparing for Disasters in Utah – “Just in Case”

This national course identifies and discusses the types of disasters we may face in Utah. We review an emergency kit and provide information from FEMA and the Red Cross about sheltering in place, building emergency kits to last from three to seven days, and stocking those kits with items specific for caregivers and the seniors they support, such as extra medications, oxygen supplies, manual wheel chairs, and personal needs. (1.5 hour session)



Books and Materials

Call Caregiver Support at (801) 468 - 2460

Books and Materials for Caregivers

Books, booklets and handouts on a number of important caregiving topics can be picked up or mailed from Caregiver Support located at 2001 S. State Street, S-1500. Donations are appreciated. Some of the books and materials available include:

55 Plus Senior Resource Directory

A Salt Lake County Senior resource directory. This book is also on-line at www.55plusbook.org.

The Comfort of Home – Dementia Caregiving

This book is a guide for caregivers serving individuals who have dementia and Alzheimer's. Covers understanding the disease, coping with behavioral symptoms and tips on coping with caregiver burnout. Maria Meyer, Mary Mittleman, Cynthia Epstein, and Paula Derr.

Caring for a Person with memory Loss and Confusion

A mini-guide for the basics of home safety, communication, tasks, bathing, meal times and behaviors. Published by Journeyworks.

Caregiver Support Monthly Newsletter

Staying in touch with what is available is essential to caregiving. The newsletter covers general caregiving topics, event and class schedules, support groups and other resources that exist in Salt Lake County.

Long Distance Caregiving

This booklet from the National Institute on Aging answers the top twenty questions for long distance caregivers.

Planning for Aging: A Practical Guide

This booklet from Journeyworks Publishing is a guide to all the possible aspects of aging that one would need to manage. Topics in the guide include: Coping with Change, Getting Your Affairs in Order, Decisions, Advanced Directives, Financial and Legal Concerns, Estate Planning, Wills and Trusts, Aging at Home and When Aging at Home is not an Option.

See our website for more information and resources:

www.aging.slco.org/



One-on-One Attention

Call Caregiver Support at (801) 468 - 2460

One-on-One Attention for Caregivers

Applying for Caregiver Support Limited Respite Services

Are you the primary caregiver for an adult 60 or older? Does the adult you care for need help with at least 2 activities of daily living, such as walking, bathing, or dressing? Or, does the person you are caring for have significant memory impairment? If so, call in and let the Caregiver Support Program help you assess your caregiving situation and determine what programs and services are available. Intakes can be done over the phone and take approximately 30 minutes to complete.

Consults - Case Management Consults

Qualified case managers meet with you and your family to map out your caregiving needs. They provide information and options to make the caregiving experience more manageable

Consults – Education and Information

Sometimes we need to attend an education class on caregiving, but it is impossible to fit the publicly scheduled courses. Or, we just don't want to air the laundry before a group of people we don't know—we want privacy and time for individual questions. Individuals, families and groups can call for a private education session with Caregiver Support's training specialist. Sessions can be held at Libraries, Community Centers, Churches and other community locations for groups; and, private family sessions can be held in the home environment. Call **(801) 468-3480** to schedule a private session of any caregiver training listed in this document.

Discharge Planning

When our Caregiver Support services have been completed and it is time for you to transition back to self care and / or private pay. Let us help you make sure the transition goes smoothly.

Family Meetings

Sometimes a family needs a qualified case manager to negotiate a family plan and help review a family share plan that works. We can provide family meeting handouts and worksheets or come into the home and actually help negotiate a family meeting.



Support Groups

Call Caregiver Support at (801) 468 - 2460

Support Group Luncheons for Caregivers

East Side Adult Children's Luncheon Group

Call Cynthia at 468-2489 for location and details.

Designed for adult children caring for their parents or other family care receivers. The lunch meetings are held on the East side of Salt Lake County. This group is held the 3rd Wednesday of each month, 11:30 am to 1:00 pm. Lunch is paid for by the participant.

West Side Adult Children's Luncheon Group

Call Christine at 468-2488 for location and details.

Designed for adult children caring for their parents or other family care receivers. The lunch meetings are held on the West side of Salt Lake County. This group is held the last Thursday of each month, 11:30 am to 1:00 pm. Lunch is paid for by the participant. Call Christine at 468-2488 for location and details.

Women's Luncheon Group

Call Kathy at (801) 468-3480 for location and details.

Designed for women caring for their husbands. This support group is held the 3rd Monday of each month during the lunch hour, 11:30 am to 1:00 pm. Lunch is paid for by the participant.

Men's Luncheon Group

Call Kathy at (801) 468-3480 for location and details.

Designed for men caring for wives or other family members. This support group is held the 3rd Tuesday of each month during the lunch hour, 11:30 am to 1:00 pm. Lunch is paid for by the participant.

Caregiver Websites

Call Caregiver Support at (801) 468 - 2460

Caregiver Websites

www.aging.slco.org

Salt Lake County Aging Services offers many programs and services. You may also call us at (801)468-2480.

www.aging.slco.org/caregiversupport/

Salt Lake County Caregiver Support Program calendar of events and services. Call us at (801)468-2460.

www.slco.org/calendar

Salt Lake County Events calendar (choose Senior Events)

www.aoa.gov

Dept. of Health and Human Services, Administration on Aging website.

www.eldercare.gov

Eldercare locator website—connects elders and their caregivers to services across the United States. You may also call toll free at 1-800-677-1116.

http://www.hs.utah.gov/service_elderly.htm

Utah Dept. of Human Services website. Locate elderly and caregiver services state-wide.

www.caringinfo.org

National Hospice and Palliative Care Organization website.

www.caregiverevents.utah.gov

Caregiver events calendar for the Utah Caregivers Coalition.

www.va.gov

United States Department of Veterans Affairs (select Utah).

<http://www.veterans.utah.gov/>

Utah Department of Veteran's Affairs

www.211ut.org

Resources available throughout the State of Utah in all aspects of living and caregiving.

Healthy Aging Programs & Series

Call Healthy Aging at (801) 468 - 2772

Healthy Living Series

Living Well With Chronic Conditions Program

This program is designed to help those with chronic health conditions learn how to self manage their illness in order to live a happy and fulfilling life. Topics include: 1) dealing with difficult emotions, 2) exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) how to evaluate new treatments. Free book and relaxation CD included. **Time Frame:** Six week program, once a week for two hours.

Healthy Eating Program

This 4-week workshop provides practical ways to incorporate healthy food choices and habits into established eating patterns. Topics include label reading, portion sizes, choosing wisely when eating out, modifying recipes, and setting weekly achievable goals. Classes are 1 ½ hours each week.

Exercise Series

Arthritis Foundation Exercise Program

This course meets twice a week for 8-weeks and is designed specifically for people with arthritis. Each class provides the participants an educational component as well as fun exercises in a group setting.

EnhanceFitness Program

Getting fit just became a whole lot more fun. Introducing a lively and interactive hour-long group fitness class designed just for older adults. EnhanceFitness combines the three key components of fitness: strength training, flexibility and cardiovascular conditioning. Our classes are attended by older adults interested in improving their life through exercise. Free ongoing classes, join anytime.

ESOL Program

Aging Services Healthy Aging Program offers English for Speakers of Other Languages (ESOL) classes specifically tailored to the needs of seniors age 60 and older. Held in senior centers and senior housing units, our classes are small and the instruction focuses on the language necessary for daily needs. Seniors can also attend citizenship preparation classes and computer classes. Books and classes are free.



Informational Workshops

Call Healthy Aging at (801) 468 - 2772

Informational Workshops

Building a Family Health History

Have you ever wondered how your genes affect your health? Come participate in this health history class and even get started creating your own family health history as we explore this fascinating subject of genomics. You won't want to miss this one!

Fall Prevention

Increased falls among seniors are becoming a medical and money ordeal. In an effort to decrease the frequency of falls we will discuss the body's need for physical exercises. Learn helpful tips, reminders, and how you can reduce your falling risk.

Feeling a Little Down?

Feeling a little down in the dumps? Older adults can have down days, too. Learn how to recognize the symptoms of depression, what action to take towards it, and how to use the humor antidote.

Influenza Update

What is the frequency of the flu, what measures prevent seasonal influenza? What are the factors that contribute to the effectiveness of seasonal vaccine? Why do mature adults still get influenza, even after vaccination? We will discuss the newly approved High Dose Influenza vaccine, indicating for adults 65 years and older, for use in 2010-2011 flu season. The similarities and differences of the standard (regular) dose and the High-Dose influenza vaccine will be discussed.

Just in Case—Emergency Preparation for Seniors

You will gain a basic knowledge of the risks in your particular community, gather emergency supplies, and make a personal emergency plan. (See more Just in Case course information under Caregiver Support above—page 4.)

Sharpen Your Senses

We use all five of our senses-sight, hearing, smell, taste, and touch-to perceive and experience the world around us. As we age, these senses can diminish at varying rates. Growing data suggests that certain nutrients may play important roles in keeping your eyes, ears, nose, mouth, and skin in optimal condition. Keep your senses sharp!



Informational Workshops

Call Healthy Aging at (801) 468 - 2772

Informational Workshops Continued

Shingles- Spot Light on Shingles: Know what you can do

What caused shingles? What are the signs, symptoms and complications of Shingles? Do you know that Shingles can cause long term nerve pain? Is Shingles contagious? What should you do if you suspect having shingles? What could you do to prevent it? We will also discuss shingles vaccine side effects, its effectiveness, indications and where you can get the vaccine.

Six Dimensions of Wellness

A state of wellness is not defined by just blood pressure and the food pyramid. There are many elements of a balanced and healthy individual. Join us as we discuss the social, vocational, intellectual, physical, emotional, and spiritual dimensions of a healthy person.

Where Did I Put my Memory?

There are changes in memory as people grow older, but most people do not experience memory loss that interferes with their ability to live a normal life. We don't need to give in to the myth that aging and memory loss go hand in hand. Learn what memory changes to expect as we grow older and learn some strategies you can use to actually improve your ability to remember.



Workshops Coming Soon!

Informational Workshops Coming Soon!

Top 10 Nutrition Myths of the Year

(Coming in August 2010)

Explore and discuss the myths and misconceptions perpetuated through the media about food and supplements.

Boosting Personal Energy

(Coming in September 2010)

Ever wish you had more energy? Come ready to learn and discuss ways to boost vitality.

Healthy, Homemade Cleaning

(Coming October 2010)

Workshop to learn how to make your own cleaning products and why it's beneficial to your health, pocketbook and the environment.

Be Active Your Way

(Coming November 2010)

Learn fun and practical ways to incorporate physical activity into your life.

Healthy Aging Websites

Call Healthy Aging at (801) 468 - 2772

Healthy Aging Websites

www.aging.slco.org/programs/healthyaging.html

Salt Lake County Healthy Aging Program.

www.mypyramid.gov

Food and Nutrition information

www.patienteducation.stanford.edu

Stanford University health promotion

www.arthritis.org

Salt Lake County Aging Services

www.reutershealth.com

Medical and healthcare news

www.ncoa.org

The National Council on Aging

www.icaa.cc

The International Council on Active Aging

www.healthyaging.net

National website on healthy aging

www.who.int

United Nations, World Health Organization

www.cdc.gov

Centers for Disease Control and Prevention.

www.alz.org

National Alzheimer's Organization