

Welcome to the Area Agency on Aging 1-B Caring for Caregiver: AAA1-B Programs for Caregivers Webinar

May 17, 2022



Today's Agenda

Meet our panelists

Kathleen Yanik – Area Agency 1-B Communications Manager and Family caregiver
Jill Reglin – Family Caregiver

Jeannine Roach – Area Agency on 1-B Health Promotion Manager
Vicki Brannon – Powerful Tools for Caregivers Trainer

Julie Lowenthal - Area Agency on 1-B Caregiver Coaching Program Manager
Kwan-Ling Cheung – Caregiver Coaching Program Coach

Question and Answers



Housekeeping items



This webinar is 90 minutes and we have a lot of information to cover.

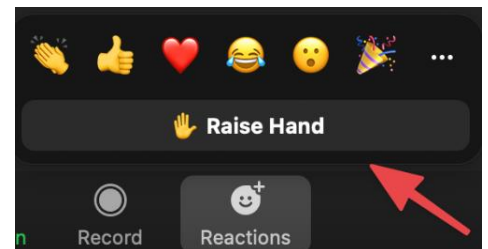


Video and sound will be off for all participants to allow each person to focus on the presenter.

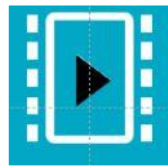


At the end, there will be a dedicated Q&A time. Your video and audio will be restored so that you may ask questions, but please mute your audio until you are called on to speak. Please use the Raise Hand feature to ask a question. It can be found here:

You may also type your questions into the chat if you'd like instead. We will be monitoring the chat during the entire webinar and will ask the panel each question at the end during the Q & A time.



Housekeeping Items *cont...*



This webinar is being recorded and will be available on our website.



You will get copies of the slides via a link provided in an email after the presentation.



Tell us how we did in the survey you receive that email.



AAA 1-B Programs and Services

- Information and Assistance — (800) 852-7795
- Government-funded in-home care programs
- Long-term care ombudsman program
- Health and Wellness programs for older adults
- Medicare Medicaid Assistance Program (MMAP)
- Myride2 Transportation options counseling and senior-specific lyft partnership
- Workshops and educations for family caregivers
- Caregiver Coaching

Powerful Tools FOR Caregivers

- Self-care educational program for family caregivers which helps build the skills needed to take better care of themselves as they provide care for others
- Offered by certified trainers with caregiving experience
- Six session workshop which meets once per week for 1.5 hours
- Evidence based program
- No cost to attend
- Offered virtually and within the communities we serve

Topics of Discussion Covered

Session 1: Taking Care of You

Session 2: Identifying and Reducing Personal Stress

Session 3: Communicating Feelings, Needs, and Concerns

Session 4: Communicating in Challenging Situations

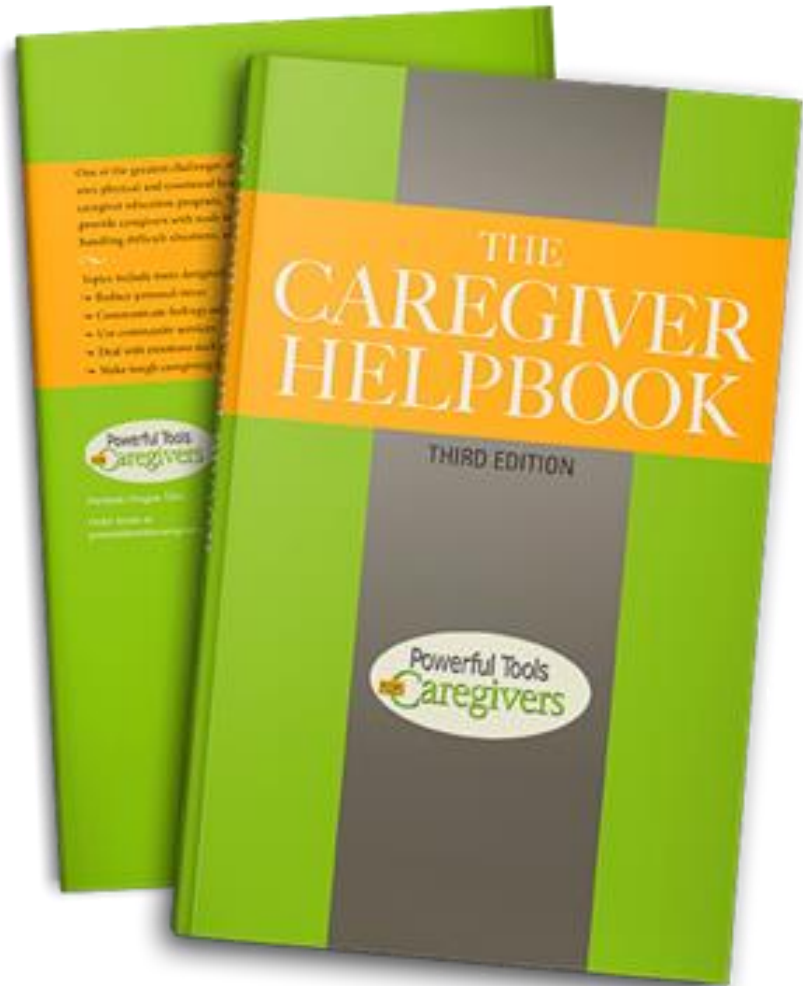
Session 5: Learning From Our Emotions

Session 6: Mastering Caregiving Decisions

Who Should Attend?

- Caregiving takes many forms. You may help a relative or friend with: transportation, housekeeping, grocery shopping, personal care, medications, emotional support, doctor appointments, social activities, living arrangements, financial concerns, legal or insurance issues.
- Whether you provide care for a spouse, partner, parent, or friend, at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for caregivers like you!

What's Included When Taking The Workshop?



- The Caregiver Helpbook - Provides caregivers the tools to increase their selfcare and their confidence to handle difficult situations, emotions, and decisions.
- Support from other caregivers who may be walking a parallel journey.
- Access to local caregiver resources and support groups.
- Relaxation activities including Guided Imagery and Progressive Muscle Relaxation.

How to Register/Upcoming Workshops

- All workshops require advanced registration. To register, call us at (833) 262-2200 or email us at wellnessprograms@aaa1b.org
- Thursday mornings: May 19, 2022 - June 23, 2022 from 11:00 AM - 12:30 PM meeting virtually via Zoom
- Thursday afternoons: June 30, 2022 – August 4, 2022 from 1:00 PM – 2:30 PM meeting virtually via Zoom
- Visit our website at www.aaa1b.org for additional workshops this fall and beyond

Programs That Can Help: Caregiver Coaching

1-on-1 Support for Family Caregivers

For more information or to volunteer for the program, contact Julie Lowenthal, Coordinator of Volunteer and Caregiver services at Jlowenthal@aaa1b.org, call (800) 852-7795, or visit www.micaregivercoach.org.

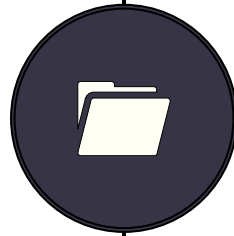
History on the Caregiver Coaching Program

2006



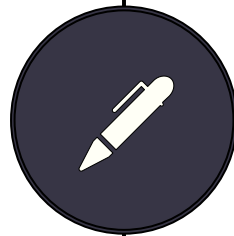
Developed through a partnership between the department of senior programs and services in Westchester County, New York, and faculty at Fordham University

2020



Launched at AAA 1-B in Livingston and Washtenaw Counties

2021



Expanded to Oakland and Macomb Counties



Thriving, not Surviving!

Caregiver coaching supports and empowers caregivers who are overwhelmed, often juggling multiple things, while caring for a loved one.

The goal of Caregiver Coaching is to improve and enhance the quality of your life.



Support

Information

Respect

Help

Create

Coaches Will:

Give Information

Suggest Options

Help Weigh Options

Alert Caregivers

Plan

Listen

Be Knowledgeable

A coach will...



Respect Privacy

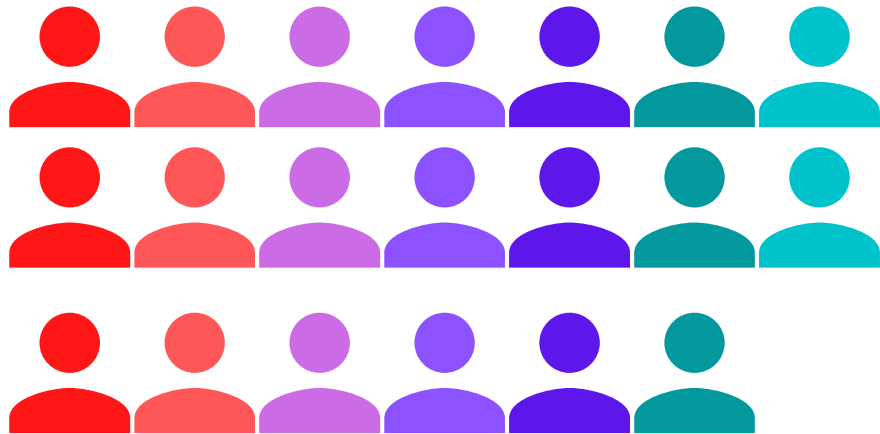


Will not discuss a caregiver's situation

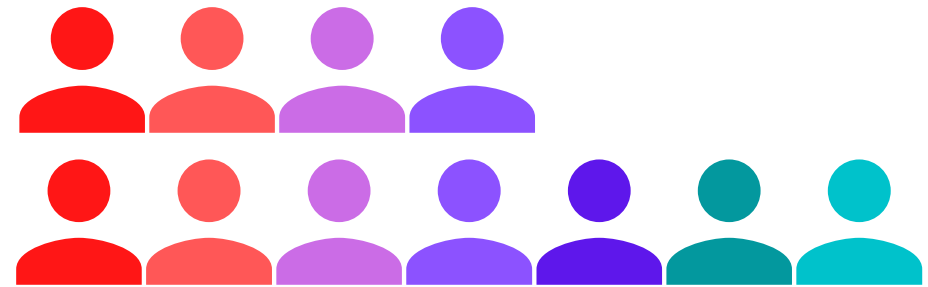


Will not give identifying information when discussing a caregiver's situation

I M P A C T

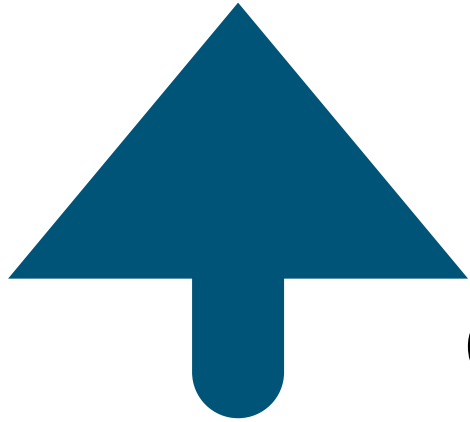


20 CAREGIVERS

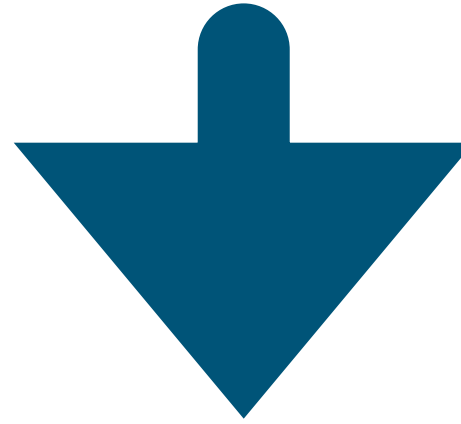


10 ACTIVE COACHES

I M P A C T



Increase in
Caregiver
Confidence



Decrease in
Caregiver Stress
& Isolation

I M P A C T



of caregivers reported learning about, contacting, or receiving services from new resources due to participating in the program.



of coaches reported program being a meaningful and positive experience.

“Feeling of making a difference in caregiver's life when they tell me they look forward to my calls.”

Volunteer Coach

“

When I first enrolled in the program, I hoped to learn how to assess the benefits and drawbacks of various decisions and how to be as proactive as possible when it came to being a caregiver and caring for a loved one, especially when they don't want help.

I found the Caregiver coach's suggestions and ideas to be incredibly useful. Due to mental and physical exhaustion, problem solving can be difficult at times. However, the program has been beneficial overall.

“

I love how well my coach and I match; I feel like she was hand-picked for me. I enjoy having my sentiments validated and expressing them with my coach. I have gotten some good resources. I've felt overwhelmed by the abundance of options available and having someone point me in the proper direction has been quite beneficial.

Thank you for joining our webinar:

Caring for Caregivers: AAA 1-B Programs for Caregivers



**For more information and resources,
please call us at
800-852-7795 or visit us at aaa1b.org**



*Stay tuned for more webinars offered from
Area Agency on Aging 1-B.*



<i>June 29, 2022</i>	<i>Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning</i>
<i>August 11, 2022</i>	<i>Successful Aging through Financial Empowerment (SAFE) program: Caregiving and Finances</i>
<i>November 2022</i>	<i>Something special just for caregivers – to be announced at a later date</i>

Resources provided from the webinar speakers

Alzheimer's Association www.alz.org

- **24/7 helpline 1-800-272-3900** is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.
- **Support groups**-- [Greater Michigan Chapter \(alz.org\)](http://alz.org) - Area-specific and meeting times
- **Educational Programs**--[Dementia Care Education Resources | Alzheimer's Association:](#)
 - -- [Legal and Financial Planning for Alzheimer's Disease](#)
 - -- [Effective Communication Strategies](#)
 - -- [10 Warning Signs of Alzheimer's](#)
 - -- [Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning](#)
 - -- [Living with Alzheimer's: For Caregivers](#) (early, middle, late stages)
 - -- [Healthy Living for Your Brain and Body: Tips from the Latest Research](#)
 - -- [Living with Alzheimer's: For People with Alzheimer's](#)
 - -- [Living with Alzheimer's: For Younger-Onset Alzheimer's](#)
 - -- [Managing Money: A Caregiver's Guide to Finances](#)
 - -- [Understanding Alzheimer's and Dementia](#)
 - -- [Understanding and Responding to Dementia-Related Behaviors](#)
 - -- [Approaching Alzheimer's: First Responder Training](#)



Resources provided from the webinar speakers

Alzheimer's Association www.alz.org cont...

- **Pre-recorded education program at your own pace:** <https://training.alz.org/>
- **I Have Alzheimer's website** (alz.org/IHaveAlz) — an online resource created with input from individuals with Alzheimer's and other dementias that offers information and strategies to help those living in the early stage of the disease lead their best life for as long as possible.
- **Alzheimer's and Dementia Caregiver Center** (alz.org/care) — a resource for caregivers, family and friends that provides reliable information and access to helpful online tools, including:
 - **ALZConnected**[®] (alzconnected.org) — an online community for people with dementia, caregivers, family and friends.
 - **Alzheimer's Navigator**[®] (alz.org/alzheimersnavigator) — an innovative tool for creating a customized plan of action for life with Alzheimer's.
 - **Community Resource Finder** (alz.org/CRF) — a tool for finding local resources, programs and support.
- **Green-Field Library** (alz.org/library) — the nation's largest library dedicated to Alzheimer's disease with material accessible virtually.
- **Respite Care Assistance (RCA):** This \$1,000 in respite care assistance can be used to help pay for in-home care provided by a family member or home care agency. It can also be used to help pay for a short-term (overnight) respite stay at a care community. Funding is only available in select areas.
- **Social Engagement Programs**-- https://www.alz.org/gmc/helping_you/social_engagement
 - Minds on Art with the Detroit Institute of Arts
 - Detroit Symphony Orchestra engagement events
 - Minds in the Wild with the Detroit Zoo
 - The Henry Ford guided tours and activities
- **[Printer-friendly list of upcoming programs](#)**



Caring for Caregivers: AAA 1-B Programs for Caregivers Webinar

Resources provided from the webinar speakers

Catholic Social Services For Washtenaw County <https://csswashtenaw.org/>

- **Senior Services** -- <https://csswashtenaw.org/seniors/>
- Call [1-734-971-9781](tel:1-734-971-9781) and press "8" for Senior Services.
- CSSW has designed community-based programs for the 60+ population to negotiate the challenges of caregiving or living alone, maintaining a home, and finding critical community resources Through professional staff, trained volunteers and collaborations with community parishes.
- **Ahead of the Curve**— Resources directory for senior services in Washtenaw <https://getaheadwashtenaw.org/>
- **Home maintenance & safety devices** –
 - <https://csswashtenaw.org/seniors/home-and-safety-services/>
- **Resource advocate** -- provide individualized assistance to find whatever help is needed. <https://csswashtenaw.org/seniors/resource-advocacy/>

Volunteer Caregiver Respite (VCR)

<https://csswashtenaw.org/seniors/volunteer-caregiver-respite/>

VCR matches volunteers trained to provide respite assistance to individuals or families who are caring full-time for a homebound adult age 60 or older. Volunteers visit with a frail senior for 2-4 hours per week to provide non-medical support, companionship, and socialization—giving caregivers a much-needed break Activities may include taking a walk, playing cards, working puzzles, watching TV or movies, or just reminiscing. This program is open to qualifying families in Washtenaw County. There is no cost to participate. Donations are welcome to maintain program activities.

Favorite travel companions on the Cargiving Journey -- Books from AADL (Ann Arbor District Library)

- Creating Moments of joy: Along the Alzheimer's Journey. Brackey, Jolene. 2017.
- Keeping Love Alive as Memories Fade: the 5 Love Languages and the Alzheimer's Journey. Chapman, Gary D. 2016.
- Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias. Newmark, Amy & Geiger, Angela Timashenka. 2014.



Resources provided from the webinar speakers

Michigan Alzheimer's Disease Center

<https://alzheimers.med.umich.edu/>

Support groups

- **Mitten Minds Support Group**
<https://alzheimers.med.umich.edu/mitten-minds-support-group/>
 - The Mitten Minds Support Group is a monthly support group *for individuals with mild cognitive impairment or early stage dementia*. The support group provides a space for individuals living with memory loss to meet and learn from others going through similar experiences.
- **Catching Your Breath** <https://alzheimers.med.umich.edu/catching-your-breath/>
 - Catching Your Breath is a monthly wellbeing and mindfulness program *for family caregivers of adults living with a dementia*. Catching Your Breath is currently offered *virtually*. You may choose to attend one or all sessions. The program varies each month and newcomers are welcome at any time. This program is part of the Michigan Alzheimer's Disease Center Wellness Initiative.
- There a variety of support groups to help individuals build a support system with people who understand. They can be found at [Support Group \(Alphabetical\)](#)- updated 5/12/22 - Google Docs

P.A.C.E (Program of All-Inclusive Care for the Elderly)

Huron Valley PACE <https://www.huronvalleypace.org/> or call **734-572-5777**

P.A.C.E is a health plan and care provider-- comprehensive, coordinated health and wellness services for senior's medical, social and physical needs allowing aging adults with challenging healthcare conditions to age in their home.

P.A.C.E. provides all the care and services covered by Medicare and Medicaid, as well as additional care and services regarded as necessary by the interdisciplinary team

- **Eligibility** --To qualify for PACE, a person must be age 55 or over, live in a PACE service area, and be certified --by the state to need a nursing home level care. (See the [HVPACE Service Area Map](#))
- **P.A.C.E. Services** include (but not limited to)
 - Adult Day Care
 - Preventive Care
 - Physicians & Primary Care Team
 - Unlimited Skilled Therapies
 - Meals
 - Dentistry
 - Nutritional Counseling
 - Lab/X-ray services
 - Social Work Counseling
 - Transportation
 - Individual Listing in the Huron Valley Ambulance Emergency Response System (911)
 - **MORE SERVICES**



Resources provided from the webinar speakers

University of Michigan Medicine

- [Turner Geriatrics Center](#), TURNER SENIOR RESOURCE CENTER, Ann Arbor [734-998-9352](tel:734-998-9352)
- **Silver Club Memory Programs** -Mild and Moderate Memory loss Day programs <https://medicine.umich.edu/dept/geriatrics-center/community-programs/turner-senior-resource-center/silver-club-memory-programs>
- **Mild Memory Loss Program**
 - **Mind Works** Weds 10:30AM-12:30PM--This weekly educational group provides a safe, positive, strength-based environment which allows participants to learn, share, and engage together. Based on camaraderie, mental exercise, memory techniques, humor, and community engagement, this weekly group hopes to meet the unique needs of individuals who are newly diagnosed with cognitive change.
 - **Elderberry Club** Tues 10:30AM-3:00PM--The first of its kind in Michigan, designed exclusively for women with memory loss! This is a group of women living with memory loss who come together each week for support, discussion, friendship, creative expression and education.
- **Moderate Memory Loss Program**
 - **Silver Club Day Enrichment Program** Mon – Fri 10:00AM-3:00PM (INCLUDES LUNCH)--It is a structured, activity based program. Activities include daily fitness, family style lunch, music, gardening, cooking, small discussion groups, art and craft projects, photography, adapted card games, and visits from community performers.
- **Eligibility**-- Members must have received a diagnosis of dementia/memory loss by a physician. During the free visit safety issues such as mobility, wandering and aggression are also assessed. Members must demonstrate semi-independence in areas of feeding and using the restroom.
- **Cost**-- Services are provided on a sliding scale and are based on the family's ability to pay. Silver Club partners with the Area Agency on Aging 1-B and Veterans Affairs to offer reduced rates for those in need.



Caring for Caregivers: AAA 1-B Programs for Caregivers Webinar