Thankful For Our Volunteers & Supporters

In this issue...

November
- National Caregiver Month
- Honoring Veterans Day

Healthcare Awareness
- Caregiving Around the Clock
- Imperial Healthcare
- Atlantic Physical Therapy
- Assisting Hands Homecare

Events Spotlight
- Faith In Action Celebration
- The Gameshow Night
- Dementia Wellness Day at Calgo Gardens

Partner Spotlight
- Century 21
- Complete Care
- Knights of Columbus
- Faith In Action Event Sponsors

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caregivervolunteers.org
Being a caregiver while working a regular job at the same time is demanding. Caregiving often goes unpaid. For our caregivers, National Family Caregivers Month in November offers resources for self-care, advocacy, and stress relief. Supporting caregivers while they take care of others is the focus of this month. "Caregiving Around the Clock" is the theme for this year.

Various critical resources are available during National Family Caregivers Month to assist caregivers in managing a demanding and perhaps thankless role. Tips for caregivers include maintaining your own health, accepting offers of assistance from others, developing the ability to communicate effectively with medical professionals, and being receptive to new assistive technologies that can lessen your workload.

Who will look after you if you don't?

It can be devastating to watch a parent get older or to witness a significant change in a person due to disease. Spend some time keeping an eye on your own health. Speak to a professional about depression if you are having trouble sleeping, exercising, or feeling like you are becoming more withdrawn. Anyone can be affected at any time. Feeling overwhelmed is perfectly acceptable.

Giving care is a difficult task. In November, we honor those who care for the millions of aged and sick persons who are friends and loved ones by compassionately giving care, cleaning their homes, shopping for them, and providing comfort. The month of November is designated as National Family Caregivers Month, with the tagline "Caregiving Around the Clock." Because you can't take care of anyone else if you don't take care of yourself, look into the latest useful advice and local resources. Visit caregiveraction.org/resources/10-tips-family-caregivers for Tips for Family Caregivers.

THE PURPOSE OF NATIONAL FAMILY CAREGIVERS MONTH:

Even caregivers need love:
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Learn coping skills:
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Assess your depressive symptoms:
- It can be devastating to watch a parent get older or to witness a significant change in a person due to disease. Spend some time keeping an eye on your own health. Speak to a professional about depression if you are having trouble sleeping, exercising, or feeling like you are becoming more withdrawn. Anyone can be affected at any time. Feeling overwhelmed is perfectly acceptable.
The Benefits of Respite Care Caregiver burnout is a term referring to those caregivers who provide around the clock care to their loved ones with little to no break and suffer from a state of physical and mental exhaustion. It can happen easily and suddenly if caregivers don’t give themselves the much needed breaks they deserve. This form of rest and recovery is known as **respite**.

Most long-term care facilities and assisted living facilities offer a Respite level of stay. It can also be provided in the home. The goal of this level of care is to provide medical care, full meals, activities and socialization **while allowing the caregiver a break** from the day to day duties.

Respite stays can range from days to several weeks depending on the circumstances. Most facilities will need the clinical documentation and a list of medications prior to admission. If you or a family member would like more information, please reach out to our Admissions Department.

**For more information on Respite Care**
Contact the Admissions Office at **732.922.3400**
Depending on fall risk, as identified by the screening tool, there are concrete steps to help any situation. Health care providers are available to perform more in-depth screening and to explore what factors may be contributing to a person’s lack of safety. Physical Therapists are experts at helping with mobility, safety and efficiency of movement. PTs can develop a specific plan tailored to an individual’s needs based upon the factors that are limiting someone’s performance. The NCOA also provides an outline of the 6 Steps to Prevent a Fall at ncoa.org.

There are many factors that contribute to balance and safety with movement. Vision, feeling in the feet, range of motion in lower extremity joints and strength are all factors. Balance, like strength, is a use-it-or-lose-it proposition. Sometimes when we feel less confident, we move differently and never challenge our balance systems. This leaves us less prepared for any challenging balance situations in our normal routine. Being more physically active is also correlated with a decreased risk of falls in the community.

Start where you are and find ways to slightly challenge yourself a bit more today than you did yesterday. Stand up and sit down slowly from a sturdy chair 5 times when there is a commercial break. Take a couple laps around your house a few times each day. Stand in a doorframe with your feet close together and try to minimize the help from your hands. Talk to your doctor about your balance concerns and request a referral to a physical therapist. Medicare will cover PT services to decrease the risk of falls in our Seniors.

Being able to stand up, walk confidently and become more active is imperative to maintaining your best level of health. Take some steps today to increase your activity, decrease your risk of falls and to improve your overall quality of life. No matter what your current condition is, you can take steps to move forward in a positive direction.

Communication is key. We must be willing to have honest conversations about our concerns for our loved ones who are not moving as confidently as they once did. There are resources available to assess someone’s risk of falls in the community. Jessica Coladonato, PT, DPT, Director of the Atlantic PT Center for Fall Prevention states, “The most important way to protect yourself from a fall is prevention. Too often, people avoid activities they love due to fear of falling, especially outside the home. The reality is a fall can happen anywhere at any time. My goal at the Atlantic PT Center for Fall Prevention is to help you feel empowered to continue the activities you love, safely and indefinitely.” There are quick and easy balance screens to assess someone’s risk of falling. These can be performed at Jess’s Center on Mule Rd in Toms River. There is also a “Free Falls Checkup” questionnaire provided by the National Council on Aging (NCOA) on their website at ncoa.org.

With the holidays approaching, we will hopefully be reconnecting with loved ones. If you notice a decline in an elderly person’s mobility, there are things to do to help prevent a fall injury. The CDC reports that greater than one third of people 65 years and older will experience a fall each year. 95% of hip fractures are caused by a fall injury. The overwhelming majority of these injuries can be prevented. Let’s explore ways to address this.
Care at Home 101

No one likes a health crisis—they are stressful, time consuming and usually bring out the worst in families who buckle with uncertainty and worry.

There is an overwhelming number of choices. In a crisis when you need to "pick one" it can be a game of eeny meeny miny moe plus who had a bed open while you pray you made the right choice.

Preventing some of the stress and uncertainty is easy. There are steps you can take to learn about the options and know what you want ahead of time.

What is home care?
Home care allows you to age how you want, where you want. It is a broad umbrella that describes a wide range of services. Everything from certified home health aides to skilled nursing to hospice can be categorized as home care. It is about maintaining your dignity and peace of mind for your loved ones while living the best quality life possible.

Non-Medical Home Care
Non-medical home care can assist with the activities of daily living, which are all the things we take for granted that we do for ourselves every day such as bathing/showering and grooming, toileting and dressing.

Skilled Nursing
Skilled care is a nurse who comes and does some level of medical care at home, such as wound care or medication management.

Hospice
Hospice care is a special kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice care provides compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible.

The Black Market
Hiring or "I'll get someone privately" outside of an agency, known as the black market, opens the family up to some serious liabilities with taxes, penalties and risk.

1. A home care agency that employs caregivers is bonded, insured and covers their employees under worker's compensation. Independent (direct hire) caregivers who do not work for an agency do not carry their own liability insurance or worker’s compensation. If an accident or other incident occurs on the job, the employer (the client) would likely be responsible, costing the client hundreds or even thousands of dollars.

2. A home care agency will offer to provide a replacement if the caregiver cannot make it to work. If an independent caregiver calls off or doesn't show up, the client will need a back-up plan since there won't be an agency involved to send a replacement.

3. Independent caregivers cannot be bonded. Bonding provides theft protection for the client.

4. If hiring directly, the client is the employer and is therefore responsible for training, disciplinary action and terminating the caregiver if necessary. If using a home care agency, the agency handles these responsibilities.

5. If hiring a caregiver directly, the client needs to be able to assess the quality and skill level of the caregiver. This is especially important if the client requires hands-on personal care, has limited mobility, dementia or Alzheimer's. A quality home care agency trains and tests their caregivers, and can attest to their skill levels.

6. By law, the client (employer) is responsible for filing payroll taxes, tax forms, and verifying that the employee can legally work in the U.S.

7. Medicaid spend down-hiring privately interferes with the Medicaid spend down because you can't prove where the funds went.

By Gerry Patrizio, CSA, CDP, owner, Assisting Hands Home Care headquartered in Sea Girt serving Monmouth, Ocean and Mercer Counties. He can be reached at 732-272-0222 or gpatrizio@assistinghands.com.

Veterans

Community Care Through the VA Community Care Network (VA CCN)
Community Care is a program through the U.S. Department of Veterans Affairs that any veteran can be eligible for that provides funding for services at their home. These services include home care, homemaker and other services.

Veterans need to be under the care of a VA doctor (there are two VA clinics in Monmouth and Ocean Counties, in Tinton Falls and Brick respectively) and the physician needs to determine that the veteran needs assistance with their activities of daily living (ADL). Once a determination is made, the social services department refers the veteran to a VA-approved provider for services.

Aid & Attendance
Aid & Attendance is a pension for wartime veterans, their spouses and widows over the age of 65 to help them pay the costs of care and complete their activities of daily living. These funds are only accessible when an eligible person has a medical need and meets financial requirements.

Married veterans can receive $2,200 monthly, single veterans can receive $2,000 and surviving spouses can receive $1,300 monthly. These are 2022 average figures and are adjusted annually for cost-of-living increases.

Once a veteran is qualified for the program through the application process, they receive the benefit monthly for the rest of their life and do not need to reapply.

Aid & Attendance is combinable with the Community Care program.
This Veterans Day, we recognize all the heroes who have served our country in uniform. No matter where or when they served, on this Veterans Day we honor those who stepped up and sacrificed for family, freedom and faith. May God bless them all!

Don’t Keep the Faith Spread It and the Knights of Columbus are doing just that. The New Jersey Knights of Columbus invest in programs and projects directed to the benefit of their fellow man.

With thousands of members across New Jersey, the Knights take action to make a difference in their communities, with programs for veterans, the homeless, impoverished families, local heroes, youth activities, and education.

The Knights of Columbus, which had its humble origins with a parish priest and a small group of devoted men in the basement of Saint Mary’s Church in New Haven, Connecticut, has expanded into the biggest lay organization of Catholic men in the entire globe. In the United States and abroad, they currently have more than 1.9 million members spread throughout more than 15,000 councils.

Caregiver Volunteers is grateful to have them as one of our supporters!
Faith In Action Celebration Honoring Fr. Scott Shaffer

The Gameshow Night Event With Bob Scott

Dementia Awareness & Wellness Day at Calgo Gardens

Thank you to OceanFirst Bank for donating their space for the Gameshow Event