



REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon

ADVANCE CARE PLANNING



Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your healthcare providers—about your preferences. These preferences are often put into an advance directive, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. An advance directive also allows you to express your values and desires related to end-of-life care.

There are two main elements in an advance directive:

- **A living will** is a written document that helps you tell doctors how you want to be treated if you are dying or permanently unconscious and cannot make your own decisions about emergency treatment.
- **A durable power of attorney for health care** is a legal document naming a healthcare proxy, someone to make medical decisions for you at times when you are unable to do so.

Decisions that might come up at this time relate to:

- CPR (cardiopulmonary resuscitation)
- Ventilator use
- Artificial nutrition (tube feeding) and artificial hydration (IV, or intravenous, fluids)
- DNR (do not resuscitate) order
- Organ and tissue donation
- Comfort care
- Selecting Your Healthcare Proxy

1. Start by thinking about what kind of treatment you do or do not want in a medical emergency.
2. When choosing a proxy, think about people you know who share your views and values about life and medical decisions. Your proxy might be a family member, a friend, your lawyer, or someone in your social or spiritual community.
3. Check with whom you choose as your healthcare proxy before you name them officially.
4. The next step is to fill out the legal forms detailing your wishes. A lawyer can help but is not required.
5. Give copies of your advance directive to your healthcare proxy and alternate proxy.
6. Talk about your decisions with your healthcare proxy, loved ones, and your doctor to explain what you have decided. This way, they are not surprised by your wishes if there is an emergency.
7. Review your advance care planning decisions from time to time.



INCONTINENCE TIPS

Incontinence is a common senior health condition, studies show 50% of older adults have some form of incontinence. Being prepared and using swift and proper continence care techniques reduces awkwardness, whether at home or on the go.

Home Supplies:

- Mattress covers
- Furniture slipcovers
- Plenty of extra bed linens
- Adult diapers
- Scented trash bags
- Air freshener and cologne

1. Talk with their doctor, it may be a treatable medical condition.
2. Watch out for certain foods and drinks.
3. Create and stick to a bathroom schedule.
4. Verbally ask them to use the toilet at regular intervals.
5. Waterproof the mattress, sofa, and chairs.
6. Use humor to diffuse anxiety and embarrassment
7. When traveling have a incontinence care kit on hand.
8. Choose clothing that's easy to change and launder.



PALLIATIVE CARE VS HOPSICIE CARE

- **Palliative care** treats the symptoms of a serious illness, such as pain and discomfort. It is offered alongside medical treatment for the illness itself. Palliative care can help patients understand their choices for medical treatment.
- **Hospice care** is comfort care and support that is provided after attempts to cure or treat an illness have stopped. It may be offered in the home, a hospice facility, a skilled nursing facility, or a hospital. A team of healthcare providers works together to provide the care and support. The goal is to ensure the best quality of life in a patient's final days, weeks, or months. After death, the hospice team continues to offer support to the family.



ELDER ABUSE

60% of abused seniors suffer at the hands of a family member.

PHYSICAL ABUSE

- Causing bodily harm by hitting, pushing, or slapping.
- This type of abuse can be denying a vulnerable adult enough food/water, medications or assistive devices like a cane, walker, hearing aids and glasses.
- Giving a vulnerable adult unnecessary tranquilizers/sleeping pills, confining the person to a room or restraining them.

EMOTIONAL ABUSE

- Saying hurtful words, yelling, threatening, humiliating or repeatedly ignoring the vulnerable adult.

FINANCIAL ABUSE

- Happens when money or belongings are stolen.
- It includes forging checks, taking retirement or Social Security benefits, or using a person's credit cards and bank accounts.
- It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission from the vulnerable adult.

SEXUAL ABUSE

- Forcing a vulnerable adult to watch or be part of sexual acts.

SCAMS

- Dishonest schemes performed in an attempt to obtain money or something else of value.

NEGLECT AND ABANDONMENT

- Occurs when a caregiver does not respond to a vulnerable adult's needs. For instance providing clothing inappropriate for weather conditions, not assisting with basic hygiene or access to medical care.
- Neglect can be environmental like a home that is dirty, in need of repairs, has fire and other safety hazards does not have utilities, working plumbing or heating/cooling.



WARNING SIGNS OF ELDER ABUSE

1 in 10 older adults in Michigan are victims of elder abuse.



Some Signs and Symptoms:

- Injuries such as bruises, cuts, or broken bones.
- Pressure marks or sores.
- Malnourishment or weight loss.
- Lack of basic hygiene, adequate food, or hydration
- Symptoms of anxiety, depression, or confusion.
- Unexplained transactions or loss of money.
- Withdrawal from family members or friends.
- Being hesitant to talk freely.
- Isolating or withdrawing from others.
- Making up implausible stories about how an injury occurred.
- Suffering from anxiety, anger, depression, or fear.
- Large sums of money missing from bank statements.
- The senior cannot access their financial records.
- The elder provides gifts or monetary reimbursement in exchange for companionship.
- Strange or unexplainable transactions.
- Being left in bed for an extended period of time without supervision or care.

Risk Factors For Elder Abuse

- **Age:** Adults over the age of 80 are more likely to suffer from elder abuse.
- **Caregiver:** A caregiver who lives with the elder, depends on them for financial support, abuses drugs, or has a criminal background may be more likely to commit abuse.
- **Gender:** A study found that women were more likely to suffer from elder abuse. Women may also suffer from more severe types of abuse over longer periods of time, according to the World Health Organization (WHO).
- **Health:** This includes poor physical health and mental health issues such as dementia. According to the National Council on Aging (NCOA), nearly 50% of those with dementia suffer from elder abuse and neglect.
- **Isolation:** Nearly 13 million older people in the U.S. lived alone. Elders who live by themselves or who are withdrawn may be at risk of abuse, according to the NCOA.

If you suspect abuse, neglect or exploitation, contact :

Adult Protective Service

1.855.444.3911

Michigan Attorney General Elder Abuse Task

Force 1.800.24.2287



IMPORTANCE OF ORAL HEALTH

Poor dental health can affect a person's comfort, appearance, eating, nutrition, behaviour and general health.

Poor Oral Hygiene can Lead to:

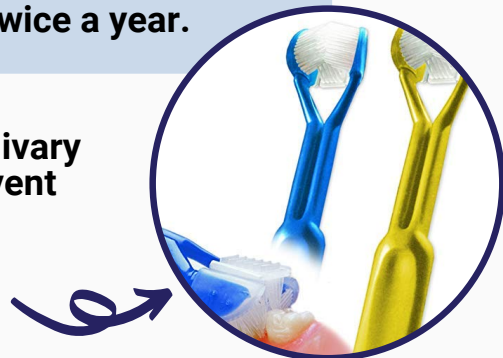


Practice Good Oral Health By:

- Brushing your teeth at least twice a day.
- Flossing daily.
- Eating a healthy diet.
- Limiting meals between meals.
- Replacing your toothbrush every three- four months.
- Scheduling regular dental checkups, at least twice a year.

Taking medications that reduce the production of saliva by the salivary glands. Saliva is essential to maintain a healthy mouth and to prevent the onset of dental decay and other oral lesions

Two-Sided
Toothbrush



CONTACT YOUR DENTIST AS SOON AS AN ORAL HEALTH PROBLEM ARISES. TAKING CARE OF YOUR ORAL HEALTH IS AN INVESTMENT IN YOUR OVERALL HEALTH.



EMERGENCY PREPAREDNESS

Living in Northern Michigan we never know when a national disaster might strike such as a flood, tornado, or snowstorm. Having a plan and being prepared will be helpful elevate some of the stress of the event.

1. Make a plan of actions to take before, during, and after an emergency.
 - a. Include family members, neighbors, and friends in your emergency plan.
2. Build a kit of supplies you may need at home or away during an emergency.
3. Practice and review your emergency preparations.

HOME SUPPLIES CHECKLIST

- Drinking water (3-6 day supply)
- Food
- Flashlight
- Portable radio
- First aid kit
- Spare batteries
- Manual can opener
- Light sticks
- Waterproof matches
- Medications
- Medications list
- Cell phone
- Cash
- Emergency medical form
- Personal hygiene items
- Backup prescription glasses
- Extra clothes
- Rain slicker
- Walking shoes
- Blankets
- Water bottles
- Dust masks

QUESTIONS TO CONSIDER

1. Do I know how I should respond to a disaster that might strike with little or no warning?
2. Do I know the recommended evacuation route if there were an evacuation order?
3. Where is the nearest shelter?
4. Do I know where the shut-off valves to my home are? Do I know how to shut them off?
5. Do I have an emergency contact person who lives out of the area?
6. How are power outages handled at the nursing home/assisted living facility? Do they have backup generators?
7. How will the staff communicate to family members what's being done to care for loved ones during an emergency?

IMPORTANT DATES

CAREGIVER WEBINAR SERIES

**AUGUST 12, 2022: NAVIGATING
FAMILY DYNAMICS IN
CAREGIVING**

**SEPTEMBER 9, 2022: DEALING
WITH GRIEF AND LOSS**

HEALTHY LIVING WEBINARS

**AUGUST 19, 2022: LIVING WITH
CHRONIC PAIN
SEPTEMBER 16, 2022:
MANAGING STRESS AND MENTAL
HEALTH**

ELDER ABUSE WEBINAR

**AUGUST 17, 2022: BASICS OF
REPORTING ELDER ABUSE**

POWERFUL TOOLS FOR CAREGIVERS

**ONLINE VIA ZOOM
JANUARY 11 - FEBRUARY 15, 2023
10:00 AM - 11:30 AM**

CREATING CONFIDENT CAREGIVERS

**ALPENA COUNTY
NOVEMBER 8 - DECEMBER 13,
2022
1:00 PM - 3:00 PM**

CREATING CONFIDENT CAREGIVERS

**ONLINE VIA ZOOM
JANUARY 9 2023, - FEB 13, 2023
1:00 PM - 3:00 PM**

MATTER OF BALANCE

**OSCODA COUNTY
OCTOBER 17 - NOVEMBER 9,
2022
9:30 AM - 11:30 AM**



SIGNS OF SOCIAL ISOLATION

**Are you or someone you are caring
for suffering from isolation?**

- How often do you feel that you need a friend?
- How often do you feel left out?
- How often do you wish you had someone to talk to?

If you, a family member or a friend answered "some of the time" or "often" to any of these questions, it's time to seek engagement opportunities in your community



PHYSICAL ACTIVITY

Only 1 in 5 American adults meet minimum recommendations for physical activity.

Physical Activity has many benefits such as:

- Helps you control your weight.
- Reduce your risk of heart diseases.
- Help your body manage blood sugar and insulin levels.
- Can help you quit smoking.
- Improves your mental health and mood.
- Help keep your thinking, learning, and judgment skills sharp as you age.
- Strengthen your bones and muscles.
- Reduce your risk of some cancers.
- Improve your sleep.



WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Special Projects Coordinator is available weekdays, 8:30 a.m. to 4:30 p.m. to answer your questions, register you for caregiver workshops, provide resources, and to support you and the person you are caring for.

**Contact Brooke at 989.358.4616 or
mainvilleb@nemcsa.org**