



# 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



## CAREGIVER EMPOWERMENT AND WELLNESS CONFERENCE

After careful consideration, Region 9 has decided that it would be best if the Caregiver Empowerment and Wellness Conference was postponed. The Caregiver Conference has been rescheduled to Friday, July 31, 2020.

This year's keynote speaker will be renowned dementia care trainer and author of Personal Positioning for the Caregiver, Jill Gafner Livingston, BSBM, CDP, CADDCT. Jill will be presenting on two important topics: Caregiver Survival and Understanding Dementia. Other topics include Caregiver Wellness, Adaptive Equipment, Caregiver Survival, Understanding Dementia and Community Resources.

There will be a complimentary breakfast and lunch along with great door prizes and an array of vendors. All caregivers are welcome to attend this free, fun and informative conference. This event is hosted by Region 9 Area Agency on Aging with gold level sponsorship by Roscommon County Commission on Aging and Mom's Meals Nourish Care.

For more information or to register, please call 989.358.4616 or go to [www.nemcsa.org](http://www.nemcsa.org).

## POWERFUL TOOLS FOR CAREGIVERS



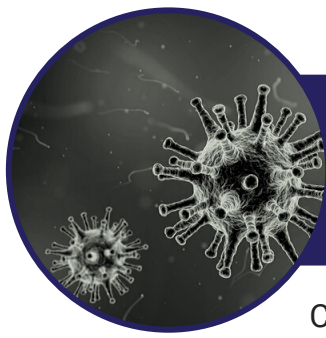
Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend and provide you with tools and strategies to better handle the unique caregiver challenges you face. This class series meets once a week for six weeks. Class size is limited and registration is required.

### Powerful Tools for Caregivers workshops held in:

**Online** - Mondays from 1:00 pm - 2:30 pm. Start date: May 4, 2020

**Iosco County** - Wednesdays from 1:00 pm - 3:30 pm. Start date: August 5, 2020

**For more information or to register contact**  
**989.358.4616 or go to [www.nemcsa.org](http://www.nemcsa.org) or click here.**



# CORONAVIRUS (COVID-19): TIPS FOR DEMENTIA CAREGIVERS

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
- Demonstrate thorough hand-washing.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.
- Think ahead and make alternative plans for care management if the primary caregiver should become sick.

ADAPTED FROM ALZHEIMER ASSOCIATION 2020  
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## CREATING CONFIDENT CAREGIVERS



If you are a caregiver caring for someone with Alzheimer's Disease, dementia, or memory loss, this six week program is for you. Learn about dementia and its effect on the brain, how to reduce your stress and create a positive environment for your loved one. You'll also learn how to plan activities for your loved one that are based on their strengths, gain self-confidence in your caregiving role and so much more.

### **Creating Confident Caregivers workshops held in:**

**Otsego County** - Wednesdays from 6:00 pm - 8:00 pm. Start date: April 8, 2020

**Cheboygan County** - Thursdays from 1:00 pm - 3:00 pm. Start date: July 9, 2020

**Otsego County** - Wednesdays from 6:00 pm - 8:00 pm. Start date: August 5, 2020

**For more information or to register contact**  
**989.358.4616 or go to [www.nemcsa.org](http://www.nemcsa.org) or click here.**



## CAREGIVER SELF-CARE

Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members or friends to help out, doing things you enjoy, using adult day care services, or attending a support group. Taking these actions can bring you some relief. It also may help keep you from getting ill or depressed.

**Here are a few helpful tips for caregivers to make self-care a priority:**

- Ask for help when you need it.
- Exercise as often as you can.
- See your doctor on a regular basis.
- Keep up with your hobbies and interests.
- Attend a caregiver education workshop.
- Get proper rest and nutrition.
- Spend time with friends.
- Join a support group.
- Take a bath.
- Keep a journal.

## ONLINE CAREGIVER TRAINING'S



**Here are a few online resources for caregivers:**

- **The Alzheimer's Association:** Is the leading voluntary health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
  - Website: [www.alz.org](http://www.alz.org)
- **Alzheimer's Foundation of America:** Believes that education is vital to facilitating meaningful living for individuals with Alzheimer's disease and their caregivers. Our licensed social workers have developed these educational materials to provide tips and strategies that caregivers can incorporate into their routines.
  - Website: [alzfdn.org](http://alzfdn.org)
- Provides information on Alzheimer's disease and related dementia's care, research, and support.
  - Website: [www.Alzheimers.gov](http://www.Alzheimers.gov)
  - Call at: 1.800.438.4380
- **Family Caregiver Alliance (FCA):** Seeks to improve the quality of life for caregivers through education, services, research, and advocacy. Through its National Center on Caregiving, FCA offers information on current social, public policy, and caregiving issues and provides assistance in the development of public and private programs for caregivers.
  - Website: [www.caregiver.org](http://www.caregiver.org)
- **The UCLA Alzheimer's and Dementia Care Video series:** Provides viewers with practical tools you can use in a variety of settings to create a safe, comfortable environment both for the person with dementia and the caregiver.
  - Website: [www.youtube.com](http://www.youtube.com)



## REGION 9 AREA AGENCY ON AGING SERVICES

Region 9 Area Agency on Aging is a nonprofit agency that manages a wide variety of services to help seniors and adults with disabilities remain living in their own home or with family caregivers. Region 9 serves the counties of Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon. Region 9 can guide and connect you to a wide variety of services and resources available in your area including:

- **In-Home Services:** In-home services include homemaking, personal care, home-delivered meals and respite care.
- **Nutrition Programs:** Congregate Meals, Home Delivered Meals and MI Cafe (Bridge Card).
- **Adult Day Care Centers:** Are designed to provide care and companionship for older adults who need assistance or supervision during the day.
- **Care Management:** Is a program that offers supports to help you live in a community setting rather than moving to a nursing home or other institutional setting.
- **MI Choice Waiver Program:** Is a program that provides an array of Medicaid-covered nursing home services to anyone age 18 or older so that they can remain in their home with the same level of service.
- **Medicare/Medicaid Assistance Program (MMAP):** Free, confidential counseling and assistance is available for people with Medicare.
- **Long Term Care Ombudsman Program:** This program provides information and education to families and individuals about long term care facilities and services. The Ombudsman investigates concerns and help residents, families and friends resolve problems such as quality of care, residents' rights and state regulating services
- **Legal Services:** Region 9 AAA contracts with Legal Services of Northern Michigan (LSNM) to provide legal assistance to adults aged 60 or older.
- **Michigan Assistive Technology Loan Program:** The program provides low cost, fixed-rate loans to qualified applicants to finance the purchase of assistive technology devices and/or services including modification of vehicles and homes, wheelchairs, computers, hearing aids, etc.

### Contact Region 9 Intake Specialists to help connect you to programs and services.

- **Alpena Intake Specialist:** 800-219-2273, Ext. 231  
Service Area: Alcona, Alpena, Montmorency and Presque Isle Counties, Lewiston, and City of Oscoda
- **West Branch Intake Specialist:** 877-345-1975, Ext. 200  
Service Area: Arenac, Crawford, Iosco, Ogemaw, Oscoda, and Roscommon Counties
- **Cheboygan Intake Specialist:** 800-219-2273, Ext. 330  
Service Area: Cheboygan and Otsego Counties



# ADULT DAY CARE CENTERS

Adult day care centers provide socialization, community, stimulating activities, healthy meals and snacks, and support with activities of daily living. Some centers also offer nursing and healthcare services. Adult day care centers can be an essential aid to caregivers. They allow caregivers to hold a job, take care of household responsibilities, see friends, and pursue other activities, knowing their loved ones are safe and entertained during the day.

## Benefits of Adult Day Care Centers

- Someplace participants can go during the day.
- Socialize with other people.
- Participants take part in numerous activities.
- Attendees can participate and socialize.
- Activities can tire them so they will sleep through the night.

## Adult Day Services in Region 9 Area Agency on Aging:



### The Caring Place

District Health Department #4  
100 Woods Circle  
Alpena, MI 49707  
Phone: 989.356.4507 or 800.221.0294  
Website: [www.dhd4.org](http://www.dhd4.org)



### The Cottage

Ogemaw Commission on Aging  
1528 South M-33  
West Branch, MI 48661  
Phone: 989.345.3010 ext. 1810  
Website: [www.ogemawcoa.org](http://www.ogemawcoa.org)



### Otsego Haus

Otsego County Commission on Aging  
120 Grandview Boulevard  
Gaylord, MI 49735  
Phone: 989.732.1122  
Website: [www.otsegocountycoa.org](http://www.otsegocountycoa.org)

### Pleasant Days

Sunrise Side Senior Services  
131 Clyde Street  
Omer, MI 48749  
Phone: 989.653.2692



### Sand Castles

Cheboygan County Council on Aging  
1531 Sand Road  
Cheboygan, MI 49721  
Phone: 231.597.8317  
Website: [www.3coa.com](http://www.3coa.com)



### Serenity Day Lodge

Roscommon County Commission on Aging  
1015 Short Drive, Suite A  
Prudenville, MI 48651  
Phone: 989.366.0205  
Website: [www.rccoa.net](http://www.rccoa.net)

# IMPORTANT DATES

## Caregiver Empowerment and Wellness Conference

ROSCOMMON COUNTY  
July 31, 2020  
Knights of Columbus Hall  
9:00 AM - 3:00 PM

## Powerful Tools for Caregivers

ONLINE  
MAY 4, 2020  
1:00 PM - 3:30 PM

## Powerful Tools for Caregivers

IOSCO COUNTY  
AUGUST 5, 2020  
1:00 PM - 3:30 PM

## Creating Confident Caregives

CHEBOYGAN COUNTY  
JULY 9, 2020  
1:00 PM - 3:00 PM

## Creating Confident Caregives

OTSEGO COUNTY  
AUGUST 5, 2020  
6:00 PM - 8:00 PM



## TIPS TO FIND SERVICES AND SUPPORT

- Ask for help.
- Keep track of your conversations.
- Write down your questions in advance.
- The Internet is an easy and quick way to get information.
- Talk to a real person, versus talking to a automatic recording.
- Ask friends or other caregivers what resources they found to be useful.
- Be creative.
- Make sure you look for resources that provide services where you live.
- Do not wait for someone to call you back.



## COUNCILS/COMMISSIONS ON AGING

Alcona County .....	989.736.8879
Alpena County .....	989.356.3585
Arenac County .....	989.653.2692
Cheboygan County .....	231.627.7234
Crawford County .....	989.348.7123
Iosco County .....	989.728.6484
Montmorency County .....	989.785.2580
Ogemaw County .....	989.345.3010
Oscoda County .....	989.826.3025
Otsego County .....	989.732.1122
Presque Isle County .....	989.766.8191
Roscommon County .....	989.366.0205



## WHERE CAN I FIND MORE HELPFUL INFORMATION?

The 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 care for.

Contact Brooke at 989.358.4616 or  
[mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)