



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



TIME MANAGEMENT TIPS FOR FAMILY CAREGIVERS SUCCESS

Taking care of someone can leave no time for yourself. Also for caregivers, the holidays may create added work. Here are some time management tips:

Schedule Time

Choose something that helps you relax like a long walk, a massage, or lunch with a close friend. Promise yourself you will do it and be accountable to someone.

Define Roles

Everyone should have and know their roles and responsibilities, so you do not waste time duplicating activities. Example: one person is the shopper, and the other person goes to medical appointments.

Prioritize

What must be done today and what could be put off another week? Make a to do list and know what you must do or can eliminate. It gives you a sense of accomplishment when you check off items on your to do list.

Organization

Clutter leads to lots of wasted time searching for things. Clutter in our environment also causes us to feel overwhelmed.

Creat a Plan

Choose a day each week to look at the week ahead and put your tasks in writing.

Practice Mindfulness

Schedule a daily relaxation exercise such as breathing, guided imagery and meditation.

MAKING THE HOLIDAY ENJOYABLE FOR SOMEONE WITH DEMENTIA



During the holidays, people with dementia visit and reconnect with family, friends, and neighbors. Here are some helpful tips, for making it easier:

Find the Right Balance

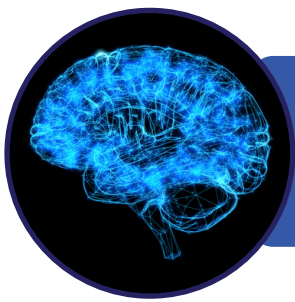
- Set your own limits, and be clear about them with others. You do not have to live up to the expectations of the past, your situation is different now.
- Celebrate holidays that are important to you.
- Include the person with dementia as much as possible, such as simple holiday preparations or having them observe.
- Observing you will familiarize them with the upcoming festivities.
- Encourage friends and family to visit even if it is difficult.
- Limit the number of visitors at any one time, or have a few people visit quietly with the person in a separate room.
- Prepare quiet distractions to use, such as a family photo album, if the person with dementia becomes upset or overstimulated.
- Try to avoid situations that may confuse or frustrate the person with dementia, such as crowds, changes in routine, strange places, loud music, and lighting.
- Tone down holiday decorations.
- Play their favorite holiday music, adjust the volume to be relaxing and not distressing.

Preparing Guests

- If this is the first visit since the person with dementia has been diagnosed, tell guests that the visit may be painful.
- Explain that memory loss is the result of the disease and is not intentional.
- Explain that the meaningfulness of the moment together matters more than what the person remembers.
- Remind guests not to take it personally if the person with dementia does not recognize them, is unkind, or gets angry.

Preparing the Person with Dementia

- Arrange a phone call for the person with dementia and the visitor. The call gives the visitor an idea of what to expect and gives the person with dementia an opportunity to become familiar with the visitor.
- Keep the memory-impaired person's routine as close to normal as possible.
- During the holiday season, guard against fatigue and find time for adequate rest.



CAREGING FOR SOMEONE WITH PARKINSON'S DISEASE

Parkinson's disease (PD) is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. Parkinson's symptoms usually begin gradually and get worse over time. People with Parkinson's can also develop dementia. Parkinson's disease dementia affects attention, recent memory, executive function and visual and spatial relations. It usually develops years after the PD diagnosis.

Helpful tips for Parkinson's Caregivers:

1. Seek support from other caregivers.
2. Take care of your own health, so that you can care for your care recipient.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Educate yourself, it can help you understand the disease and its progression.
6. Take respite breaks frequently.
7. Attend doctor appointments, go along to ask questions, take notes, and share your unique perspective on symptoms or other issues.
8. Watch for changes in symptoms, abilities and moods.
9. Be sure medications are taken.
10. Watch out for signs of depression, seek professional help when you need it.
11. Be open to new technologies that can help you care for your loved one.
12. Organize medical information so it is up to date and easy to find.
13. Make sure legal documents are in order.
14. Give yourself credit.
15. Enroll in an Evidence Based workshop such as Powerful Tools for Caregivers.
16. Attend a Caregiver Empowerment Conference.
17. Familiarize yourself with the terms of your health insurance.

Check out some of the Parkinson's Foundation additional resources below by clicking on the title:

- [Speech and Swallowing Guide](#)
- [Caring and Coping](#)
- [Medications](#)
- [Sleep: A Mind Guide to Parkinson's Disease](#)
- [Fitness Counts](#)
- [Psychosis: A Mind Guide to Parkinson's Disease](#)

PARKINSON'S DISEASE SUPPORT GROUPS



Parkinson's support groups are designed for people with Parkinson's, their families and other support individuals. They are intended to provide education, advice and awareness of community services available in dealing with this chronic disease.

Alpena County

Third Monday of every month
First United Methodist Church
167 South Ripley Boulevard
Alpena, MI 49707
1:00 p.m. to 3:00 p.m.
Judy Poli: 989.370.6854

Cheboygan County

Third Tuesday of every month
Cheboygan Public Library
100 South Bailey Street
Cheboygan, MI 49721
1:00 p.m.
Susie: 231.625. 8368
Martha: 231.818.1900

Iosco County

Third Thursday of every month
Tawas Area Presbyterian Church
2095 US-23
East Tawas, MI 48730
10:00 a.m.
Rachel Haviland: 989.984.5292

Otsego County

Fourth Thursday of every month
University Center Gaylord
80 Livingston Boulevard
Gaylord, MI 49735
2:00 p.m. to 4:00 p.m.
989.732.1122
www.OtsegoCountyCOA.org

Ogemaw County

Second Thursday of every month
Ogemaw Commission on Aging
1528 South M-33
West Branch, MI 48661
12:30 p.m.
Carol Gillman: 989.345.5300
www.ogemawcoa.org



MAKING THE MOST OUT OF INDIVIDUAL COUNSELING SESSIONS

Some problems are better addressed in a one-on-one setting. Individual counseling can make it easier to express sensitive feelings.

1. Have a specific problem or goal you want to achieve.
2. Show up willing to have an open mind.
3. Express feelings about counseling during counseling.
4. It is up to you to work towards the changes that will positively impact your life.
5. Use what you are learning to meet challenges in new, different ways.
6. Counseling is a journey, counseling can be a rewarding and transformative process.



BODY EXERCISES

- Get outside as soon as possible in the morning, even if it's just to stand on your porch or driveway for a few minutes. Take deep breaths.
- Open up your body by reaching and stretching. Extend your arms horizontally and rotate them in small, then larger circles. Maintain motion for 30 seconds, repeat 3 times.
- Reach up with one arm at a time as if you are reaching for the ceiling. Repeat 3 times for each arm.
- Warm up your shoulders by slowly rotating your arms backward and then forward in a circle. Repeat 3 times for each arm.
- Lift up your shoulders and stand up straight. Do shoulder shrugs, repeat 3 times.
- Stand in place and march; lifting each thigh up to a horizontal position. Have a chair, railing or wall nearby to prevent falling.
- March for 1 minute, repeat 3 times for each leg.
- Hold on to a chair and swing one leg from left to right, repeat for the other leg. Swing to a count of 15 for each leg, more if you can.
- If you are able, do a few pushups. If you are new to pushups, start by doing 3-5 and then grow to 10-12.
- Get your coordination going by doing "air punches". Pretend that you are standing in front of a boxing bag. Punch repeatedly with your left and right hands for 30 seconds, repeat 4 times.



VOICE EXERCISES

- Recite your ABCs or vowels. Say A, E, I, O, U with a big, exaggerated facial expression. Do this in front of a mirror if possible. Repeat 3-4 times.
- Practice smiling and laughing!. Practice words that are hard for you to enunciate. For me these are words like Christmas, sometimes, Kensington. Say them loud over and over until you get them right.
- Sing a song with exaggerated tones from loud to soft. Try to go through the range from high to low. Repeat 2-3 times.
- Concentrate on reciting a sequence that requires coordination between your brain and voice. I do this by reciting major roads in my area from west to east. For example; Telegraph, Lahser, Evergreen, Southfield, Greenfield, Adams, Coolidge, Crooks, Livernois, Rochester, John R., etc. Say them loudly and as fast as you can. This is a good exercise for the car. Make up your own sequence. Repeat 2-3 times.
- Practice taking a deep breath before speaking. Repeat up to 6 times with normal breathing in between each one.

Financial Assistance for Respite Care

Michigan Parkinson Foundation (MPF) helps by providing financial assistance to qualifying families for in-home respite care or day time Adult Day Care service.

If you are struggling and need help, call the MPF at 800.852.9781.

IMPORTANT DATES

Creating Confident Caregivers

ONLINE

JANUARY 11, 2021

THROUGH FEBRUARY 15, 2021 FROM

1:30-3:30PM

Powerful Tools for Caregivers

ONLINE

JANUARY 12, 2021 THROUGH

FEBRUARY 16, 2021

1:00 PM - 3:30 PM

Caregiver Empowerment and Wellness Conference

ROSCOMMON COUNTY

Friday April 23, 2021

Knights of Columbus Hall

9:00 AM - 3:00 PM

[Click here to
register.](#)



TRAVELING WITH SOME WHO HAS DEMENTIA

Taking a person with dementia on a trip can be challenging. Whether taking a short trip or traveling farther for vacation. It is important to consider the difficulties and benefits of traveling with someone with dementia. Traveling can make the person more worried and confused, so it is important to think ahead. Here are some helpful tips:

- Plan ahead.
- Be realistic about abilities and limitations.
- Allow plenty of time for rest. Don't over-schedule.
- Inform relevant staff that you are traveling with someone with dementia.
- Talk with the person's doctor about medicines to calm someone who gets upset while traveling.
- Keep important documents with you in a safe place such as: health insurance cards, passports, doctors' names and phone numbers, a list of medicines, and a copy of the person's medical records.
- Pack items the person enjoys looking at or holding for comfort.
- Bring favorite snacks.
- Travel with another family member or friend.
- Take an extra set of clothing in a carry-on bag.
- Get to the airport well in advance of your flight time.
- Minimize hand luggage.
- Go through security checkpoints behind your companion.
- Make use of quiet spaces within the airport.
- Use noise canceling headphones on the flight.
- Travel during the time of day that is best for the person.
- Have a backup plan in case your trip needs to change.



WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging is available weekdays, 8:30 a.m. to 4:30 p.m. to answer your questions, register 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**