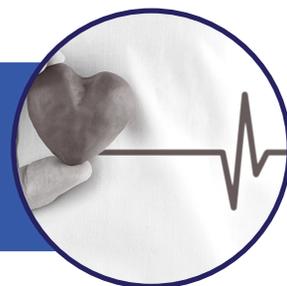




REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

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

CAREGIVING AND CHRONIC HEALTH CONDITIONS



Caregivers are at increased risk for having multiple chronic diseases as they may neglect their own personal healthcare needs while providing care to others. **41% of caregivers report having two or more chronic diseases.** The responsibilities of caregiving can become overwhelming and stressful. Stress, in turn, creates a ripple effect on the health and well-being of the caregiver.

The physical well-being of a caregiver is often tested because caregiving often involves physical effort. Many caregivers think they do not have time to seek medical care for their healthcare needs or they do not have a substitute caregiver to give them time to recuperate.

Caregivers often neglect their own healthcare needs, including health maintenance and treatment for their own health conditions. They often think that there is not enough time to make self-care a priority. Caregivers must learn to take care of themselves physically, mentally, and emotionally.

Helpful coping strategies include:

- **Take breaks:** Schedule quiet time, visit with friends who can offer positive reinforcement, or take regular days off from routine. Programs such as “respite care” and adult day care programs can give you a break.
- **Take care:** Eat balanced meals, get an adequate amount of sleep, and check with a doctor about any continuing problems.
- **Understand your limits:** Find local resources that can offer physical, emotional, and psychological support to you as a caregiver. Realize that you cannot do everything for everyone.
- **Get help:** Seeking help from friends, family, neighbors, counselors, and support groups.
- **Plan ahead:** Plan future legal, financial, or long-term health issues before you actually need them. Accept that your care recipient status may change and you may not be able to help any further.

CHRONIC HEALTH CONDITIONS

92% of seniors have at least one chronic disease, and 77% have at least two. Heart disease, stroke, cancer, and diabetes are among the most common and costly chronic health conditions causing two-thirds of deaths each year.



Cancer



Hypertension



High
Cholesterol



Pulmonary
Disease



Diabetes



Depression



Parkinson's
Disease



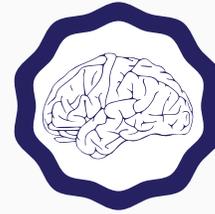
Chronic Kidney
Disease



Heart
Failure



Heart
Disease



Alzheimer's
Disease and
Dementia



Arthritis

Heart Disease

Aging can cause changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease.

The term heart disease describes several conditions. Many of these conditions relate to the buildup of plaque in the walls of the arteries. As the plaque develops, the arteries narrow. This makes it difficult for blood to flow around the body and increases the risk of heart attack or stroke.

Heart disease is the leading cause of death for both men and women.

Parkinson's Disease

Parkinson's disease is a progressive nervous system disorder that affects movement. Nerve cells in the brain gradually break down or die. Symptoms start gradually, with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement.

The cause of Parkinson's disease is unknown, but some risk factors are genetics and environmental factors

Approximately 60,000 Americans are diagnosed with PD each year.



CHRONIC HEALTH CONDITIONS

Arthritis

Inflammation of one or more joints, causing pain and stiffness that can worsen with age. Arthritis is not a single disease, there are over 100 diseases with different causes. Many experience pain in their joints, ankle, back, fingers, hands, muscles, neck, or wrist.

1 in 5 Americans suffer from Arthritis.



Obesity

Obesity is an important senior health risk factor for heart disease, diabetes, and cancer, and all chronic conditions that impact the quality of life. As the numbers on the scale increase, so does the risk for diseases.

Of adults between 65-74, 36% of men and 41% of women are obese. This can be a signal that an older adult is not as active or mobile as they once were.

1 in 3 adults are considered to have obesity.



Shingles

Shingles are a viral infection that causes a painful rash. Shingles can occur anywhere on your body, however, it most often wraps around either side of your torso. It usually starts out with severe pain or tingling and then developing into an itchy rash and possibly blisters.

Risk factors include the history of chickenpox, weakened immune system, recent illness/trauma, high-stress level, and age. Shingles are caused by the same virus that causes chickenpox, it can come back as shingles when you are an adult. 50 percent of all Americans will experience it before they are 80. There is a vaccine available, so talk to your doctor about it.

1 in 3 people will get shingles, and your risk increases as you age.





CHRONIC HEALTH CONDITIONS

Chronic Obstructive Pulmonary Disease (COPD)

Chronic obstructive pulmonary disease (COPD) is a progressive disease characterized by progressive shortness of breath and severe limitations in daily life activities. It affects the lungs and other parts of the respiratory system. Pulmonary diseases may be caused by infection, by smoking tobacco, or by breathing in secondhand tobacco smoke, radon, asbestos, or other forms of air pollution.

Symptoms include breathing difficulty, cough, mucus production and wheezing.

This disease ranks fifth among the main causes of mortality.

Hypertension (High Blood Pressure)

Hypertension, also known as “high blood pressure,” is a chronic medical condition and a leading contributor to heart disease. Blood pressure is the force of your blood pushing against the walls of your arteries as your heart pumps blood through your body. Hypertension occurs when the force is too high and your heart has to work harder to pump blood to the body.

It is significantly higher among caregivers than non-caregivers.

Risk factors include unhealthy lifestyle habits, such as: drinking too much alcohol, smoking, eating high-sodium and low potassium foods, and excessive weight gain.

Taking your blood pressure medications, prepare healthy meals, participate in physical exercise, and follow your doctor’s directions for treating the condition.

Only about 1 in 4 adults with hypertension have their condition under control.



Chronic Kidney Disease

Chronic kidney disease is a slow and progressive loss of kidney function over a period of several years. Eventually, a person will develop permanent kidney failure. As kidney failure advances and the organ’s function is severely impaired, dangerous levels of waste and fluid can rapidly build up in the body.

There is no cure for chronic kidney disease, which means treatment is focused on reducing symptoms.

Around 30 million people in the U.S. have CKD to some degree.



DIABETES CARE AND PRECAUTIONS

The CDC estimates that 25 percent of people ages 65 and older are living with diabetes, a significant senior health risk. According to CDC data, diabetes caused 54,161 deaths among adults over age 65 in 2014.

Diabetes can be identified and addressed early with simple blood tests for blood sugar levels. The sooner you know that you have or are at risk for diabetes, the sooner you can start making changes to control the disease and improve your long-term senior health outlook.

Diabetes effects an estimated 1.85 million Michigan citizens.



1 in 10 Michigan adults have been diagnosed with diabetes.



At the current rate, 1 in 4 U.S. adults will be diagnosed with diabetes by 2050.



Signs and Symptoms of Type 2 Diabetes



Extreme Thirst



Blurred Vision



Increased Hunger



Feeling tired or weak



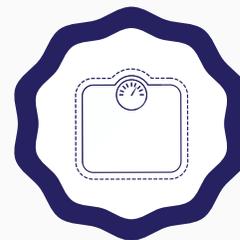
Excessive Urination



Dizziness



Itchy Private Parts



Unexpected Weight loss/gain



RISK FACTORS FOR TYPE 2 DIABETES:

Diabetes affects some groups of people more than others. You can change lifestyle risk factors such as your eating, physical activity, and weight. These lifestyle changes can affect your chances of developing Type 2 diabetes.



Unhealthy Diet



Family History



Physical Inactivity



High Blood Pressure



Polycystic Ovary Syndrome



Gestational Diabetes



Age and Race



Weight

Reduce your Risk of Diabetes

- Make healthier food choices and include foods from all five food groups as outlined in MyPlate.
- Do not skip meals, instead eat a well-balanced meal with appropriate portion sizes.
- Skip fad diets just make healthier life choices.
- Use a healthy eating planner or meet with a dietitian.
- Minimize your amount of sugar.
- Stay fit by getting active, try to include 30 minutes of physical activity daily.
- Get plenty of fiber.
- Plan your meals and snacks out for the rest of the week.
- Get a regular checkup by your physician and ask that they check your blood pressure and cholesterol checked, and ask the doctor about their diabetes risk and the importance of healthy eating and physical activity.
- Avoid Tobacco and limit alcohol.
- Limit red meat and avoid processed meat; choose nuts, beans, whole grains, poultry, or fish instead.
- Get an adequate amount of sleep.
- Do not add salt to food.



CHRONIC PAIN

Acute pain is a sudden, sharp pain that lasts less than six months. This type of pain is caused by something specific a broken bone, burns or cuts, or even labor and childbirth. The pain goes away once the affected area has been treated.

Chronic pain is pain that is ongoing and usually lasts longer than six months. This type of pain can continue even after the injury or illness that caused it has healed or gone away.

Many types of chronic pain are headaches, arthritis, cancer, nerve pain, back pain, and fibromyalgia. Pain is different for everyone, especially chronic pain.

Tips for Managing Chronic Pain



Participate in Counseling or Therapy



Join a Support Group



Develop Healthy Eating Habits



Practice Good Sleep Habits



Find a creative outlet or passion



Daily Physical Activity



Daily Relaxation Techniques



Learn Problem-Solving Skills

1 in 5 United States adults experienced chronic pain.



Women were more likely to have chronic pain.



Low back pain is the most common type of chronic pain.

IMPORTANT DATES

Caregiver Webinar Series

Second Friday, from 1:00-2:00

Understanding Hospice and Palliative Care

May 13, 2022

Understanding and Responding to Dementia

June 10, 2022

Kinship Care

July 8, 2022

Navigating Family Dynamics in Caregiving

August 12, 2022

Dealing with Grief and Loss

September 9, 2022

Healthy Living Webinar Series

Third Friday, from 1:00-2:00

Living with Diabetes

May 20, 2022

Healthy Living for your Brain and Body

June 17, 2022

Fall Prevention

July 15, 2022

Living with Chronic Pain

Aug 19, 2022

Managing Stress and Mental Health

September 16, 2022

Powerful Tools for Caregivers

MAY 3, 2022

5:30 PM - 7:00 PM

Creating Confident Caregivers

MAY 5, 2022

10:00 AM - 12:00 PM

Powerful Tools for Caregivers

JULY 11, 2022

1:00 PM - 3:00 PM



LUNCH-AND-LEARN: FINANCIAL PLANNING FOR CAREGIVERS

Region 9 Area Agency on Aging is hosting a free one-hour Lunch and Learn presentation on Managing Money presented by the Alzheimer's Association Michigan Chapter. A free lunch will be provided. Older adults and caregivers of all types are welcome to attend.

For more information or to register, contact 989.358.4616 or mainvilleb@nemcsa.org



SIGNS OF A STROKE

During a stroke every second counts. You could save a life by recognizing the signs of a stroke.

F

Face

Drooping

A

Arm

Weakness

S

Speech

Slurred or Difficult

T

Time

To call 9.1.1



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 support you and the person you are caring for.

Contact Brooke at 989.358.4616 or mainvilleb@nemcsa.org