



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



HOSPICE CARE

Hospice is an approach to care that seeks to comfort (pain control and symptom management) rather than cure. Hospice offers comprehensive, compassionate care for people at the end of life as well as support for their families. Hospice provides care for all regardless of age, diagnosis, or ability to pay. The care teams work with patients and their families to create a custom tailored plan that meets their needs. Hospices aim to relieve physical, emotional and spiritual suffering. When patients and families get the care and support they need, they are able to live a more fulfilled life in peace, comfort and dignity.

Who can receive hospice care?

All U.S. citizens age 65 and older are entitled to Medicare or Medicaid coverage for hospice at the end of life. Hospice care is covered by most insurers, including Medicare, Medicaid, Blue Cross/Blue Shield and most commercial insurers and HMOs.

Where is hospice care provided?

Most hospice patients receive care in their home or the home of a loved one or friend. Care can also be provided in many long-term care facilities, assisted living facilities, hospitals or nursing homes. Some hospices have residential units designed to provide a home-like setting where hospice is provided.

How does the admission process work?

When a patient is ready to receive hospice care, we call the patient's physician to make sure he or she agrees that hospice care is appropriate for this patient. The patient will be asked to sign a consent form confirming that the patient understands that hospice care is palliative, that is, aimed at comfort and pain relief, rather than a cure.



MALNUTRITION IN OLDER ADULTS

Malnutrition is more and more common in the older population. This is a serious problem, because malnutrition can be very bad for your health. It is linked to higher death rates, longer stays in the hospital, and more disability and complications. Also, malnutrition raises the risk of infections, anemia, skin problems, weakness, fatigue, and electrolyte imbalances in your blood. Unfortunately, malnutrition is often not identified. Even healthcare professionals may not notice that their patients are malnourished.

Signs of malnutrition:

- Increased or decreased in appetite or weight
- Dull, dry hair
- Dry eyes
- Receding gums
- Confusion
- Loss of sensation
- Physical weakness

Signs of Dehydration:

- Decreased urination
- Confusion
- Constipation
- Dry mucous membranes

Things you can do:

- Calories you do get must be from foods that are extra rich in nutrients like proteins, vitamins, minerals, fiber, and fluids.
- Poorly fitting dentures can be adjusted
- Grocery deliveries can be arranged.
- Meals on Wheels



MICAFAE

The Supplemental Nutrition Program (SNAP, formally food stamps) can be used to buy healthy foods such as: fruits, vegetables, bread, meat and dairy products.

MiCafe program provides benefit application assistance to seniors that will help them make ends meet and put healthy food on their table.

For more information contact Kelly at 989.358.4628 or robinettek@nemcsa.org



SKIN CARE: RECOGNIZING CHANGES

Skin care is an essential part of all around health, and one thing each caregiver must think of.

- Keeping the skin clean is the first step in decreasing the risk of wounds, ulcers, and rashes.
- Start by keeping your nails short and trimmed, to avoid accidental scratches.
- Avoid wearing jewelry, rings, and watches, they could injure the patient's skin.
- Pat completely dry with towels and avoid rubbing to prevent irritation.
- Dry skin is more prone to splits or tears. Using a fragrance-free moisturizer can help soften the skin and reduce itching.
- Do not apply lotion between the toes; it can promote fungal growth.
- Sitting for too long in one position can reduce blood flow to the skin of the buttocks. Using a doughnut-style cushion and re-positioning regularly will help.
- Daily skin checks of at-risk areas.
- Use a kitchen timer to remind the patient to shift positions frequently.
- See your doctor immediately for any concerns.
- Properly fitting compression stockings can help considerably.
- Avoid tight-fitting watch bands, socks, or garments that can restrict blood flow.
- Chronic conditions like diabetes or artery disease increases the likelihood of damaging the skin.
- Any wound that has redness around it or where the skin is hot, tender, or weeping fluid should be seen immediately by a doctor.
- Nutrition and hydration are important for healthy skin. A balanced diet, including high-quality protein, is required to repair and maintain skin.

There are three main causes of pressure sores:

- Pressure from sitting or lying too long without shifting position.
- Friction or rubbing, which can occur during transfers, such as when the one's body is dragged over bedsheets.
- Shearing, which occurs when one's body slides in a chair or bed so that the skin slides or pulls away from the supportive tissues below it.

The first signs of pressure sores:

- Changes in skin color. Keep an eye out for blue or purple marks in individuals with darker skin and pink or red marks in those with lighter skin.
- Unusual fluctuations in temperature. Excess warmth indicates inflammation, while coolness indicates little or no blood flow to the area, both of which are bad signs.
- Changes in tissue consistency. Affected areas may feel exceptionally soft or boggy and different from similar tissue nearby.
- Unusual sensations. Numbness or tingling often occurs in at-risk areas.



TECHNOLOGY AND CAREGIVING

Family caregivers can be better supported through the use of mobile, online, and in-home technologies. Technologies can provide better connections between family caregivers and health professionals, enabling them to work more effectively as a team in providing care. These ideas could make perfect holiday gifts.

- GPS Tracker
- Medical Alert System
- Medication Tracker
- Medication Dispenser
- Personal Emergency Response Systems
- Automated door locks
- Security alarms
- Surveillance cameras
- Motion sensing Technology
- Stove turn off
- Auto shut-off safety outlet
- Photo picture button photo
- Lift chair
- Video magnifier
- Bed sensor pad
- Telehealth workshops
- Online support groups
- Caregiving Apps
- Lotsa Helping Hands
- CareZone
- Meditation Apps
- Enewsletters
- Google Calendar
- Amazon Alexa
- IRobot
- Shipt



MATL supports the purchase of needed technology through low-interest rates and loan guarantees. It provides loans, which must be paid back.

For more information contact:

Phone: 517.203.1200

Email: MDRC@mymdrc.org

Website: www.ucpmichigan.org



ASSISTIVE TECHNOLOGY

Assistive Technology (AT) is any item, product, system, or equipment that improves life for older adults or people with disabilities. AT can make a difference in family and seniors' lives by supporting their health, safety, and quality of life.

Benefits of Assistive Technology

- Increase independence
- Help seniors age in place
- Improve quality of life
- Enhance convenience
- Protect senior safety
- Support senior health
- Helps Family Caregivers
- Enable social connections
- Restore senior confidence

Where to Purchase?

Assistive technologies can sometimes be purchased directly from the companies that manufacture them. Stores such as Best Buy or Walmart or online retailers, like Amazon, often sell assistive technologies as well.

Examples of Assistive Technology



Portable Chair Assist can be moved around the house as needed to help with getting your person up.



Assist Bars attach to the U-Shaped latch in the car doorjamb. The device can be used as a handle to help a person in/out of the vehicle.



Swivel car seat act as a rotating cushion, allowing vehicle passengers to rotate a full 360 degrees, making it easier to enter/exit the car without twisting their bodies.



Ten button corded picture phone ensures that the person with dementia can connect with family and friends.

- Body Care Grooming Aids
- Lift Recliner Chair
- Suction Cup Plates/Bowls
- Comfort Grip Utensils
- One Handed Knife (Ulu)
- Foam Handle
- Plate Guard
- Jar Opener
- Dial-less Telephone
- Magnifier
- Automatic Oven Off
- Button and Zipper Aid
- Gait Belts
- Door Alarm with Keypad
- Robotic Vacuum
- Chair Lifts
- TV Ears
- Voice Controlled Appliances
- Vibrating Alarm Clocks
- Motion Detecting Lights
- Automated Pill Dispensers
- GPS Tracking Device
- Reacher's
- Doorknob Handle Extenders
- Easy Glide Writer/Slip-on Writing Aid
- Shoehorn
- Cane
- Walker
- Wheelchair
- Braces
- Grab Bars
- Shower Chair
- Commodes
- Raised Toilet Seats
- Bed Rail
- Bed Pull-Up
- Video Doorbell
- Hearing Aid
- Medical Alerts

IMPORTANT DATES

Powerful Tools for Caregivers

ONLINE

JANUARY 4, 2022-FEBRUARY 8,
2022

5:30 PM - 7:00 PM

A Matter of Balance

ONLINE

JANUARY 5, 2022 -FEBRUARY 2,
2022

10:00 AM - 12:00 PM

Creating Confident Caregivers

ONLINE

MARCH 1, 2022- APRIL 5, 2022

5:30 PM - 7:30 PM

Powerful Tools for Caregivers

ONLINE

MAY 3, 2022- JUNE 7, 2022

5:30 PM - 7:00 PM

Creating Confident Caregivers

ONLINE

MAY 5, 2022- JUNE 9, 2022

10:00 AM - 12:00 PM



MOVIES TO WATCH



GLEN CAMPBELL'S WIDOW ON ALZHEIMER'S CAREGIVING

If you looking for something to watch you might be interested in *Glen Campbell: I'll Be Me*. Glen was a singer, songwriter, and actor. Glen was diagnosed with Alzheimer's disease in June 2011. Glen and his wife Kim made the decision to go public with his diagnosis and show the world how he lived with the disease. He went on a "Goodbye Tour" and agreed to have a camera crew shadow him throughout the early stages of his battle. All of it is highlighted in the documentary, *Glen Campbell: I'll Be Me*.



STILL ALICE

When her doctor diagnoses her with Early-onset Alzheimer's Disease, Alice and her family's lives face a harrowing challenge as this terminal degenerative neurological ailment slowly progresses to an inevitable conclusion they all dread. Along the way, Alice struggles to not only to fight the inner decay, but to make the most of her remaining time to find the love and peace to make simply living worthwhile.



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 care for.

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