

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

A publication that connects caregivers with resources, support and each other

May/June 2017

Caregiver Cafés

Drop in to chat with fellow caregivers, meet health care providers and learn about community resources.

May 10, from 11 a.m. to 1 p.m.

Mary Harvin Center, Community Room
1600 N. Chester St., Baltimore, MD

May 11, from 11 a.m. to 12:30 p.m.

Victory Villa Senior Center
403 Compass Rd., Middle River, MD

May 19 & June 16, from 11 a.m. to 1 p.m.

Enoch Pratt Free Library
3601 Eastern Ave., Baltimore, MD 21224

May 31 & June 28, from 4 to 5:30 p.m.

Johns Hopkins Bayview
5th floor waiting room, FSK Pavilion

June 20, from 11 a.m. to 2 p.m.

Johns Hopkins Memory & Alzheimer's Treatment Center, Johns Hopkins Bayview campus
Alpha Commons Building, 4th floor

Info.: 410-550-1660 (*no registration is required*)

May 18 & June 15, from 2 to 3:30 p.m.

The Soul Center at Beth El Congregation
8101 Park Heights Ave., Pikesville, MD 21208

Info./Register: rachels@bethelbal.com or

Community Partner Spotlight:



Real Possibilities

AARP provides tools and resources for caregivers, including guides, question-and-answer tools and a provider network for home health, adult day care, assisted living, nursing homes and hospice care.

AARP offers an easy-to-navigate website with practical and current information organized in several categories:

- First-Time Caregivers
- Caring for a Loved One at Home
- Caring for a Loved One with Cancer
- Caring for a Loved One with Dementia
- Common Caregiving Conflicts
- Long Distance Caregiving

The Caregiving Resource Center provides resources and articles by caregiving experts, including:

- Prepare to Care: A Caregiving Planning Guide for Families
- Family Caregiver's Video Guide to Managing Medications
- Balancing Work and Caregiving
- Time Management for the Caregiver: 10 Tips on How to Get More Done with Less Stress
- Driving and Being Driven: Tips for Caregivers

Caregivers also can participate in AARP's online caregiving community at community.aarp.org or by telephone at **877-333-5885** (Monday through Friday, 7 a.m. to 11 p.m.; Saturday, 9 a.m. to 5 p.m.).

To learn more about AARP's resources for caregivers, visit aarp.org/home-family/caregiving.

Special thanks to The Harry and Jeanette Weinberg Foundation for their generous financial support of Called to Care. *Caregiver Connection* is published 6 times a year by Johns Hopkins Bayview's Called to Care program.

W. Daniel Hale, Ph.D., director, Healthy Community Partnership; **Meghan Rossbach**, editor; **Tammy Marsh**, **Kimberly Monson**, **Candyce Norris**, **Linda Stewart**, contributors.

Phone: 410-550-8018

Web: hopkinsmedicine.org/jhbmc/calledtocare

Resources and Training

Central Maryland Respite Care Program

Sponsored by the Easter Seals, this program provides financial reimbursement for money spent on in-home care, adult day care or a short stay in a licensed facility.

Info.: 301-920-9769 or jlinnenkamp@eseal.org

Website: easterseals.com/DCMDVA

Voice of the Caregiver: Elder Doug Wilson



Who are you caring for?

I am caring for my 92-year-old mother, who resides in her family home of 60 years. My mother was the person who lovingly cared for me and her husband of 62 years before he passed away. I've been her primary caregiver for the past six years.

As a caregiver, what is the biggest challenge for you?

Understanding the habits, needs, and mannerisms of a loved one with dementia is a significant challenge. My daughter, Shayna, and grandson, Joey, live with my mom. Shayna works weekdays and Joey attends elementary school, so my mom needs care during the day. My challenge is arranging my work schedule to provide the companionship and care she deserves, as well as finding someone to provide quality care for her during the times I am unable. Since her financial resources are minuscule, it's difficult securing someone to offer genuine, compassionate care during my fluctuating work schedule.

How do you take time for yourself?

I immerse myself in activities related to my wife, Theresa, friends and my church. I enjoy reading and watching college and pro-football, *24 Legacy*, any Jason Bourne movie and westerns.

What services have you found to be supportive?

The support offered by the Called to Care program is immeasurable. Knowing there is a program willing and able to support me and others is beneficial.

What advice would you give to other caregivers?

Caregivers should inform family, friends and associates of their needs in order to receive suggestions and support, but not in such a way that the listener is overwhelmed by their need for help. Caregivers must discern who is genuinely interested in supporting your efforts to help your loved one from those who are not.

Time for You: Respite Care

Respite care allows caregivers to take a break from their daily caregiving responsibilities. It can be offered in a number of ways, and can support a caregiver's ability to continue taking care of a loved one in the home.

In-home care services offer a range of options including personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising; homemaker or maid services to help with laundry, shopping and preparing meals; and skilled care services to help with medication and other medical services.

Adult day centers offer a place where the care recipient can be with others in a safe environment. Staff lead planned activities, such as music and art programs. Transportation and meals are often provided.

Residential facilities may offer the option to stay overnight, for a few days or a few weeks. Overnight care allows caregivers to take an extended break or vacation while the care recipient stays in a supervised, safe environment. The cost for these services varies and is usually not covered by insurance or Medicare.

When looking for respite care:

- Research financial assistance such as scholarships, sliding scale fees or government programs.
- Look for reliable and trained staff. Ask each individual and facility about training and qualifications. If hiring someone independently, interview the person thoroughly and check references.
- Remember that respite services benefit the care recipient as well as the caregiver.

