



# Caregivers Count!

## 10<sup>th</sup> Annual Conference

### Handout Packet



# Table of Contents

**Barry Jacobs**

The 7 Essential Tasks for Caregiver Emotional Survival

**Janis Carney**

Paying for Care

**Christina Irving**

Technology Tools

**Barry Jacobs**

Learning to Live and Cope with High Stress

**Alex Morris**

Dealing with parents and Resistance

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**Committee Members**

**Vendor Sponsors**

# Barry Jacobs

## The 7 Essential Tasks For Caregiver Emotional Survival

The over 40 million Americans who provide ongoing or occasional care for aging, ill or disabled loved ones experience a range of emotions, from sadness and guilt to joy and pride. In this plenary address, Barry J. Jacobs Psy.D.--a clinical psychologist, author of *The Emotional Survival Guide for Caregivers*, and an AARP.org columnist – will describe 7 tasks, including handling sacrifice and finding positive rewards, that are essential for all family caregivers to better manage their emotions and sustain themselves through caregiving. We'll share stories of common caregiver challenges and solutions for thriving during what may be a prolonged period of family loss and change.



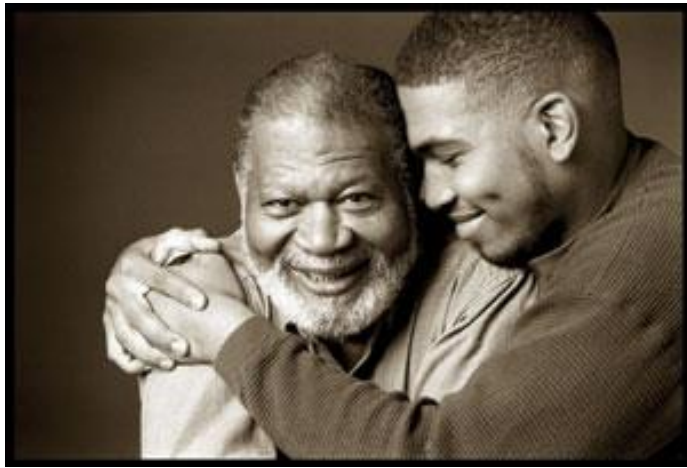


# The 7 Essential Tasks for Caregiver Emotional Survival

Barry J. Jacobs, PsyD  
Health Management  
Associates

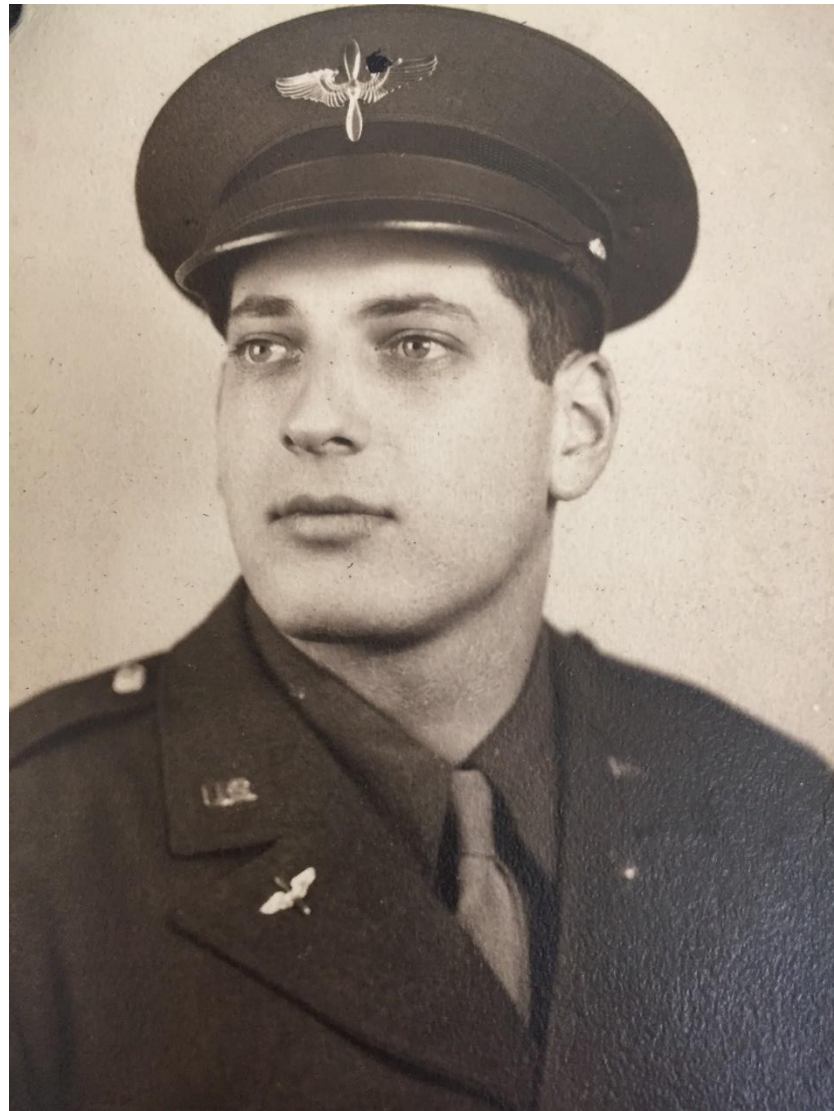


# Today's Talk



- Caregiving in America
- Negative, positive effects
- Minimizing the strains, maximizing the gains
- 7 Essential Tasks
- Coping with Covid

















# Family Caregiving in America

- 53 M Americans engage in some form of caregiving activity in a year (NAC/AARP, 2020)
- 40 M for adults over 50; 9 M for children
- Prevalence: 21.3% (18.2% in 2015)



- 60% women/40% men
- 1/4 Millennials; 1/4 Gen-Xers
- Average family caregiver: A 49-year-old woman still working at least part-time and also caring for children—"sandwich generation"





# Family Caregivers' Healthcare Roles (Wolff, Jacobs, 2015)

- Attendant
- Administrator
- Companion
- Driver
- Navigator
- Technical Interpreter
- Patient Ombudsman
- Coach
- Advocate
- Case Manager
- Healthcare Provider

- NAC/AARP 2020: 21% of caregivers said their health was fair or poor (17% in 2015; 12% in US pop in 2020)
- **Most stressed caregivers:**
- Spouses, military, dementia



- **Schulz:** dementia caregiving associated with insomnia, depression, musculoskeletal problems, increased mortality



- **Roth:** caregiving associated with increased lifespan, ***enhanced sense of purpose***



# From Wife of Alzheimer's Patient

- *"I don't think anyone can understand the intense, crushing isolation and loneliness of caregiving unless they have 'walked a mile in our shoes.' I miss the intimacy we've had for more than 50 years, and I'm not talking about physical intimacy, although I miss that, too. I miss having someone to talk to or share a chuckle or one of our little 'inside' jokes. It's all gone! I'm not ready to ditch my marriage vows and dash out and have an affair, but I long to have a companion again--even someone to just stand and hold me while I cry the tears I've had to squelch and swallow for so long."*

# Family Caregiver Challenges: Isolation

- 71 y.o. woman whose husband with FTD is home with her all the time now since adult day care is closed and she decided to not use aides at this time



***Decreased services***  
***Loneliness --> shame***  
***Increased exposure to loved ones' deficits***  
***Increased despair***





## Coping with Distance

34 y.o. daughter whose mother has moderate dementia

Mother is in a nursing home where some residents have had Covid



*Guilt that she isn't there with mother*  
*Fear for mother's life*  
*Growing sense of anger and helplessness*





## Family disagreements

69 y.o. woman, caring for 92 y.o. father with dementia from a stroke, is being pressured by her son to allow him and his teenage children to visit their home

*Son believes that the danger from Covid is long past  
Teenage kids are back to playing basketball with friends  
She is uncertain whether it will be safe for her and father*



- **Caregiving brings “strains and gains”**
- **In the chat box, please type two or three words to describe your strains and gains**
- **Please don't hit ENTER yet**

# 7 Essential Caregiving Tasks

- Define **commitments** realistically
- Utilize **support**
- Handle sacrifice through **meaning-making**
- Weigh **hope and acceptance**
- Foster **awareness and flexibility**
- Protect **intimacy**
- Sustain the **spirit**



# Marathon Metaphor

Caregiving as marathon, not sprint:



- Learn the up-hills and down-hills of the course
- Maintain sustainable pace
- Take any and all replenishment
- Run alongside others

# Define Commitments

- ***“I feel I have to do this. But what’s the right way to do it? How much should I do?”***
- Take stock of individual and family development, resources
- Choose consciously to define commitments and limitations/necessary balance

# Utilize Support

- ***“Our family takes care of its own. Besides, no one can take care of him as well as I can”***
- Accepting help almost feels shameful, disempowering
- Use supports not to avoid care but to empower you to give care for as long as you choose

○ ***“Our friends don’t come around anymore. Who can I talk to?”***

- Social isolation increases duress
- Social support increases resilience
- 3 circles of social support—
  - Immediate family
  - Extended family/neighbors/religious community
  - Professionals



# Handle Sacrifice

- ***“This is hard. Too hard sometimes. Why am I devoting so much time and energy to caregiving?”***
- Lack of purpose leads to greater likelihood of resentment and burnout
- Identify the positive meanings you derive from caregiving

- ***“Why do you do what you do for you loved one?”***
- ***What are the values underlying your choice to give care?***



- *“Shortly after I was pregnant, I left my husband. And then after the child was born, I decided I was going to go back with him. And my parents knew it wasn’t going to work. And my mother kept saying, ‘You’ll go back and have another baby.’ And my father said to me, ‘You can always come home. I don’t care if you have 10 babies. You can always come home.’ He left that door open for me. And I did just that. I went back and had another baby and came back with two babies. And, I’ll never forget that. I always knew I could go home.”*

# Weighing Hope and Acceptance

- ***“I don’t like to think about his disease. It’s too depressing.”***
- Cautious optimism promotes psychological health better than pessimism—but denial or minimization hinders preparation
- Using realistic stance to savor available time with family and friends



# Fostering Awareness And Flexibility

- ***“I just keep myself focused on what I have to do.”***
- Balance living one day at a time with future outlook
- Increased non-reactive awareness leads to more flexible and creative caregiving

Journaling  
Meditation/relaxation exercises  
Spiritual practices



# Seeing the Forest

- “For me and many others, caregiving is a classic tree-and-forest scenario in which each tree, like each daily task, looms so large that it obscures awareness of the wider terrain and greater mission. I would get so caught up in the day-to-day frustrations that I sometimes lost sight of the purpose for all of my self-sacrifice — to help my mother live as well as possible in her last years.” —**Barry Jacobs, AARP.org**

# Protect Intimacy

- ***“I have to take care of my parent and have no time for my spouse.”***
- Balance family roles and responsibilities
- No one should be neglected
- “Protected time” must be prioritized

# Sustain the Spirit

- ***“I’m angry at God.”***
- Punishment or test from God?
- When in doubt, seek religious counsel
- When feeling alone with illness, seek fellowship
- When belief falters, bolster action



*Lower your standards  
and expectations.  
Take regular self-care  
breaks, even if you must  
be in the same room.  
Find simple ways to  
connect with care  
receiver and other family  
members*





***Accept realistic limits that  
you cannot change***

***Use all available  
technology***

***Journal your thoughts and  
feelings***

***Connections are in the  
heart, if not in the room***



*Start with medical advice*  
*Consider available information about risks*  
*Weigh risks and benefits*  
*Respect your own expertise*  
*Lean on your sense of purpose*

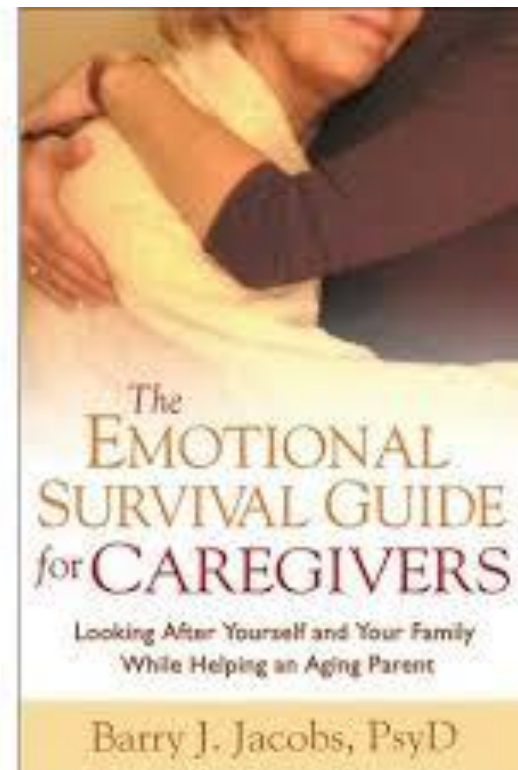
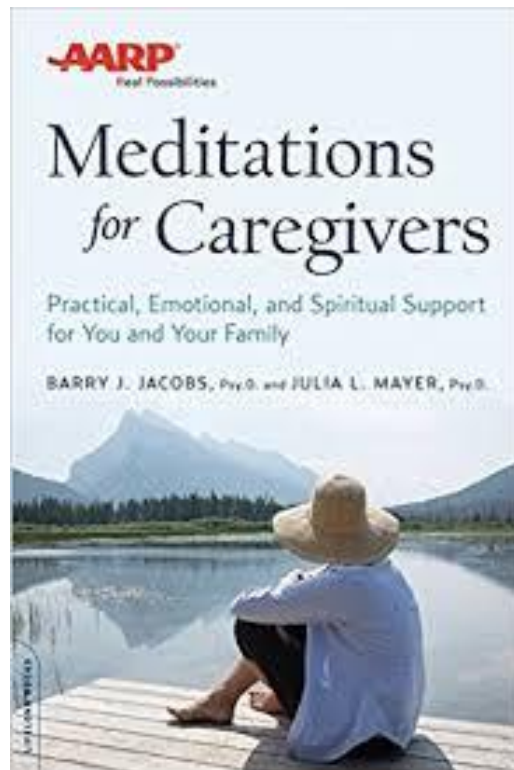
# Summary

- Caregiving brings strains—especially during the pandemic—but also gains
- Be smart and strategic
- Seek the positive and transformative



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- Principal, Philadelphia Office
- [bjacobs@healthmanagement.com](mailto:bjacobs@healthmanagement.com)
- 267-408-6456





# Janis Carney

## Paying for Care

How do you find the money for care? Learn about the various options which include paying out of pocket, long-term care insurance, selling assets, borrowing against the house, and public benefits.





# Paying for Care

Thank you to our host:



Sponsored by:



Presented by:

Janis A. Carney, JD, CELA NCCDP

Care Options



Care Costs



Finding the money



Pay out of Pocket

Utilizing Assets



Long-Term Care Insurance



Public Benefits



ALL YOUR PLANNING NEEDS

# A Little About Me



**Estate Planning  
& Elder Law  
Attorney**

Founder and owner  
The Law Offices of  
Janis A. Carney

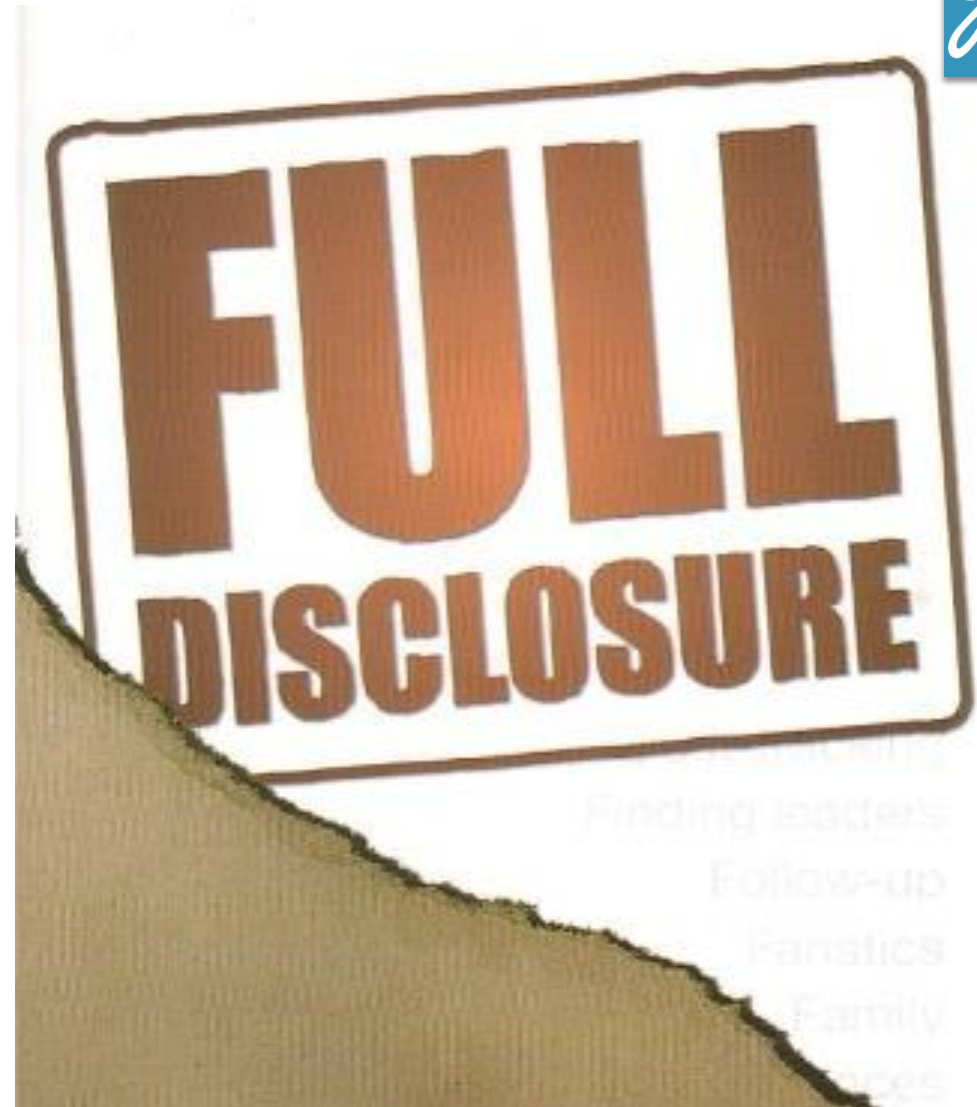


Avvo Rating: 10.0 out of 10



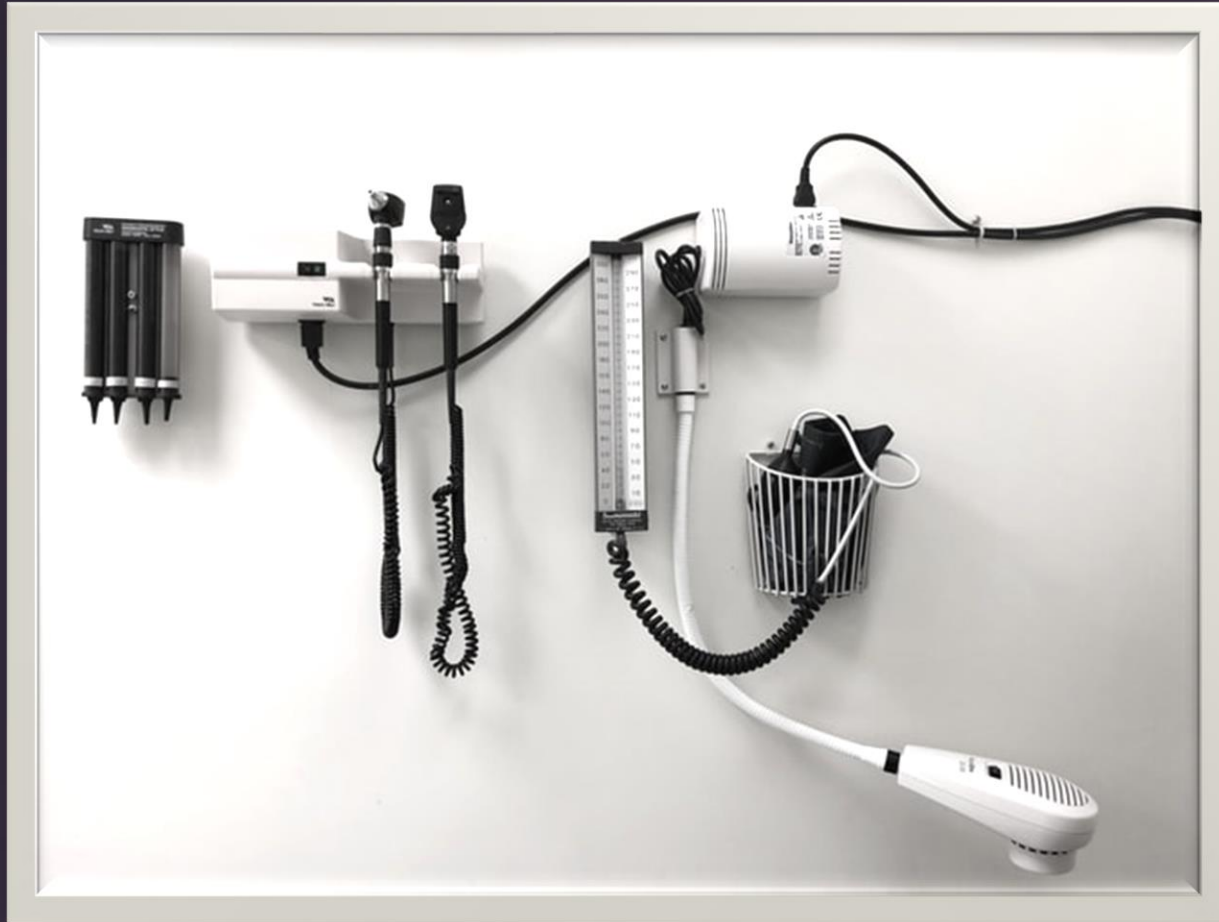
# Disclosure

- ▶ The following is an educational presentation and does not constitute legal advice.
- ▶ Please seek the advice of an experienced estate planning or elder law attorney regarding your circumstances.

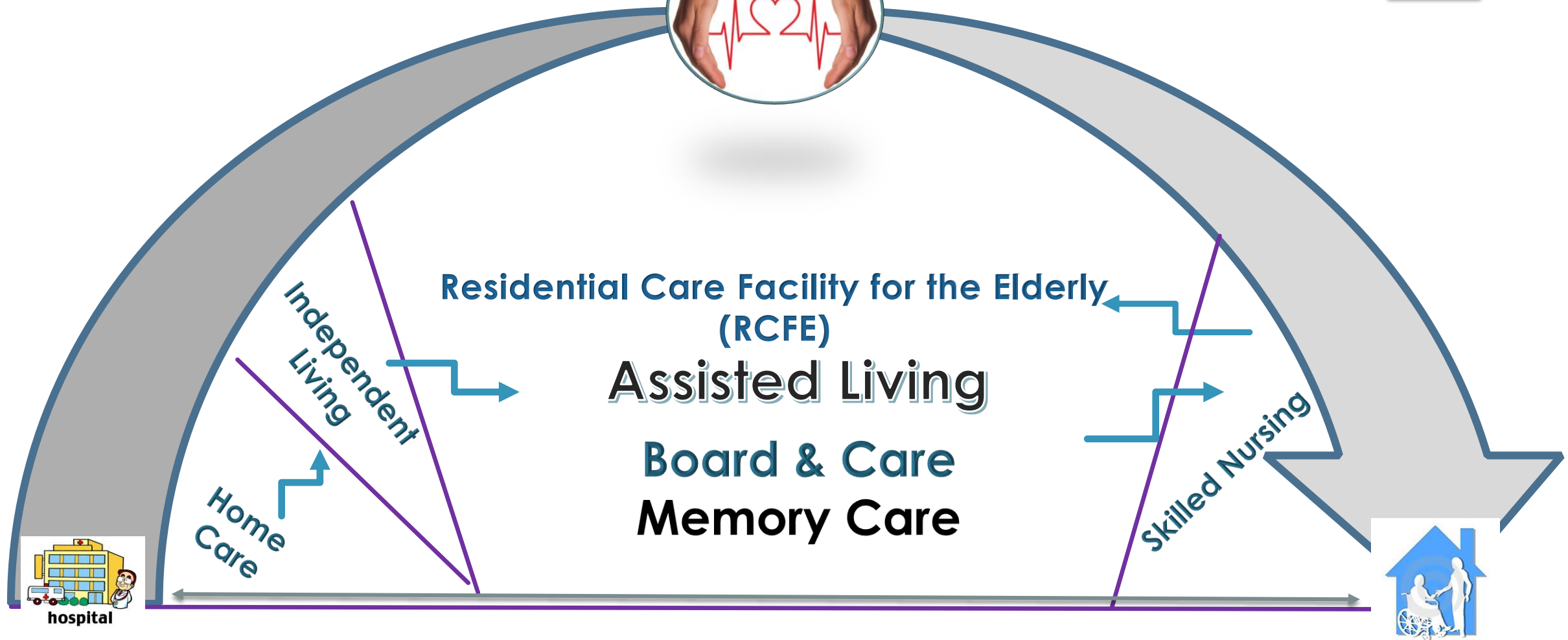








# Care Options





# Continuing Care Retirement Communities (CCRC)



**Independent  
Living**



- Assisted Living
- Memory Care



**Skilled  
Nursing**



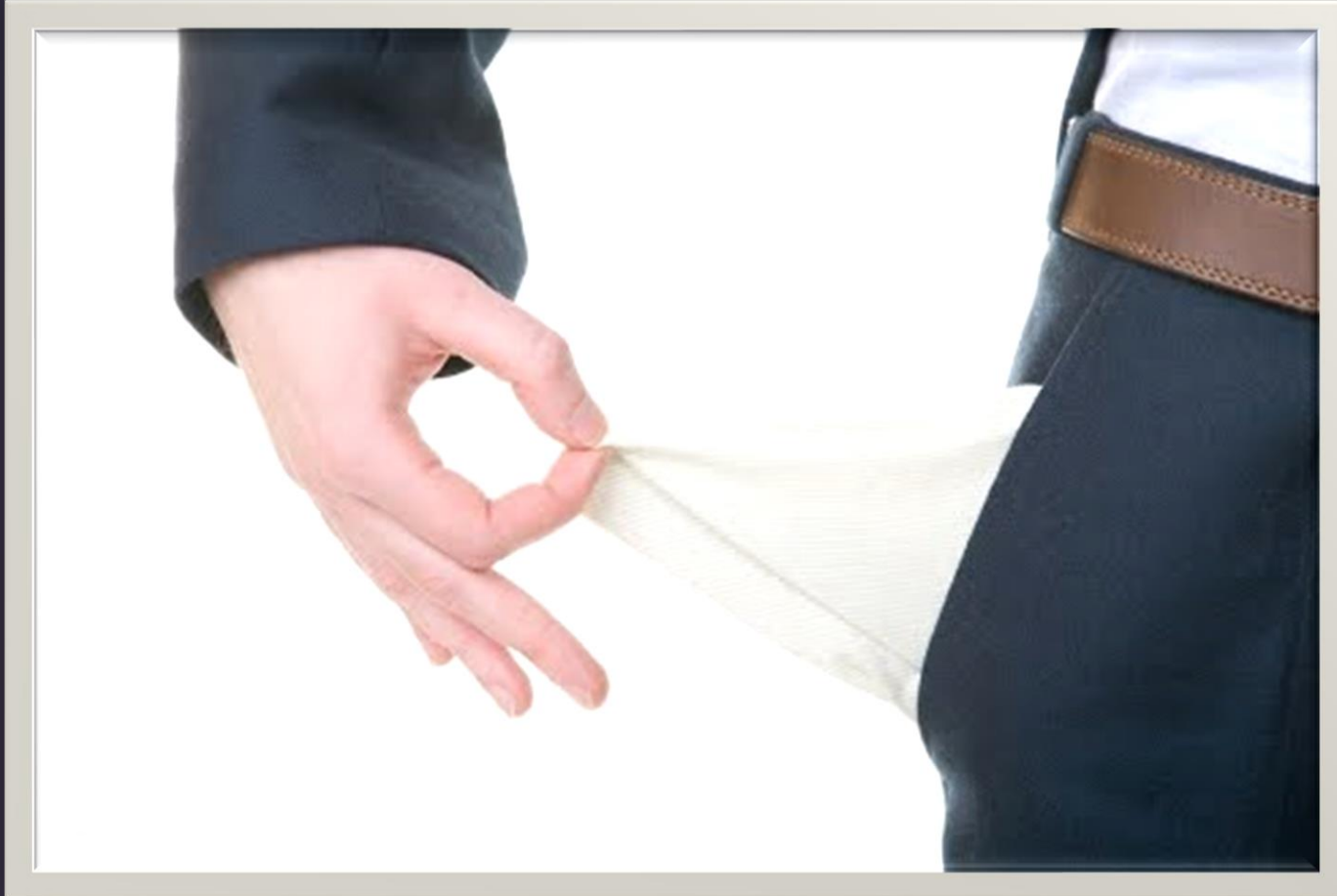
# Long-Term Plan

- It is strongly suggested to plan while you still have time and capacity.
- That saying “Pay now, or pay later” rings true here

Speaking of paying, let's dive into costs of care and payment options...



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**



## Care Costs

# Long-Term Care



Wowza,  
That's A  
lot!

# Long-Term Care (California Average)

## Monthly costs:

- 24/7 Home Care: **\$21,900 a month**
- Independent Senior Living Community: **\$6,825**
- RCFE
  - Assisted Living Facilities **\$5, 595**
  - Board and Care Homes **\$6,750**
  - Memory Care Facilities **\$ 7,500** w/private rooms up to **\$12,000**
- Skilled Nursing Facility: **\$10,298**







# Finding the Money



# Finding the Money

- Paying out of pocket
- Utilizing Assets
  - Borrowing Against Assets
  - Liquidating Assets
- Long-term Care Insurance
- Public Benefits
  - Medi-Cal/Medicaid
  - Veteran's Aid & Attendance



# Paying Out of Pocket



## Own Money

- Monthly Income
  - Social security, pension, RMD
- Cash Savings

**Note:** Often people begin their care journey in self pay while they work on more feasible means, this includes family members providing care or funds for care.

## Utilizing Assets



### Sell or Borrow Against Assets

- Stocks and Bonds
- Other Investments
- Vacation Property
- Home

**Note:** Consider income tax ramifications from selling.

# Long-Term Care Insurance



**Traditional LTC Insurance**  
**Vs.**  
**New Hybrid LTC Insurance**

# Long-Term Care Insurance



## Buying LTC insurance

- Qualifying (Underwriting)
- Price/Paying premiums

# Long-Term Care Insurance



## Using LTC insurance

- When and what does it pay?
- Making claims
- Who does it pay?



# Long-Term Care Insurance



What if you never need the LTC policy?

**Traditional Policy: “Use it or lose it”**

**vs.**

**Hybrid Policy: pays death benefit**

# Public Benefits



- **Medi-Cal/Medicaid**
- **VA non-service connected pension**



**At this point questions arise...**

What about Medicare?

Doesn't Medicare pay?

Medicare pays for **Short**-Term Care

# Medicare- short-term care

- Pays up to 100 days of SNF care needed for rehab or medical care following a 3-day in-patient hospitalization:
  - **Full pay for first 20 days**
  - **Daily co-payment required for remaining 80 days**
- Pays for Hospice care at home or in an ALF or SNF for terminal patients:
  - **Doctor Services on call 24/7**
  - **Nursing Care on call 24/7**
  - **Medical equipment & supplies**
  - **Prescription drugs**
  - **Hospice aide & homemaker services \*neither full time nor permanent**
  - **Social worker services**
  - **PT, OT, ST**
  - **Short-term respite care (in SNF)\***
  - **Counseling- Dietary & grief/loss**



# Basic Eligibility Requirements ~

## Long-term care Medi-Cal & VA pension

1. Aged 65 or over or permanently/totally disabled
2. **Limited Countable Assets/Net Worth**
3. VA additional requirements
  - a. Active duty service in US military during war time period
  - b. Other -than dishonorable discharge
  - c. Income not set off by un-reimbursed medical and care expenses reduces benefit

# Financial Eligibility for Medi-Cal & VA Benefits

## Medi-Cal

- Unlimited exempt assets
- Countable Assets \$2,000 or less
- Well spouse additional countable assets of about \$128,000

## VA (Non-service-connected pension)

- Unlimited exempt assets
- Countable NET WORTH of about \$129,000





# Medi-Cal & VA Pension

## Exempt Asset: The residence



- Current primary residence
- Former primary residence if the individual has an intent to return home or is occupied by spouse or disabled child
- Property contiguous to the residence ( VA limits to 2 acres)



# Medi-Cal

## Additional Exempt Assets

- One-motor vehicle
- Retirement accounts
- Irrevocable trusts (that the applicant cannot access)
- Household belongings and personal effects
- Irrevocable burial accounts
- Cemetery lots
- Term life insurance (no cash value)
- Life insurance policy(ies) with cumulative face value less than \$1,500

# VA Pension

## Additional Exempt Assets

- Motor vehicles of reasonable value required for beneficiary
- Household belongings and personal effects
- Cemetery lots
- Term life insurance and other assets with no cash value

# Medi-Cal & VA Pension



## Countable Assets

- Bank accounts
- Certificates of deposit
- Saving bonds
- Cash
- Additional real estate/ vehicles
- (Most) Annuities
- Stocks/ Bonds
- Investment accounts
- Mutual funds
- Money Market
- Cash value of life insurance

# What if you have too many countable assets to qualify?

1. Liquidate and convert to exempt assets
2. Transfer/gift away to others

**WARNING:** Transfers/gifts subject to 30-60 month lookback penalty period

Advanced planning techniques may limit penalty period for Medi-Cal



# Two Other Important Medi-Cal Rules

1. Share of Cost Rule –  
co-payment determined by  
patient's income
2. Recovery (reimbursement) Rule





# Medi-Cal LTC Benefit & VA Pension A&A Benefit

## **Medi-Cal Long-Term Care Program:**

Pays full cost of medical and custodial care in a Skilled Nursing Facility that exceeds patient's Share of Cost (co-payment) at State Rate, which is about 60% of average private pay rate -

- Medi-Cal LTC Waiver Programs: MAY pay for some of custodial care costs at Home or in approved Assisted Living Facilities that accept Medi-Cal. Patient must otherwise require skilled nursing level of care and have \$zero share of cost – access to program also subject to waiting list and/or waiting period - not available in all counties

## **VA Pension with “Aid & Attendance” Program:**

Pays monthly up to the prorated Maximum Annual Pension Rate (MAPR) determined by # of dependents -

- 2020 MAPR for married veteran who needs aid & attendance: \$2,266/mo
- 2020 MAPR for single veteran who needs aid & attendance: \$1,911/mo

# It's A Wrap

Phew, we've gone over a lot!



OFFICES OF JANIS A. CARNEY

## A full-service Elder law firm:

- Estate Planning
- Elder Care Planning & Advocacy
- Long-term Care Planning
- Asset Protection
- Trust and Estate Administration
- Probate



# Any further questions? 😊



Get a **FREE** 15-minute consultation to answer personal questions.  
Call, Email or visit our Firm's website



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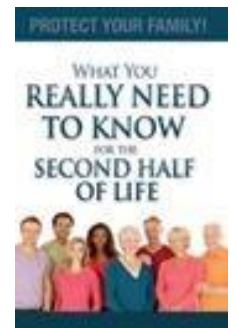
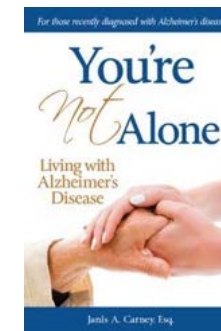
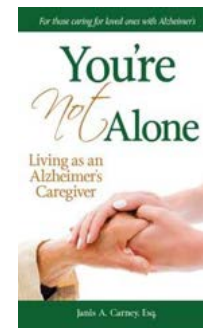


# Thank You

Main Offer



Inventory is low, if main offer runs out, we offer **one** of the following



Call our office for a **FREE** book!

All books are either written or co-written by Janis A. Carney!

408-402-6440

# Christina Irving

## Technology Tools

Gain a practical overview of how technology tools may help family caregivers provide care at home. Technology products like smart phone apps, communication aids, in-home sensors, and webcams can help make a home safer, and help reduce the caregiving workload. Learn how to determine what your needs are, the costs of techtools, privacy considerations, and ease of use.



# Technology Tools for Family Caregivers

**Christina Irving, LCSW**  
**Family Caregiver Alliance**  
**[www.caregiver.org](http://www.caregiver.org)**





# Determining Your Needs

- What are your major challenges or needs?
  - Direct Care
  - Home and Safety
  - Community
  - Caregiver Support
- What would you want a product/service to do?
- Do you live with the person or are you caring from a distance?
- What level of cognitive impairment do they have?



## Cost

- What is the purchase price?
- Is there a monthly fee?
- Will this technology save you money?





# Privacy

- How much information will be shared?
- Is the person needing care able to understand and consent?
- Who will be receiving alerts or messages?



## Ease of Use

- How comfortable are you with technology?
- How difficult is it to install and maintain?
- Who can you call for assistance?
- Do you have the underlying infrastructure needed?

***“Sometimes I think it would be nice to have had a child. You know, just for the tech support.”***

# Choosing a Technology

- Finding what's available:
  - Internet search
  - Other caregivers, aging-services providers and websites
- Does the company seem reputable?
- Will it meet my caregiving needs?
  - What are the limitations and abilities of person using it?
  - What purpose do I want it to fulfill?





# Choosing a Technology

- “Lending Libraries”
  - Try before you buy
  - Senior Centers
  - Independent Living Resource Centers
  - AT Exchange:

[exchange.abilitytools.org](http://exchange.abilitytools.org)

#### Basic Voice Recorder by Olympus DP-201 - 111134

**Available for Loan** Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Basic Olympus Voice Recorder Note Corder DP-201 has the ability to record 98 hours of High Quality Audio or 202 Hours of Low Quality Audio.



#### Big Track "Trackball" with switch - 128776

**Out: Due Back 04/06/2016** Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Bigtrack is a large trackball mouse. This particular model is switch access ready.



#### BigKeys Keyboard - 54966

**Available for Loan** Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

BigKeys KB Qwerty keyboard black/white/colored



#### Califone Voice Saver PA-282 Voice Amplification Device - 109085

**Available for Loan** Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Califone Voice Saver PA-282 is a Personal Amplification Device (PA) to be used by anyone that wants to project their voice. The Device comes with rechargeable batteries/ Charger and Headset Microphone.



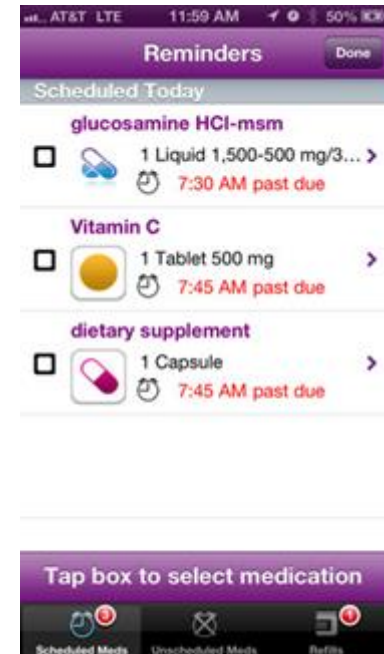
# Direct Care

- **Medication Management**

- Alarm reminds users when to take medications
- Keep pill boxes locked until the appropriate time
- Can send alerts to caregiver
- Speak the prescription information out loud



Medminder



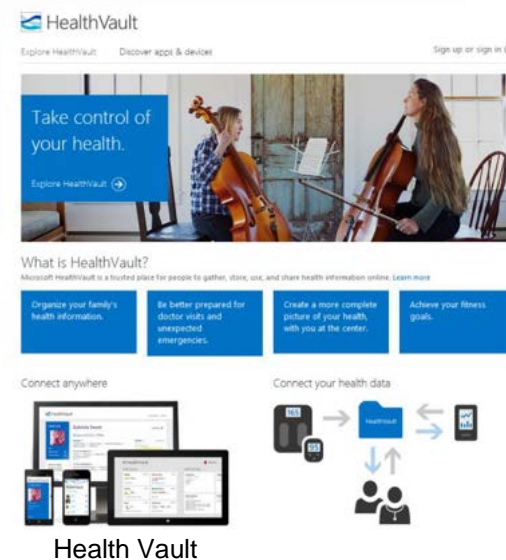
Medcoach

# Direct Care

- **Health Care Management**
  - Monitoring vitals signs
  - Online health information
  - Telehealth
  - Activity monitors
- **Personal Health Records**
  - Maintain health information
  - Communicate/share records



Glucose Buddy



# Direct Care

- **Communication Aids**
  - Hearing tools
    - Hearing amplification
    - Visual alarms
  - Low vision tools
    - Magnification software
    - Text-to-speech tools
  - Speech enhancement tools
    - Voice amplifiers
    - Speech generating



Pocketalker



Silver Magnifier

# Direct Care

- **Entertainment**

- Reminiscing with photos
- Music
- Old movies/TV shows



Grey Matters

- **Exercise**

- Online videos
- Senior center classes online







# Direct Care

- **Daily Tasks**

- Home delivery for meals, medications, supplies
- Transportation
- Personal care tasks

- **Finding In-Home Care**

- Attendant registries

- **Finances**

- Pre-paid debit cards
- Online bill paying



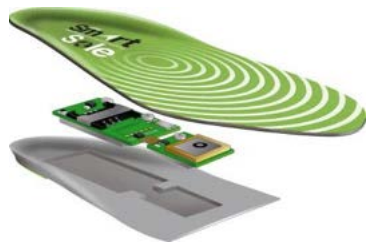


# Home and Safety

- **Fall Detection**
  - Personal emergency response systems (PERS)
  - Sensor pads and wheelchair alarms

- **Wandering/Exit-Seeking**

- Door alarms
- GPS products
- Phone apps
- Mobile PERS



Smart Sole

## CELLULAR CLASSIC

The Cellular Classic System offers traditional in-home medical alert monitoring without the requirement of having a landline.



Base Station



choose two: Wrist Button and/or Neck Pendant

Mobile Help

# Home and Safety

- **Home Monitors**
  - Webcams
  - Audio monitors
  - Motion detectors/lights



- **Home Sensor Systems**
  - “Smart homes”
  - Environmental and activity sensors

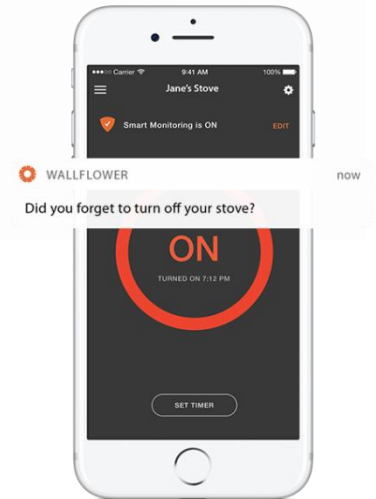




# Home and Safety

- **Cooking**

- Automatic stove shut-offs
- Smart plugs with timers
- Motion sensors
- Knob covers





# Community

- **Care Coordination**
  - Information sharing
  - Shared calendars and tasks
  - Web-based sites and/or apps



Cozi





# Community

- **Video Chatting**
  - Stay in touch with distant family and friends
  - Visual check with care receiver
  - Web-based sites and/or apps
- **Online Communities**
  - Support groups and forums
  - Social network groups
  - Connect with other caregivers
  - Keep up to date with information

# Caregiver Support

- **Stress Management**
  - Meditation and deep breathing apps
  - Mood monitoring
  - Journaling
- **Physical Health**
  - Exercise and nutrition apps
  - Sleep apps



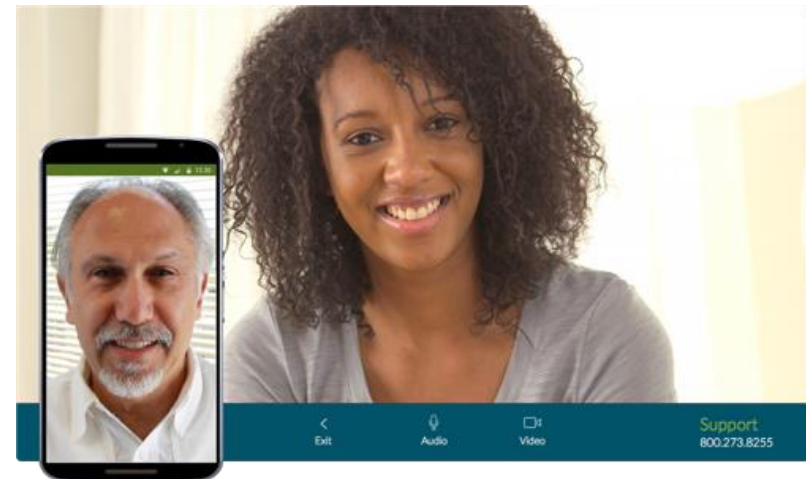
Breathe 2 Relax





# Caregiver Support

- **Telehealth Counseling**
  - Online or phone based
  - HIPPA compliant/Privacy concerns
  - State by state licenses
  - USC Telehealth



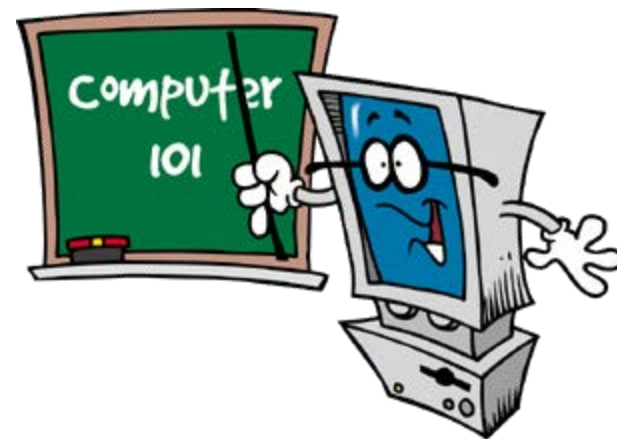
Breakthrough – MD Live





## Where to Get Help

- Local senior center classes
- Public library
- Lifelong learning centers





[About FCA](#) [Caregiver Education](#) [Policy & Advocacy](#) [Caregiver Connect](#) [Press](#) [Contact Us](#)



For 40 years Family Caregiver Alliance (FCA) has supported and sustained the important work of families and friends nationwide who care for adult loved ones with chronic, disabling health conditions.

- ▶ [Subscribe to FCA newsletters](#)
- ▶ [Online support groups for caregivers](#)
- ▶ [Share your caregiver story](#)
- ▶ [WE CALL IT caregiving](#)
- ▶ [Visit FCA's 40th Anniversary page](#)

FCA CareJourney video and join/login access

Best practice caregiving | Guiding organizations to dementia programs for family caregivers

#### Best Practices for Professionals

An easy-to-use, data-rich resource that offers providers detailed information on more than 40 proven dementia care giving programs located across the U.S.:

- ▶ [Compare programs by feature](#)
- ▶ [Select programs that best match your client](#)
- ▶ [Learn from key research studies & real-world experiences](#)

[Visit Now](#)

Online Learning Center



Welcome to FCA CareNav, a secure online service for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

Learn more about CareNav with this short interactive video and demonstration.

[Play Video](#)



Ready to start your CareNav?



The FCA Learning Center is our new home for caregiver education! With resources from FCA's vast library of caregiving knowledge visit the Learning Center to read, watch, listen, and learn online from anywhere at anytime. Drop in now!

FAMILY CARE NAVIGATOR

Click on Your State



# DASHBOARD

- FCA Resource Specialist
- Resources
- Messaging begins for those eligible

## Nicole's Dashboard

### Welcome back!

Based on your CARE REVIEW responses we have provided some suggested resources and support options in the "My Resources" box on the right.

An FCA Resource Specialist will be assigned to support you.

You can also reach an FCA Resource Specialist at the number under "My Support Team" if you need more immediate assistance.

## Inbox

New Message

Search



## My Support Team

Collapse

-  **Caregiver**  
Nicole Caregiver
-  **Currently Caring For**  
Dad Michael
-  **FCA Resource Specialist**  
415.434.3388  
800.445.8106

## My Resources

Collapse

-  **PLANNING FOR CARE**  
Legal Planning for Incapacity
-  **SELF CARE**  
Emotional Side of Caregiving
-  **DIRECT CARE**  
Caregiver's Guide to Understanding  
Dementia Behaviors
-  **GENERAL**  
About Family Caregiver Alliance (FCA)
-  **RESOURCE LOCATOR**  
National Care Resources
-  **SMART PATIENTS**



## FCA Learning Center™

Learn

Search

About



### Read

Articles, fact sheets, and tips online or printed



### Watch

Webinars, videos, and slide shows



### Listen

Meditations and teleconferences



### Attend an event

Upcoming events, in-person classes, support groups, webinars, and conferences



### Take a class

Sign-up for and take online short courses on important caregiving topics

Welcome to the FCA Learning Center, an online learning community offering information, training, classes and more on your schedule. We have consolidated our information across print, audio and video to make it easier to find and use our educational resources.

Some caregivers find it difficult to attend an educational event so we brought the classroom to you by taking our most popular education programs and putting them online. The FCA Learning Center will be continually adding classes, training videos and materials. With your FCA Learning Center registration, we can notify you when new materials, classes and webinars are added.

### Recommended Reading

PLANNING FOR CARE

**"How to Find Care for LGBT Seniors": A New PBS**

SELF CARE

**"Parenting" Your Elderly Parents**

Marv, a 54-year-old

PLANNING FOR CARE

**10 Tips for Hiring In-Home Help Through an Agency**

SELF CARE

**A Caregiver's Bill of Rights**

I have the right... To





Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through [education](#), [services](#), [research](#) and [advocacy](#).

**Contact us:**

Toll-free: (800) 445-8106

SF Office: (415) 434-3388

101 Montgomery Street, Suite 2150,

San Francisco, CA 94104

<http://www.caregiver.org>

**Social Media Channels:**

[Facebook](#)

[Twitter](#)

[YouTube](#)

[LinkedIn](#)

• **FCA established the [National Center on Caregiving \(NCC\)](#)**, to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country. The NCC sponsors the [Family Care Navigator](#), a state-by-state resource locator designed to help caregivers locate support services in their communities.

• **FCA also operates the [Bay Area Caregiver Resource Center](#)** in the six-county San Francisco Bay Area. The staff of family counselors works closely with families caring for ill or elderly loved ones. Our services, education programs and publications are developed to offer these families direct support, vital information, and effective tools to manage the complex and demanding tasks of caregiving.

# Technology Tools for Caregivers

## Examples of Available Tools

Family Caregiver Alliance

*The world of technology changes quickly and new tools and apps are created regularly. Below are some examples of tools that currently exist, but this is by no means an exhaustive list. Prices are listed where applicable and were accurate at the time this handout was updated. FCA doesn't endorse any specific product or service.*

### Direct Care

#### Medication Management

- Medminder - Automatic medication dispenser ; \$50/month and up depending on features; [www.medminder.com](http://www.medminder.com) (Product)
- Medisafe – Medication reminders; Free app for Android and iPhone; [www.medisafeapp.com](http://www.medisafeapp.com) (App)
- ScripTalk – Audible prescription bottle system; may be free from pharmacy; [www.envisionamerica.com/products/scriptability/](http://www.envisionamerica.com/products/scriptability/) (Product)
- MedReady Inc – Automatic medication dispenser; \$150 and up for equipment, no monthly cost for non-monitored, \$16/mo for monitored; [www.medreadyinc.net](http://www.medreadyinc.net), (Product)
- PillPack – Medication delivery service that presorts meds; regular copays if they accept your insurance; [www.pillpack.com](http://www.pillpack.com), (Service)
- Reminder Rosie – Voice-controlled reminder system; \$80 and up; [simpltec.com/reminder-rosie](http://simpltec.com/reminder-rosie) (Product)

#### Health Care Management

- Symple –Tracks symptoms and other health signs; Free for basic version; iPhone; [www.sympleapp.com](http://www.sympleapp.com) (App)
- Heal – Telehealth medical visits; accepts some insurance and Medicare plans or \$79; [heal.com](http://heal.com) (App or Website)
- Doctor on Demand – Video conference with doctor, therapist, psychiatrist; some insurance and Medicare plans accepted or \$75 and up/visit; [www.doctorondemand.com](http://www.doctorondemand.com) (App or Website)

#### Personal Health Records

- WebMD Health Manager – Online health record; [www.webmd.com/phr](http://www.webmd.com/phr)
- Everplans – Online financial and legal planning document storage; \$75/year; [www.everplans.com](http://www.everplans.com)
- MyDirectives – Digital platform for advance care planning; free; website and iPhone app; [www.mydirectives.com](http://www.mydirectives.com)

#### Communication Aids

- TV Ears – Hearing amplification tool for tv; \$130 and up; available at electronic stores/online (Product)
- Pocketalker – Personal hearing amplification; \$140 and up; available at electronic stores/online (Product)
- Telephone amplifiers - \$20 and up from electronic stores (Product)
- The Bean Quiet Sound Amplifier – in ear sound booster; \$230 and up; [www.etymotic.com](http://www.etymotic.com) (Product)
- California Telephone Access – Free specialized phones; [www.californiaphones.org](http://www.californiaphones.org)
- Verbally app – Speech-generating app; free for iPad; Premium version costs \$99 (App)



## Entertainment

- Grey Matters – Free iPad app; upload pictures and create music playlists; \$5 monthly subscription; [www.greymatterstous.com](http://www.greymatterstous.com) (App)
- SingFit – App designed for iPhone or iPad; sing along with or record songs; free to download app with limited songs but \$4.99/mo for full song library; [www.singfit.com/](http://www.singfit.com/) (App)
- Joy For All Companion Pet – Robotic cat or dog that purrs; \$65-130 [joyforall.hasbro.com](http://joyforall.hasbro.com), (Product)
- Well Connected – Telephone or online senior activity program; free; [www.covia.org/services/well-connected](http://www.covia.org/services/well-connected) (Phone or Online)
- Miigen – Digital time capsules; free app for Phone or iPad; [www.miigen.com/](http://www.miigen.com/) , (App)

## Daily Tasks

- Task Rabbit – App for iPhone and Android used to find and hire individuals to perform chores and tasks; cost varies by task; [www.taskrabbit.com](http://www.taskrabbit.com); (App and Service)
- Instacart – Website and app for iPhone and Android; order from local stores for delivery; costs based on prices of product, order size, and delivery time; [www.instacart.com](http://www.instacart.com) (App and Service)
- Shortcut – App for iPhone and Android; find a barber or hairstylist that will do home visits; limited locations; cost varies by cut but starts at \$40-50; [www.getshortcut.co](http://www.getshortcut.co) (App and Service)
- GoGo Grandparent – Phone based service to connect seniors to on-demand ride services; cost is price of ride plus \$0.27/minute for concierge; [gogograndparent.com](http://gogograndparent.com) (Service)
- Liftware – Stabilizing utensils; \$195 for starter kit, \$35 for additional attachments; [www.liftware.com](http://www.liftware.com) (Product)
- Gillette Treo – Razor designed for assisted shaving; \$8 for a 4 pack; [www.gillettetreo.com](http://www.gillettetreo.com) (Product)

## Home Care

- CareLinx – Home care provider registry and service; cost varies depending on provider; 20% service fee covers payroll and tax processing as well as background checks; [www.carelinx.com/](http://www.carelinx.com/) (App and Service)
- Care.Com – Home care provider registry and services; cost varies depending on provider plus monthly subscription fee; [www.care.com](http://www.care.com) (Service)

## Home and Safety

### Fall Detection

- Mobile Help – PERS; \$25/month and up, [www.mobilehelp.com](http://www.mobilehelp.com) (Product)
- Sensor Pad Alarms – Fall detection/motion pads; some have remote alarms; \$120 and up; medical supply stores and websites (Product)
- Wheelchair Alarms – Fall detection; \$35 and up; medical supply store and websites (Product)
- Safe Wander – Small button sensor worn on patient sends alert when person gets up; \$200; requires app on phone also; [www.safewander.com/](http://www.safewander.com/) (Product)

## Wandering/Exit Seeking

- Theora Care GPS Locator Watch - \$370 for watch, \$35/mo for monitoring; Alzheimer's Store (Product)
- GPS Smart Sole – Insole for shoes; \$300 per pair; \$30/month; [www.gpssmartsole.com](http://www.gpssmartsole.com) (Product)
- Life 360 – App for Android and iPhone; tracks other phones that are in your network; free for basic (App)
- iTraq – Tracking device with app for iOS or Android to track motion; geofencing; SOS button; \$130 upfront and \$8/mo; [www.itraq.com/](http://www.itraq.com/) (Product)
- Simpl Alerts – Door alarms and motion sensors with remote alarms; \$40 and up depending on features; [simpltec.com/wander-alert](http://simpltec.com/wander-alert) (Product)

## Home Monitors/Sensor Systems

- Motion Detector with Remote Alarm – \$60 and up; home improvement stores and [www.alzstore.com](http://www.alzstore.com) (Product)
- Tru Sense – Home sensor system; includes Amazon Echo Dot; can add GPS devices also; \$299 and up for product; \$40/month; [www.mytrusense.com](http://www.mytrusense.com) (Product)
- Safe In Home – Home sensor system; \$80/month and up; [www.safeinhome.com](http://www.safeinhome.com) (Product with app)
- Ask My Buddy – Service that connects with Alexa or Google Home to call for help from contact list; free for 10 messages then \$3-6/month for more; must have Amazon Alexa or Google Home; [www.askmybuddy.net/](http://www.askmybuddy.net/) (Service)
- Presence Family – Home sensory system; \$300 for system and \$100/month; [presencefamily.com](http://presencefamily.com) (Product)
- teleCalm – Prevents incoming calls unless from an approved list; replaces existing phone service; \$50/mo; [www.telecalmprotects.com/](http://www.telecalmprotects.com/) (Product and Service)

## Stove Safety

- CookStop – Uses motion sensors to determine if someone has left the kitchen unattended for too long a time period and will then shut off the stove; electric stove only; \$389 and up; [www.cookstop.com/](http://www.cookstop.com/)
- Wallflower – Sounds alert behind the stove when it has been left on for longer than normal, also sends alert to phone; electric stove only; \$149; [wallflower.com](http://wallflower.com)
- iGuard – Uses motion sensors to determine if someone has left the kitchen unattended and will shut off the stove; available for gas and electric but gas stove product has additional step to initiate use; \$595 for electric, \$695-725 for gas; [iguardfire.com](http://iguardfire.com)

## Community

### Care Coordination

- CareZone – Free site with app for Android and iPhone: [carezone.com/home](http://carezone.com/home) (Website and App)
- Lotsa Helping Hands – Free site with app available; [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com) (Website and App)
- Cozi – Free site with app for Android and iPhone; [www.cozi.com](http://www.cozi.com) (Website and App)

### Video Chatting

- Skype – Free; [www.skype.com](http://www.skype.com)
- Google Hangout – Free; [hangouts.google.com/](http://hangouts.google.com/)
- Facetime – Free; iPhone, iPad or Mac; [www.apple.com/mac/facetime/](http://www.apple.com/mac/facetime/)

- Amazon Echo Show – Allows video calls between 2 devices; Drop-In feature connects to another device linked in your account automatically; \$130 and up; [www.amazon.com](http://www.amazon.com) (Product)

## **Online Communities**

- Alzheimer’s Association – Message boards; [www.alzconnected.org/](http://www.alzconnected.org/)
- Family Caregiver Alliance – Online support groups via email; [www.caregiver.org/support-groups](http://www.caregiver.org/support-groups)
- Smart Patients – Online support group communities grouped by diagnosis and caregiving; [www.smartpatients.com](http://www.smartpatients.com)

## **Caregiver Support**

### **Stress Management**

- Breathe2Relax – Deep breathing app; free for Android and iPhone (App)
- Virtual Hope Box – Self-care tools and activities that can be personalized; on Android and iPhone (App)
- Sanvello – Meditation practice app; also features journaling and symptom tracking features; free to download and use but some features require subscription of \$9/month; on Android and iPhone; [www.sanvello.com/](http://www.sanvello.com/) (App)
- UCLA Mindful Awareness Research Center – Free guided meditations; [www.marc.ucla.edu](http://www.marc.ucla.edu) (App and website)
- T2 Mood Tracker – Monitor and track moods; Free app for Android and iPhone (App)
- Penzu – Free private online journal with apps available for Android and iPhone; [www.penzu.com](http://www.penzu.com)
- Daily Caring – Website and newsletter with tips for caregivers; [www.dailycaring.com](http://www.dailycaring.com)

### **Physical Health**

- My Fitness Pal – Track exercise and food; free app for Android and iPhone (App)
- Sleep Blue App (iPhone) and Twilight app (Android) – Adjusts level of blue light on your phone to help reset circadian rhythm; has white noise or sound features (App)

## **More Information**

### ***Where to Browse Products***

- Tech Care - [techcarehq.com/](http://techcarehq.com/)
- Alzheimer’s Store - [www.alzstore.com](http://www.alzstore.com)
- Tech Enhanced Life - [www.techenhancedlife.com](http://www.techenhancedlife.com)

### ***Where to Get More Help***

- Check out your local library or senior center. Most offer classes or groups on using computers or technology.
- California Department of Aging – Resources to Bridge the Digital Divide; [aging.ca.gov/covid19/Digital\\_Divide/](http://aging.ca.gov/covid19/Digital_Divide/)

# Barry Jacobs

## Learning to Live and Cope with High Stress

Family caregiving can be joyful but is almost always still stressful. In this interactive workshop, Dr. Barry J. Jacobs, a noted clinical psychologist and family therapist will discuss ways that caregivers can change their reactions to caregiving's challenges if they can't change caregiving's arduous circumstances. We'll practice breathing exercises, visualization, the 5 Senses and other forms of mindfulness that caregivers can easily learn and incorporate into their daily routines to better manage stress.

## Reducing Family Caregiver Stress

By Barry J. Jacobs, Psy.D.  
October 3, 2020

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## ■ TODAY'S TALK

- + What is stress?
- + Changing your situation
- + Changing your reaction
- + What is mindfulness?
- + 4 Mindfulness exercises





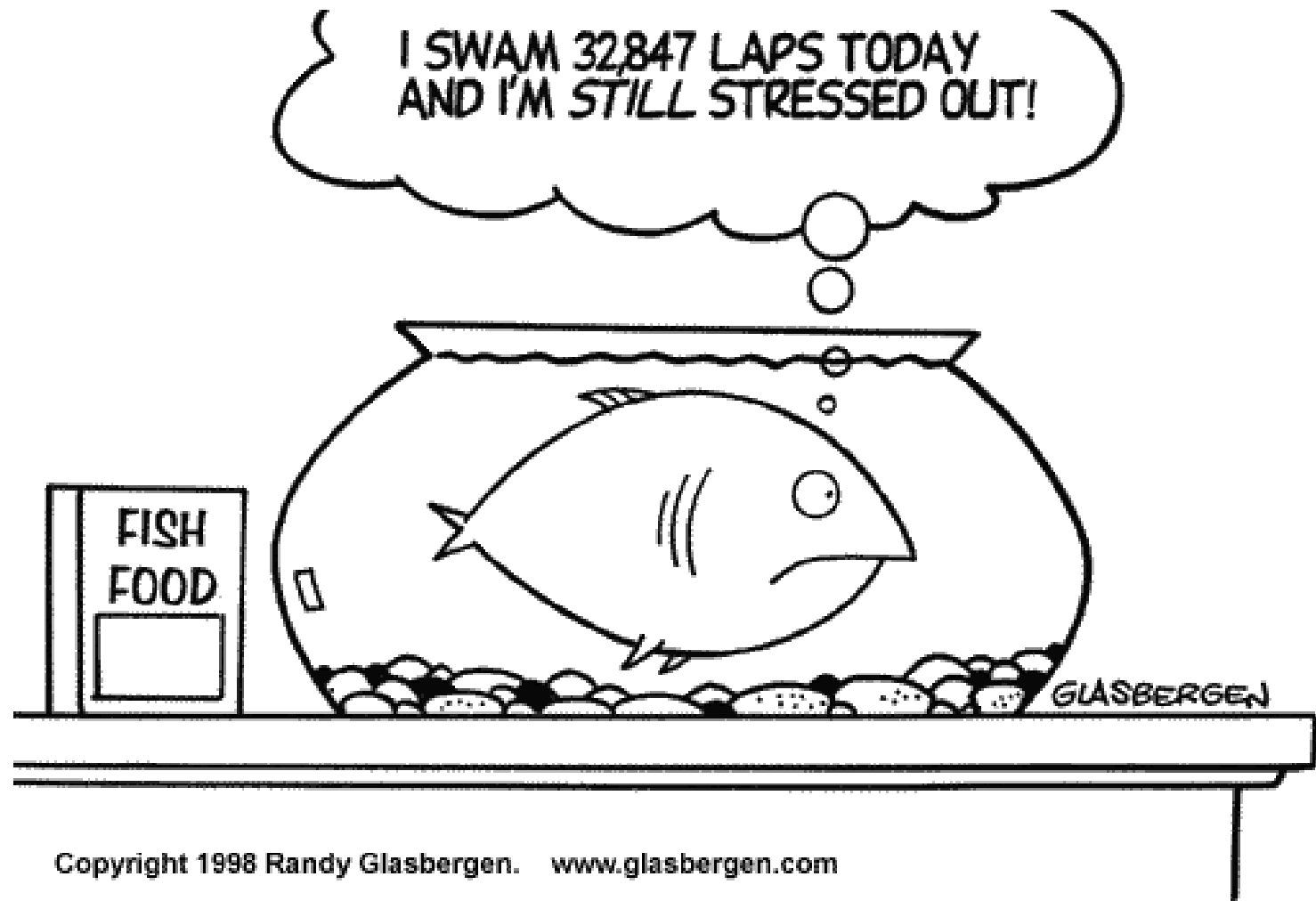
- ***Please rate your current stress level from 1 to 10. (1 is no stress; 10 is severe stress)***
- ***Please type your response into the chat box but don't hit ENTER yet***



# HOW NOT TO MANAGE STRESS

- Overeating
- Over-spending
- Excessive tobacco and alcohol use
- Drug use
- Sexual promiscuity
- Picking a fight with your spouse
- Yelling at your care recipient

Physical  
Exercise,  
Anyone?



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# Stress Reduction Kit



Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

# WHAT IS STRESS?

---

**The normal strain of having to adapt to any change**

---

Negative changes (e.g., lose job) or positive changes (e.g., get married)

---

**Novelty**

---

**Unpredictability**

---

**Threat to routine, comfort or safety**

---

**Sense of loss of control**

---

EFFECTS  
GOOD AND  
BAD

---

Stressful event sets off cascade of hormonal changes in body causing our hearts to beat faster, increased breathing, increased blood flow to muscles and heart

---

Men: “fight or flight” response

---

Women: “fight or flight” followed by “tend and befriend” —seeking affiliation to decrease stress



## EFFECTS (cont.)

- Good effects—stress response prepares us to take swift action
- Inverted “U”—too little and too much stress not good for performance
- Bad effects—feelings of tension, irritability, mood swings, decreased concentration, decreased memory, distractibility, feeling overwhelmed



## EFFECTS (cont.)

- Prolonged or severe stress increases for:
- Anxiety and depression
- Decreased immune system functioning
- Digestive problems
- Asthma attacks
- Skin disorders
- Increased pain perception
- Heart attacks, strokes



- ***What do you do to manage the stress of your caregiving situation?***
- ***Please type your answer in the chat box but don't hit ENTER yet***



# Changing Your Caregiving Situation

---

- Modify medical condition
- Use technology, PT/OT to decrease functional demands
- Create new efficiencies
- Reduce your responsibilities through enlisting family members, hiring professionals or empower care recipient to do more (if possible)

# Changing Your Reaction: Basic Self-Care



- Biology: sleep, food, drink exercise
- Psychology: thoughts, feelings, beliefs
- Social: isolation vs. connection, conflict vs. harmony



## Changing Your Reaction: Mindfulness

- Not regretting the past nor worrying about the future
- Keeping your attention focused on the present moment
- “Non-reactive awareness”
- Creates greater resilience, gratitude

# 5 Senses Exercise

- First, notice 5 things you can see
- Second, notice 4 things you can feel
- Third, notice 3 things you can hear
- Fourth, notice 2 things you can smell
- Finally, pay attention to 1 thing you can taste



# Diaphragmatic Breathing

- Find comfortable position
- Breathe in through your nose and out through your mouth
- Take air into you belly so that it rises with each inhalation and falls with each exhalation
- Breathe in a steady rhythm that feels comfortable to you



# Body Scan



Visualization





*Thoughts?  
Questions?*

- Barry J. Jacobs, Psy.D.
- Principal, Philadelphia Office
- [bjacobs@healthmanagement.com](mailto:bjacobs@healthmanagement.com)
- 267-408-6456



# Alex Morris

## Dealing with Parents and Resistance

Alex has a Master's degree and is a credentialed gerontologist with 25 years of experience working with individuals and families affected by dementia. She was the director of an assisted living, adult day program, a weekend retreat for brain injured adults and a State Certified Ombudsman. Alex has facilitated an early stage support group, interacting with people living with dementia on a weekly basis for the past 8 years. For the past 20 years, Alex has provided community and professional education for the Alzheimer's Association of Northern California.

# Dealing with Parents with Resistance



ALEXANDRA MORRIS

---

CREDENTIALLED PROFESSIONAL GERONTOLOGIST

CERTIFIED GERIATRIC CARE MANAGER



# What we will cover

---

Physical and cognitive challenges of aging

Discuss the factors that lead to resistance in caregiving with aging parents

Approaches and techniques that will assist you in gaining cooperation

Reasonable expectations for them and you

---

Today's presentation is NOT about elder abuse, undue influence, acute situations or decades of disfunction

# “Nobody Here Gets Out Alive”

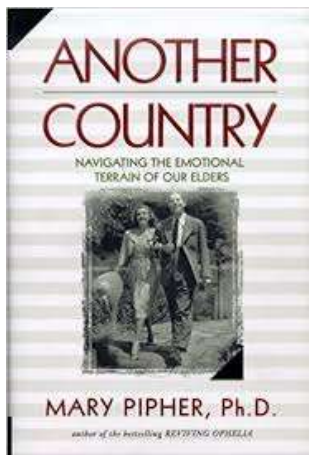
~ Jim Morrison

---

Live healthy and die suddenly or after a short illness

OR

Get older, live with multiple chronic illnesses, become weaker and require assistance



---

Concepts of Young Old and Old Old

The time for planning and beginning to use services is Young Old



# What are our long term care choices as we age?

---

Remain in home, Move in with relatives, Senior Living Facilities



# Services in Senior Independent Living Communities

---

Meals

Socialization

Activities in and out of the facility

Shopping Trips

For extra \$ laundry and housekeeping



# Services in Senior Assisted Living Communities

---

Meals

Socialization

Activities in and out of the facility

Shopping Trips

Laundry and housekeeping

Assistance with Activities of Daily Living (ADL's)

Limited monitoring for safety and comfort





# Remaining in your Home Successfully, Assistance with:

---

Meals

Socialization

Activities in and out of the home

Shopping Trips

Laundry and housekeeping

Assistance with Activities of Daily Living (ADL's)

Some monitoring for safety and comfort

Maintenance of home and yard





# Physical, emotional and cognitive changes that will necessitate assistance by others

---

Chronic illnesses; such as diabetes, heart disease and kidney failure

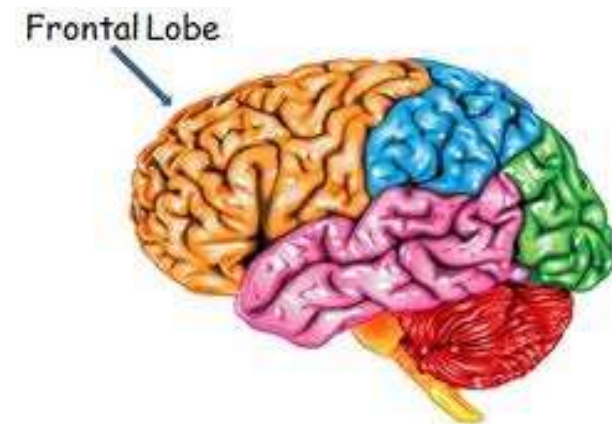
Multiple medications

Pain management

Challenges with balance, strength, range of motion and stamina

Emotional health; including depression and anxiety

Cognitive decline



# What influences our behaviors and choices as we age?

---

## Personality Type

- Type A - The Go Getter
- Type B – Relaxed and Social
- Type C – Rule Abiding Perfectionist
- Type D – Distressed and Sensitive to Others

## Personal Experiences

- Early family experiences
- Adult relationship experiences
- Number of stressors in the course of your life and experiencing now
- Perceived success
- Perception on how others see you and treat you

## Cultural Influences and Cohort

- Where did you spend your formative years?
- Did your family follow the rules and norms of a particular culture?
- What time did you grow up in? What is your generation or cohort?

# Americans are taught Individualism: To our peril

---

Being independent is *strong and successful*, and being dependent is *weak and subservient*. What about the concept of interdependence? What about the concept of resilience?

Many elders resist assistance because of this perception.

“Mom let me take you to the doctor. It is better for two people to hear the same information and ask questions.”

- Daughter feels **helpful and involved**
- Mom may feel that her daughter thinks she is **not capable** anymore. She **fears** for her independence and that she will be **controlled** more and more. This fear can lead to **despair, anger, withdrawal** and **feeling overwhelmed**.

# Who here likes being told what to do?

---

Most adults, especially older adults do not like being told what to do

True story: Meet Mary

1. Mom not eating well and losing weight
2. House is unkempt
3. More exercise
4. More social: Get to the senior center
5. Transportation: Never drove so need to use Uber
6. Get her to stop smoking. She has been smoking for over 60 years.
7. Get local son more involved

# Tip 1: Start and Move Slow

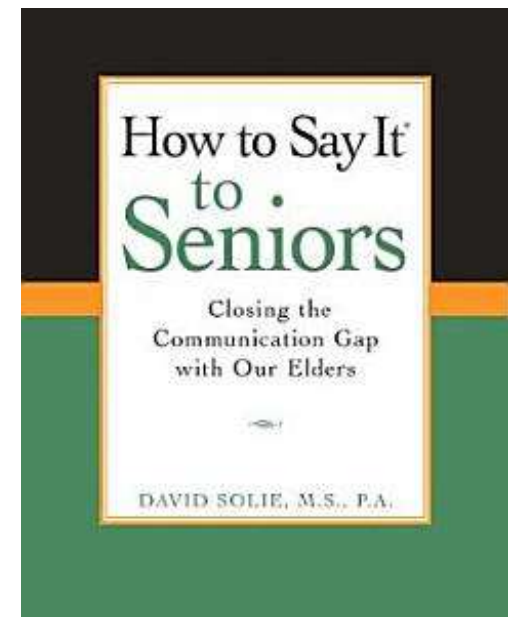
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The issues were likely developing for years, it will take more than a day or week or month to reverse course

Excellent Book on this topic: How to Say it To Seniors, by David Solie

He focuses on developmental needs of:

1. Elders
  - Legacy Work
  - Maintenance of control
2. Middle Age
  - Get things done and quickly



## TIP 2: Find a perceived need and meet it

---

Many elders can no longer drive or drive in a very limited way. For those with normal cognition, they know this is a need. Fill the need.

Resist pushing on other issues immediately, unless there is a crisis

Seriously, resist your impulse to bring up many topics and push for quick action

See Tip 1





# Tip 3: Use an Advocate

---

Is there anyone the elder trusts or confides in? A sibling, old friend, beloved granddaughter, religious leader, doctor, or attorney

Often our parents won't listen to us, the kids, but will to peers or professionals. Some families hire Geriatric Care Managers\* to help. Here is how to find them: [www.caremanager.org](http://www.caremanager.org)

Give some thought to those you haven't considered. Perhaps someone would be willing to help if you just asked.

\* They are also called Aging Life Care Professionals



# Tip 4 : Avoid the Intervention

---

Do not call a family meeting with the elder with your agenda to point out all the concerns, examples of problems and push for a decision or agreement on change now

The person that they have the best relationship with should be the one to start having the conversation. If not available or on board, the next best person.

Consider that the person should have a gentle manner, good listening skills and not push their agenda. The key is to open the dialogue.

Some suggestions:

- “Mom we are all getting older and I wanted to talk about the future.”
- “Where do you see yourself in 5 years?”
- “If I noticed any changes in you, would you want me to tell you?”

# Tip 5: The Conversation (Actually this is many tips)

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The main goal of the first conversation is to introduce the idea of getting help / using services. Set the expectation that decisions do not need to be made today.

Choose a quiet, non stressful moment and environment

Avoid a time that the elder is focused (perseverating) on something else

Avoid this conversation during family gatherings and holidays

Ask questions and listen (more on this on the next slide)

Research some options and be willing to present them as choices\*

Make the talk less than an hour. We don't want to lose ground by overwhelming

Present any changes as a trial period

Think about some aspect they can appreciate or perhaps enjoy. For example, if your parents core value is helping others when they can, they may agree to in-home help, as that person needed the education credits or work experience.

Be encouraging and tell them you and others are happy to be supportive. Tell them if **they** are doing well, then the whole family (or care circle) will do well

If appropriate, do something enjoyable after the conversation

\* Sourcewise, Alzheimer's Assn, Family Caregiver Alliance and AARP can assist you with resources in your community and can provide more information on this and other topics for elder caregiving

# Tip 6: Ask Questions

---

If mom refuses to let you take her to the doctor, gently ask her what you accompanying her to her doctor means to her. Try to get at the messages she is telling herself

Common Objections:

- I don't want to be a burden
- My kids are so busy with their own lives
- I don't need anyone to help me

Go deeper but back off if you sense anger or defensiveness

Once you have uncovered one or more objection, then you can address it

# Example: Back to Mary

---

Not eating and losing weight...why?

Food doesn't taste so good anymore

Stomach hurts (this has been checked out with her doctors)

Too tired

Not hungry

I look a mess

# Tip 6: Create reasonable expectations, with your parents participating in the goals and timelines

---

Limit initial goals to 2. Once progress is made, especially if the parents are happy with the outcomes, then add another

Run your reasonable expectations by trusted family, friends or professionals. For example, you say the house is unkempt. What does that really mean?



# Tip 7: Talk about paying for services

---

Different sensitivities to how much money is enough

- Medicare or Medi-Cal will pay for it
- Not my money, it's in a trust

Different risk comfort level

Autonomy versus safety

Saving for a rainy day

Legacy: Leaving the family home and other assets to the children





# Adult Children Feel Frustrated

---



Often see the choices as black and white, yes or no

I am asking that you really look at yourself and your interactions with your parents

Common comments from adult children:

- “Mom says no and she is my mom, so that is that”
- John: “I can’t force him to bathe, do you expect me to pick him up and drag him to the shower?”
- “I don’t want to alienate my parents by pushing”
- “Dad is so stubborn and fiercely independent, he won’t agree to anything I suggest”
- “It shouldn’t be this way”
- “I feel so guilty”

# It is time for creativity and finesse

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Back to Mary: Eating

Back to John: Bathing

Meet Martha: Bad food



Question: What would happen if you just did what was needed? Answer: They would get mad.

Question: What does mad look like?

---

Would they be socially appropriate in public? Or in front of other people?

Silent Treatment?

Cry?

Yell?

Threaten you or others?

Posture?

Throw things?

Hit you?



**And how long to get over it? An hour, a day, a week, a month, never?**

**What about the possibility they won't get mad at all? 50%? 20%? 5%?**

# Make it Happen: Beg Forgiveness

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Pick up mom for the appointment

Hire a caregiver

Hire a cook or maid service

Clean out the fridge when they are not home

Order groceries online and have delivered

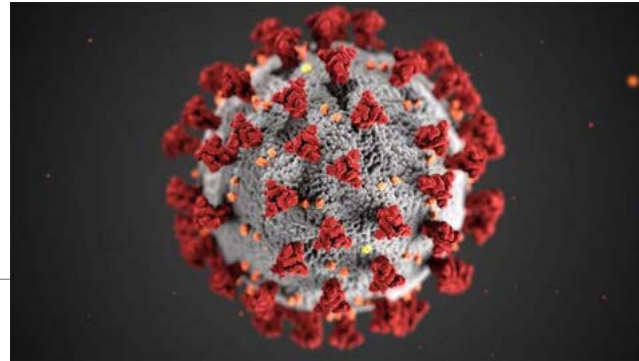
Provide no rinse shampoo or a manicure

**And be sure to do enjoyable activities with your parents as well**



# Covid-19

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Services such as adult day programs and senior center programs are currently not available

Informal gatherings in-person are not happening in many places

Isolation and loneliness. Technology can help, when family / elders know how to use. *Handout on this*

Difficult for families to provide advocacy and support if they don't dare visit or visit for short periods. Video calls can be difficult

Fearful of letting outside in-home care staff in the home to help

Difficult for families to know how their parents are doing even if they are living in Independent Living, Assisted Living or Memory Care

# Long Distance Caregivers

Acknowledge that long distance caregiving is extremely difficult, especially right now

Don't dare visit because of Covid-19 risks?

Don't dare fly to visit because of Covid-19?

Families sometimes take turns being the helper / advocate

More than ever rely on others. Family in the area, close family friend, neighbors, church and other volunteers or paid professionals

<https://lotsahelpinghands.com/> Easily help organize help for someone in need

Families sometimes prepare for the crisis by setting up a place for their parents to move near them if things fall apart

Families sometimes move their parents closer to them, even if the parents are still undecided on a move





This is hard and for some families very, very hard. All we can do is our best. If you follow these tips and are willing to be creative and patient, you are much more likely to be successful.





# Resources

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Sourcewise: <https://www.mysourcewise.com/>

<https://www.mysourcewise.com/caregiver> 408-350-3200

Family Caregiver Alliance: <https://www.caregiver.org/> 800-445-8106 or Local 415-434-3388

Alzheimer's Association: <https://www.alz.org/> 800-272-3900

AARP: <https://www.aarp.org/caregiving/>

Geriatric Care Management, AKA Aging Life Care Professionals:  
<https://www.aginglifecare.org//>

Alexandramorrisgcm@gmail.com



**Geriatric Care Management  
and Dementia Consulting**  
1375 East Grande Ave #144  
Arroyo Grande, Ca 93420  
805-441-7550  
alexandramorrisgcm.com  
Alexandramorrisgcm@gmail.com

## **Resources for iPads / Tablets / Laptops / Phones**

I did a video on this topic by the way. Here is the link:

<https://www.youtube.com/watch?v=VN2pzmXgzWw>

**Classes and other ideas** like virtual museum visits, live zoo visits or musical performances.

<https://covia.org/services/well-connected/>

<https://togetherseniorhealth.com/classes>

<https://hummingbirdproject.net/blog/>

<https://www.enasco.com/c/Senior-Activities-Nasco>

<https://zoo.sandiegozoo.org/live-cams>

For **online games for seniors** there are:

<https://www.lumosity.com/>

<https://www.websudoku.com/>

<https://games.aarp.org/games/daily-crossword>

<https://www.braingle.com/> Brain Teasers. I like this!

These require an app download but will work on iPads and Android Tablets

<https://www.elevateapp.com/>

<https://www.peak.net/>

Then there are **other important topics**:

Meditation website

(free): <https://www.youtube.com/watch?v=ZToicYcHIOU>

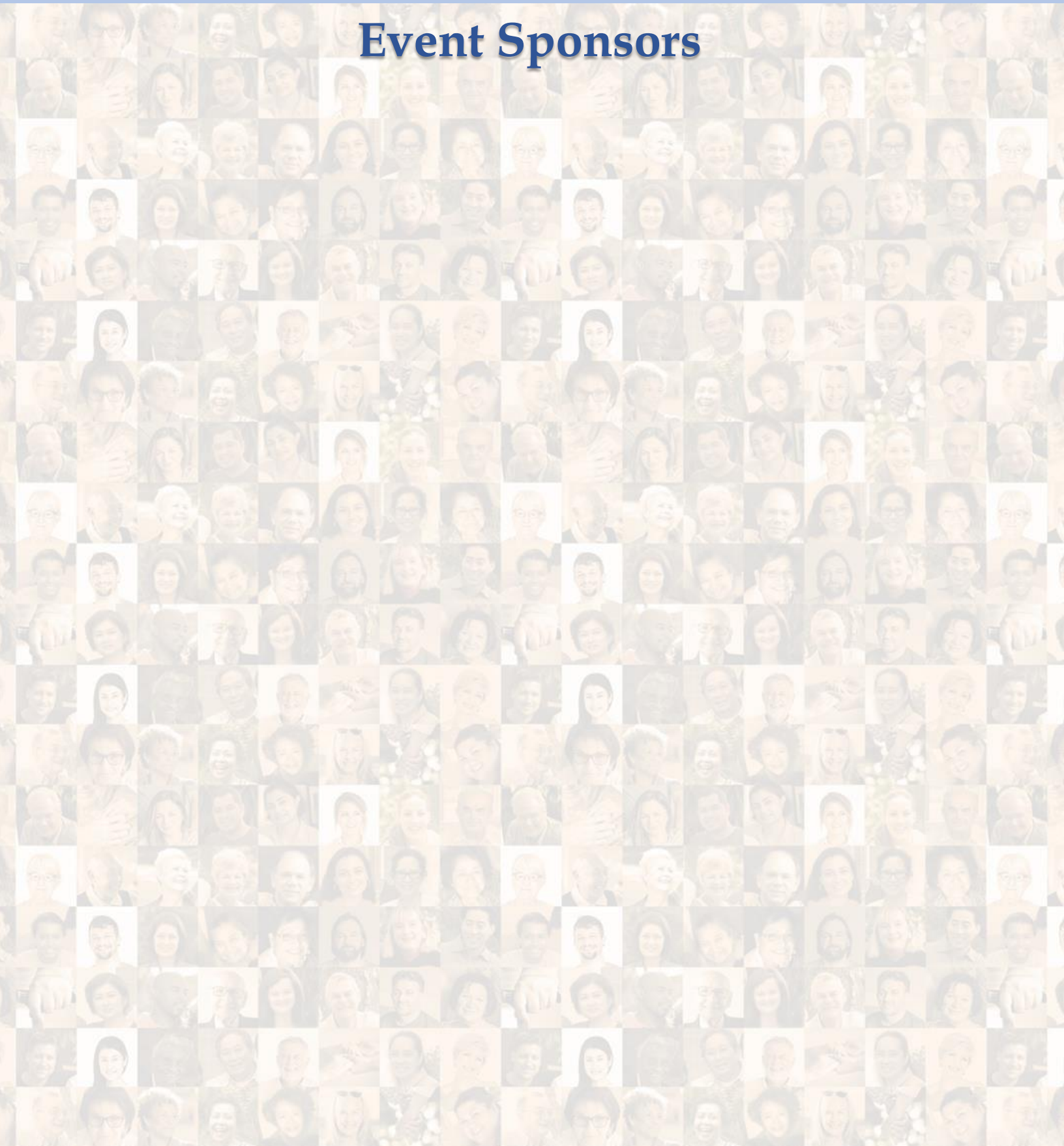
Armchair exercise, Gotta love YouTube:

<https://www.youtube.com/watch?v=s0KmVnoVn-k>

Cute animal videos: My favorite <https://www.youtube.com/watch?v=99k-EAMBuM8>

[Binge Guides](#) For Netflix and More

# Event Sponsors

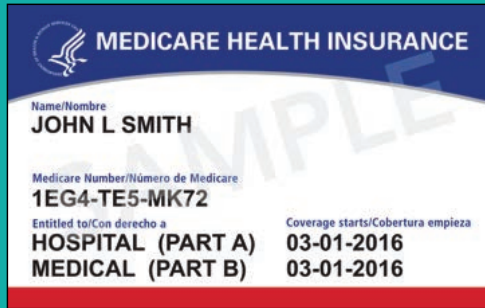


# Healthcare Simplified



Santa Clara Family Health Plan™

CAL MEDICONNECT PLAN  
(Medicare-Medicaid Plan)



## EXTRA BENEFITS!



TRANSPORTATION



VISION



GYM  
MEMBERSHIP

Are you  
ready for  
simpler  
healthcare?  
Enroll today!

CALL SCFHP  
CAL MEDICONNECT

Phone: 1-888-202-3353  
TTY: 711

8 a.m. to 5 p.m.,  
Monday through Friday

Santa Clara Family Health Plan Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

H7890\_15051E Accepted

# SCFHP CAL MEDICONNECT



Santa Clara Family Health Plan Cal MediConnect Plan complies with applicable Federal civil rights laws, and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call 1-877-723-4795, Monday through Friday, 8 a.m. to 8 p.m. (TTY: 711).

**ATENCIÓN:** Si habla inglés, tiene disponibles servicios gratis de asistencia de idiomas. Llame al 1-877-723-4795, de lunes a viernes, de 8 a.m. a 8 p.m. (TTY: 711).

**CHÚ Ý:** Nếu quý vị nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Hãy gọi 1-877-723-4795, Thứ Hai đến Thứ Sáu, 8 giờ sáng đến 8 giờ tối. (TTY: 711).

**注意：**如果您说中文，将为您提供免费的语言协助服务。请于星期一至星期五早上 8 点至晚上 8 点致电 1-877-723-4795。(TTY : 711).

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, mayroong mga serbisyo sa tulong sa wika, na walang bayad, na handa para sa iyo. Tumawag sa 1-877-723-4795, Lunes hanggang Biyernes, 8 a.m. hanggang 8 p.m. (TTY:711).

## Caregiving is Challenging — We're Here to Help

When you're caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. For 40 years, Family Caregiver Alliance/Bay Area Caregiver Resource Center has recognized the unique needs of family caregivers. We offer free and low-cost services in the greater San Francisco Bay Area to help you provide the best possible care to your loved one, while also focusing on your own health and well being.

It is neither selfish nor a sign of weakness to need support and information to help you provide care. When you contact Family Caregiver Alliance (FCA), a staff member will speak with you about your caregiving situation. You can also ask to meet with an FCA Family Consultant for a caregiver assessment and care planning session. FCA assists caregivers as long as needed. FCA is a nonprofit organization serving all income levels.

Visit our website, email, or call us today.

[caregiver.org](http://caregiver.org) | [info@caregiver.org](mailto:info@caregiver.org) | (415) 434-3388 | (800) 445-8106

## Our Services

### INFORMATION AND REFERRAL

The following are available online at [caregiver.org](http://caregiver.org) or by calling:

- **FCA CareNav™** provides caregivers with a secure account and personal dashboard with information and resources tailored specifically to *your* caregiving situation
- **FCA Learning Center™** is an online learning community offering high-quality information and training of value to family and friend caregivers where you are able to —
  - ◆ READ articles, fact and tip sheets on health conditions, planning for care, daily care, self-care, legal issues, and more
  - ◆ WATCH educational webinars and videos on a range of caregiving topics
  - ◆ LISTEN to meditations
  - ◆ ATTEND an event in-person or online: classes, webinars, support groups presenting caregiving topics such as understanding dementia behaviors, stress management, care planning, and practical daily skills for caregivers
  - ◆ TAKE A CLASS online. Sign in for short courses on important caregiving topics
- Monthly e-newsletter: *Connections* — “linking you” to issues and information important to family caregivers
- Referrals to community programs such as adult day care, support groups, home care, and respite



## FAMILY CONSULTATION

- Comprehensive Caregiver Assessment\* of your individual care situation
- Determine eligibility for legal/financial consultation, support groups, respite services, and individual counseling
- Help with long-term planning
- Ongoing support throughout your caregiving journey

### Eligibility

Family Caregiver Alliance (FCA) serves as the Bay Area Caregiver Resource Center, one of 11 Caregiver Resource Centers throughout California.

FCA works with families caring for those with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's disease, multiple sclerosis, ALS or amyotrophic lateral sclerosis, Huntington's disease, TBI or traumatic brain injury, HIV-associated neurocognitive disorder, or brain tumor in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

FCA also assists family caregivers of adults age 60 and older regardless of diagnosis or income level in Alameda, Contra Costa, Marin, San Francisco, and San Mateo counties.

**Visit our website, email, or call us today.**

**[caregiver.org](http://caregiver.org) | [info@caregiver.org](mailto:info@caregiver.org) | (415) 434-3388 | (800) 445-8106**

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**Family Caregiver Alliance** supports and assists caregivers of adults with chronic or disabling health conditions. FCA services are available to caregivers regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance.

FCA services are partially funded by California's Department of Health Care Services (DHCS) and Area Agencies on Aging through the National Family Caregiver Support Program. Private foundations, families, friends, and caregivers also donate to FCA to help us continue our support services.

\* A **Comprehensive Caregiver Assessment** is conducted by a FCA Family Consultant. These trained, graduate level staff meet with the caregiver (daughter, son, spouse, other relative, partner, or friend) either in their home or by phone to gather key information about the caregiver and their care situation. This includes the capacity and functional level of the care receiver, family caregiver's physical and emotional health, access to resources, and availability of support system(s). Information from the Caregiver Assessment provides the foundation for a Care Plan. This plan is jointly created by the caregiver and Family Consultant to help prioritize care needs and identify custom strategies and resources to support the individual's caregiving situation.



Toll Free: 800.445.8106 | Office: 415.434.3388  
Fax: 415.434.3508 | Email: [info@caregiver.org](mailto:info@caregiver.org)  
Website: [caregiver.org](http://caregiver.org)

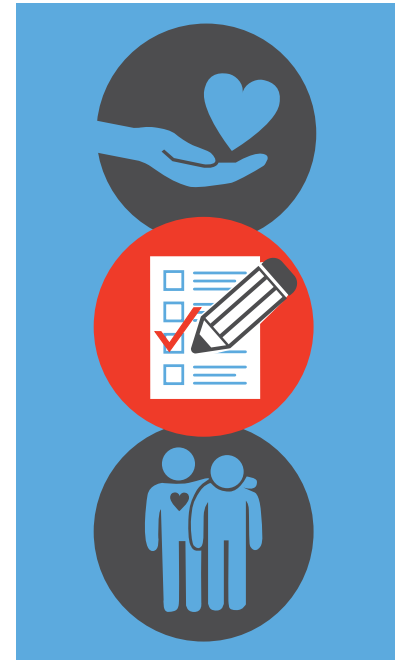
## ADVICE FOR FAMILY CAREGIVERS:

# The Six M's for Caregiver Self-Care During the Coronavirus Outbreak

For millions of family caregivers, caring for loved ones in “quarantine” has added a new layer of stress. As they struggle to provide and manage care, find services and resources and protect their loved ones, self-care can be even harder than usual.

In a recent AARP tele-townhall, Donna Benton, Ph.D., director, University of Southern California Family Caregiver Support Center, shared her thoughts about how family caregivers can work self-care into their days as they care for loved ones during the coronavirus outbreak.

“This is a time when we have to use our “Six M's” toward self-care” says Dr. Benton.



### The 6 M's of Caregiver Self-Care

By Dr. Donna Benton, USC Family Caregiver Support Center

#### #1 | Mail

Stay connected; use email or old-fashioned “snail mail.”

#### #2 | Music

Pick up your music collection. Fill your home with music. Sometimes music gives us a different feeling in our body and helps us feel good.

#### #3 | Movies

Watch movies at home. Find movies that make you laugh for stress relief. Take breaks from watching the news about COVID-19; don't watch it 24/7.

#### #4 | Meals

Be creative about meals. Depending on your diet, whip something up that you really enjoy. You can even have a cup cake (or a whole cake) delivered!

#### #5 | Mindfulness

Practice mindfulness. Now more than ever, yoga and meditation classes are available online at little or no cost.

#### #6 | Movement

Look for ways to move your body each hour just for a few minutes. Dancing, stretching, and chair exercise can keep our bodies healthy, and our minds sharp.

“If you keep in mind that you can do things to keep yourself energized, relaxed, and in good humor, I think this will help us through these stressful times.”

– Donna Benton, Ph.D.

### RESOURCES

Find more self-care ideas for caregivers at:

[www.aarp.org/caregiving](http://www.aarp.org/caregiving)

AARP's *Prepare to Care* guide is free and available to all at:

[www.aarp.org/preparetocare](http://www.aarp.org/preparetocare)

Find local caregiving resources at:

[www.aarp.org/crf](http://www.aarp.org/crf)

Visit AARP's coronavirus resources:

[www.aarp.org/coronavirus](http://www.aarp.org/coronavirus)



## Caregivers... your support network is here

**Cuidadores ... su red de apoyo está aquí**

护理照顾者...您的支持网络就在这里

**Người chăm sóc tại gia,  
mạng lưới hỗ trợ của bạn ở đây**

Qualified technical staff of Sourcewise will build you a custom care solution for your caregiver needs.

El personal técnico calificado de Sourcewise le creará una solución de atención personalizada para las necesidades de su cuidador.

Sourcewise 的合格技术人员将为您作为护理照顾者的需求建立定制护理解决方案。这个定制护理解决方案将旨在适应您的社会，

**Nhân viên kỹ thuật có trình độ của Sourcewise sẽ giúp cho bạn tạo một giải pháp thích hợp với nhu cầu chăm sóc người thân của bạn.**



(408) 350-3200, Option 1  
community@mysourcewise.com  
mysourcewise.com



# Caregiver Resources

Stanford Caregiver Center

Free programs available to support families and caregivers. Now they are virtual, and easier than ever to access.

## **Stanford Health Library**

Providing scientifically based medical information to help you make informed health decisions.

## **Stanford Palliative Care**

Supporting the medical, social, and emotional needs of people living with a serious illness, their families, and caregivers. Our team works with your health care team, and together we can help with: symptoms that are hard to manage, advance care planning, decisions about transitions in care, learning about illness and treatment options.

## **Stanford Caregiver Center**

Caring for caregivers with support, resources, and education, in a relaxing and healing environment.

## **Supportive Care Program**

Evidence-based support groups, exercise classes, workshops, one-on-one consultations, and services that are open to all patients and families in the community regardless of where they receive care.

**You don't have to do this alone. We look forward to helping you.**

Email: [Caregiver@stanfordhealthcare.org](mailto:Caregiver@stanfordhealthcare.org)

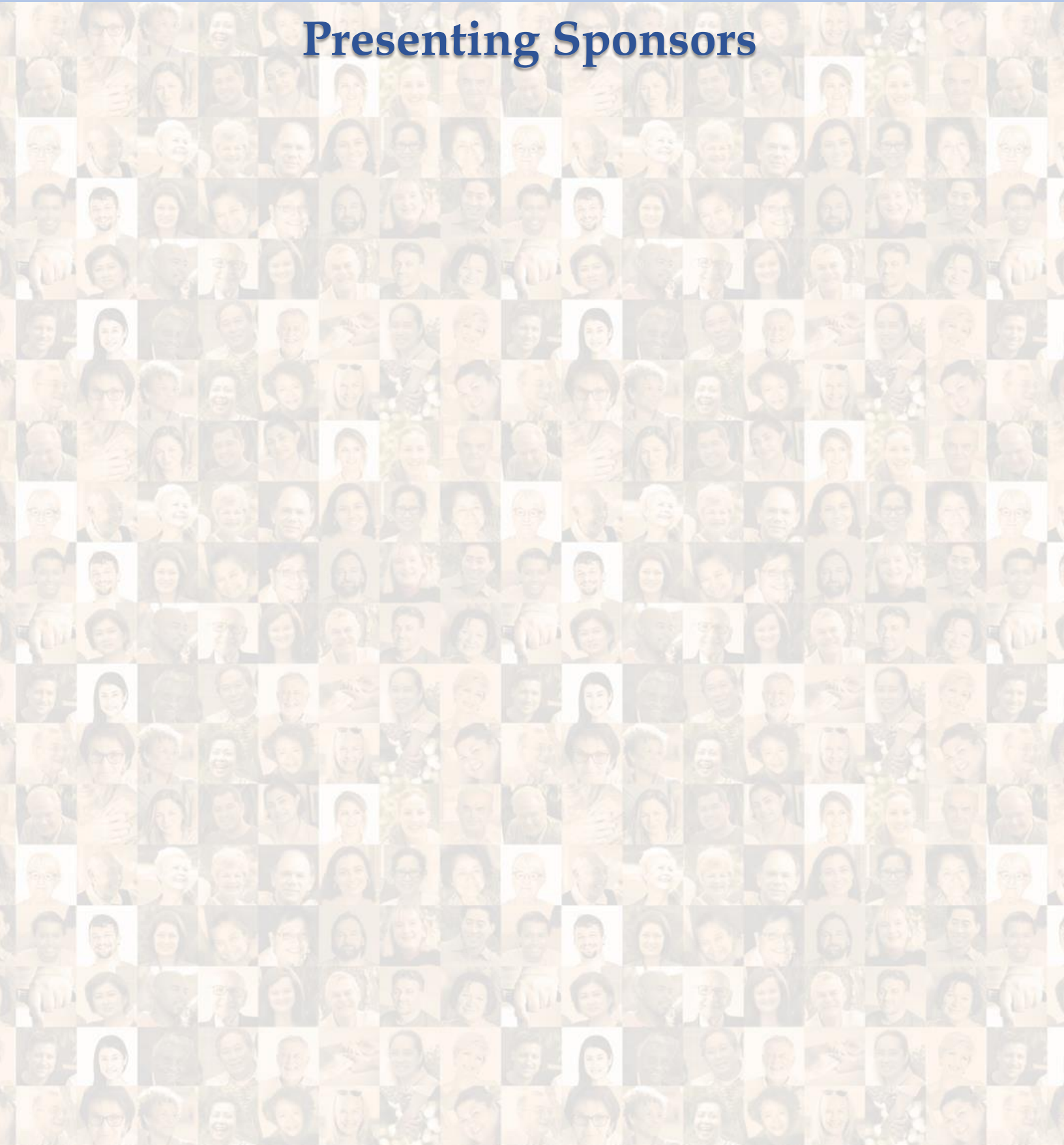
Call: 650-497-7100



**Stanford**  
HEALTH CARE



# Presenting Sponsors



# Health Library & Resource Center

The Health Library & Resource Center provides health related resources for adults, older adults and their caregivers, physicians and employees of El Camino Health. Affiliation with El Camino Health is not required to use the services of the Health Library & Resource Center.

## SERVICES OFFERED

The El Camino Health, Health Library & Resource Center, offers a comprehensive range of health information in its combined consumer and medical library. The Center, which is free and open to the public, is dedicated to helping patients, families, physicians, employees and the community find the resources and information they need to make informed decisions about their health.

- **Health Library** – Free check-out privileges for Health Library materials, including medical and consumer health books and DVD's and home access to medical and consumer health journals online
- **Ask the librarian** – Our medical librarians use subscription-only databases specializing in clinical and consumer health to provide information
- **Eldercare Consulting** – Family caregiver assistance
- **Medicare Counseling** – HICAP Health insurance assistance for seniors 65+
- **Advance Health Care Directive Assistance** – Meet with our specially trained volunteers who will explain the medical and legal language, help complete and personalize directive forms, witness signatures, and provide copies for health care providers and family members
- **Lifeline** – Home emergency response system with new Auto Alert Option (a fee based service)
- **Transportation** – RoadRunners, a fee based service, will provide transportation to your appointments
- **Support Groups:** – Alzheimer's, MCI Mild Cognitive Impairment, Lupus, Lyme, Seizure, Eating Disorders, Transplant Recipients and more
- **Wellness programs:**
  - Blood pressure screening every Friday from 10:30 - 11:30 a.m. Drop in
  - Consult the Dietitian (by appointment)
  - Ask the Pharmacist (by appointment)

### Mountain View

2500 Grant Road  
Mountain View, CA 94040  
650-940-7210  
Monday – Friday 8 a.m. - 5 p.m.

### Los Gatos

815 Pollard Road  
Los Gatos, CA 95032  
408-866-4044  
Monday – Thursday 9 a.m. – 3:30 p.m.



2500 Grant Road | Mountain View, CA 94040 | 650-940-7000  
815 Pollard Road | Los Gatos, CA 95032 | 408-378-6131

elcaminohealth.org    



## AACI WELLNESS PROGRAMS

AACI believes in a holistic approach to overall wellness, which centers on prevention and treats the mind and body alike. AACI provides a full continuum of wellness services including a domestic violence shelter, HIV education and testing, youth programs, and senior wellness center.

## WELLNESS CONTACT INFORMATION

24-Hour Domestic Violence Hotline  
(408) 975-2739

AMPLIFY E-mail  
[amplify@aacj.org](mailto:amplify@aacj.org)

DUI Office  
(408) 975-2741

Senior Wellness  
(408) 975-2730 Ext. 184

SERVICES  
**WE**  
PROVIDE

- Domestic Violence Shelter
- Senior Activity & Nutrition
- DUI Education
- HIV Education & Testing
- Youth Programs

AND MUCH MORE!


Phone: (408) 975-2730  
Email: [info@aacj.org](mailto:info@aacj.org)

Fax: (408) 975-2745  
[www.aacj.org/wellness](http://www.aacj.org/wellness)



To learn more about our programs, visit us at:


[www.aaci.org/wellness](http://www.aaci.org/wellness)



### Youth Programs

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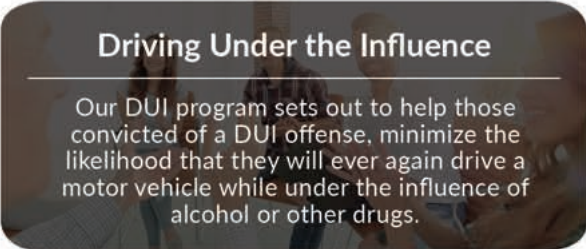
AMPLIFY is a free afterschool and summer program for all youth ages 9-18 in the Santa Clara County where youth get to learn about different forms of art and how to use it in a positive way for their community.



### Asian Women's Home

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Asian Women's Home serves survivors of domestic violence and human trafficking. Help is available in multiple languages and dialects, both Asian and non-Asian. Our 10-bed



### Driving Under the Influence

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Our DUI program sets out to help those convicted of a DUI offense, minimize the likelihood that they will ever again drive a motor vehicle while under the influence of alcohol or other drugs.



### HIV Outreach, Prevention, & Education

---

The AACI HIV Outreach, Prevention, and Education (HOPE) Program aims to reduce the incidence of HIV infection in Santa Clara County by engaging the community through outreach activities, community events, educational workshops, and by providing free HIV Rapid Testing and Counseling.



### Senior Wellness Program

---

AACI Senior Wellness Program promotes healthy, active aging through programs, advocacy and engagement. Programs are designed to foster health, wellness, independence and social engagement.

**ON LOK LIFEWAYS PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE) IS A UNIQUE MODEL OF CARE SERVING SENIORS THROUGHOUT THE BAY AREA.**

**On Lok Lifeways offers:**

- Combination health plan and care provider
- Community-based program for seniors with skilled medical needs
- Comprehensive services span primary through emergency care
- Alternative to nursing home placement
- Close management and coordination of individual needs by care team
- Program covered by Medicare/Medi-Cal
- Complete network of contract inpatient and specialty providers: hospitals, nursing homes, specialty care, lab, X-ray, pharmacy and other services

**Comprehensive and Coordinated:**

- Excellent care coordination
- Individualized medical care plan
- Focus on prevention, health and wellness

For more information or to schedule a tour of one of our centers, please contact:

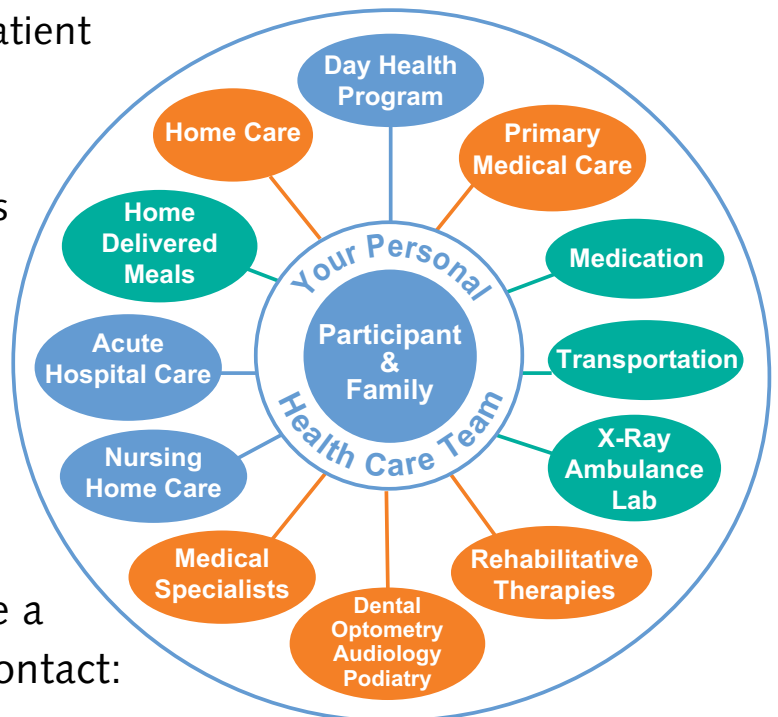
**Enrollment & Outreach Department**

**Direct: 1-888-886-6565**

**TTY: 711**

**Email: [info@onlok.org](mailto:info@onlok.org)**

**Website: [www.onloklifeways.org](http://www.onloklifeways.org)**



## Eligibility criteria for joining the On Lok Lifeways PACE Program

- 55 years of age or older
- Live in San Francisco County, Santa Clara County, or the cities of Fremont, Newark, or Union City in Alameda County
- Certified by the California Department of Health Care Services to need nursing home level of care
- Able to live safely in the community



### Serving San Francisco County:

#### GEE CENTER

1333 Bush Street, San Francisco

#### POWELL CENTER

1441 Powell Street, San Francisco

#### 30TH STREET CENTER

225 30th Street, 2<sup>nd</sup> Floor, San Francisco

#### INSTITUTE ON AGING CENTER

3575 Geary Boulevard, San Francisco



### Serving Alameda County:

#### PERALTA CENTER

3683 Peralta Boulevard, Fremont

### Serving Santa Clara County:

#### SAN JOSE CENTER

299 Stockton Avenue, San Jose

#### EAST SAN JOSE CENTER

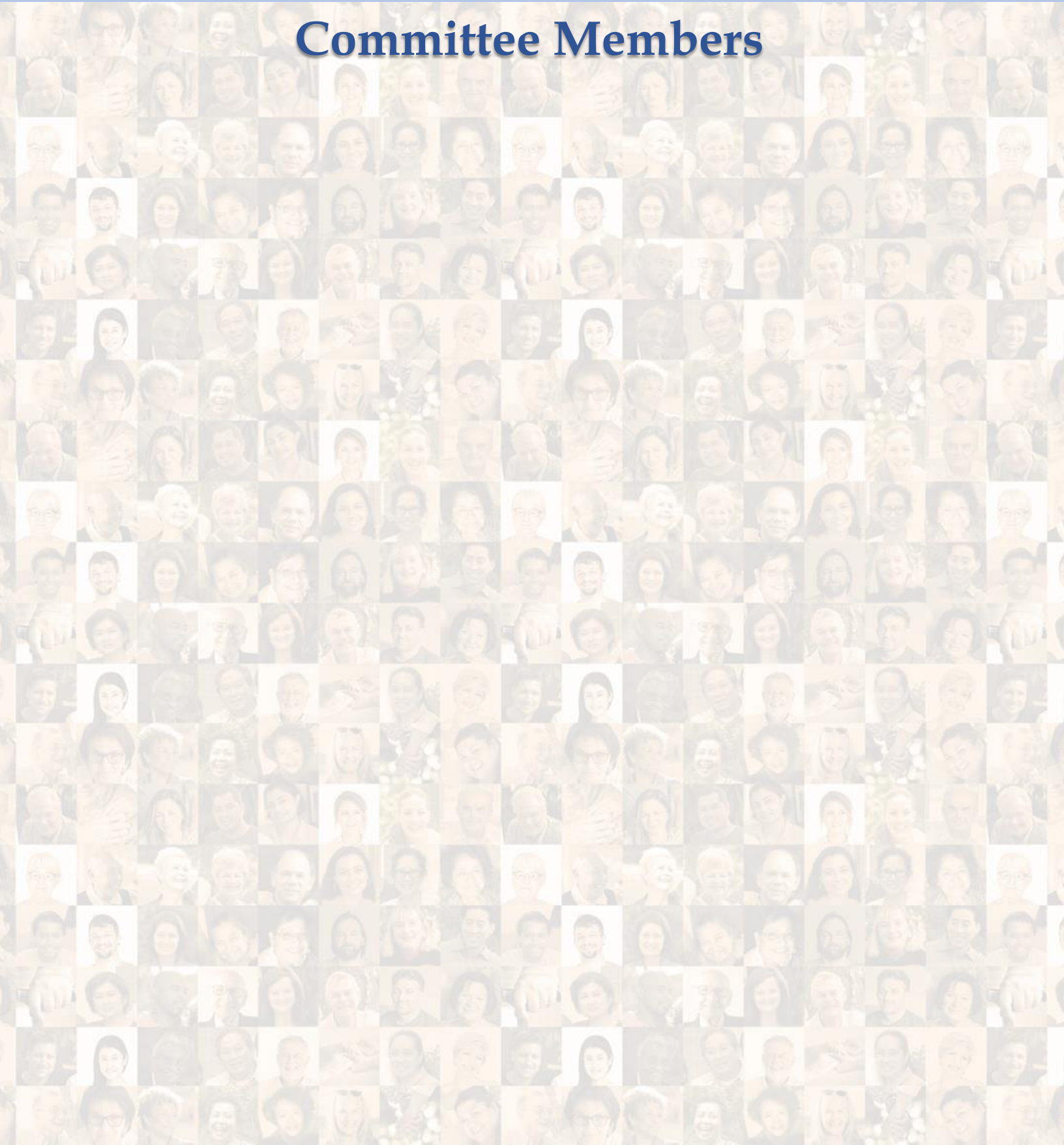
130 N. Jackson Avenue, San Jose



When enrolled in On Lok Lifeways, your services must be received through On Lok contracted providers or you could be personally liable for costs incurred, unless it is an emergency or urgent situation.



# Committee Members





# *Essential Support for Self-Care*

**SUPPORTING YOU THROUGH  
MINDFULNESS ~ NUTRITION ~ MOVEMENT**

**INSPIRATION & INFORMATION THROUGH:  
PARTNER RESOURCES**

**VIRTUAL CAREGIVER RETREATS  
PRIVATE FACEBOOK SUPPORT GROUP  
WEEKLY NEWSLETTERS**

**NO MATTER WHO YOU ARE, OR WHERE YOU ARE ON LIFE'S  
CAREGIVING JOURNEY, YOU ARE WELCOME HERE.**

**[WWW.BREATHINGSPACESFC.COM](http://WWW.BREATHINGSPACESFC.COM)**



# Engage

## Sunnyvale Senior Center

550 E. Remington Drive

Learn new skills, make friends, attend virtual programs and stay healthy at the Sunnyvale Senior Center. The Center provides a variety of educational, recreational and health-related services for adults 50 years and older. To stay up to date, subscribe to receive the monthly newsletter on-line at [bit.ly/SVSeniorCenter](http://bit.ly/SVSeniorCenter).

### Explore:

New Interests  
Special Events  
Monthly Workshops

### Learn About:

Upcoming Classes  
Community Partners  
Care Management

### Stay Active:

Dance Classes  
Exercise Classes  
Walking Groups

## To learn more:

Visit or call the Senior Center front desk  
408-730-7360

[bit.ly/SVSeniorCenter](http://bit.ly/SVSeniorCenter)







## Now Delivers!

Need groceries, household supplies, medications, or a trip to a medical appointment?

Call (408) 892-9739

## Saratoga Adult Care Center Free Adult Day Services

For more info please call  
(408) 868-1254 or email  
[raj@sascc.org](mailto:raj@sascc.org)

# SASCC



SARATOGA AREA SENIOR  
COORDINATING COUNCIL

19655 Allendale Ave Saratoga, CA 95070

[www.sascc.org](http://www.sascc.org)

## SASCC Support Line

Need help or want  
to talk?

Call (408) 621-7526

## Saratoga Senior Center Classes

Bored at home?  
Check out our virtual  
classes online at  
[www.sascc.org](http://www.sascc.org)

# Local Resources



|  |       |                |
|--|-------|----------------|
| West Valley<br>Community Services                            | ..... | (408) 255-8033 |
| Live Oak Senior<br>Nutrition                                 | ..... | (408) 354-0707 |
| Senior Care<br>Consulting                                    | ..... | (408) 489-3978 |
| Senior Adults<br>Legal Assistance (SALA)                     | ..... | (408) 295-5991 |
| Second Harvest<br>Food Bank                                  | ..... | (800) 984-3663 |
| Health Insurance<br>Counseling & Advocacy<br>Program (HICAP) | ..... | (408) 350-3240 |
| Rebuilding Together  | ..... | (408) 578-9519 |
| Sourcewise   | ..... | (408) 350-3200 |
| In Home Supportive<br>Services (IHSS)                        | ..... | (408) 792-1600 |

# Are you caring for a parent or spouse?

Get practical senior care tips that make caregiving easier

Find helpful articles like these on our website - free!



Therapeutic Fibbing: Why Experts Recommend Lying to Someone with Dementia



3 Ways to Respond When Someone with Alzheimer's Says I Want to Go Home



9 Enjoyable Activities for Seniors with Limited Mobility



8 Sources of Low Cost Internet for Seniors

- ✓ Free website and daily email newsletter
- ✓ Practical advice to improve your care situation
- ✓ Supportive senior care resources

**DailyCaring**

Visit us at [DailyCaring.com](https://www.DailyCaring.com)



Est. 1983



*We're Here  
To Help Care!*

## We Care

Live Oak is a nonprofit, community-based social services agency which provides a caring and safe environment designed to promote the wellbeing of less independent seniors by offering a specialized program of recreation and socialization op-

### Who are our clients?

Adults aged 60 and over who -

- ◆ Are unable to live independently
- ◆ Need support and help with their daily activities
- ◆ Are unable to participate in programs for independent seniors
- ◆ Would benefit from the social experience and stimulation of the adult day care program

### We offer a friendly and safe environment

Including:

- ◆ Breakfast and a hot lunch are served daily
- ◆ Beverages and snacks available throughout the day
- ◆ Opportunity to socialize and make friends
- ◆ Respite and support for caregivers
- ◆ Structured activities

## We Serve

### Activities

Your relative will have the opportunity to enjoy a variety of stimulating activities, including physical exercise, musical entertainment, games, arts & Crafts projects, dancing, parties, interactive discussions on current events, reminiscing and visits from community members, preschoolers and pets.

### Why Live Oak Adult Day Care?

- ◆ To enable the frail adult to remain in his/her home and community.
- ◆ To provide respite and support to families caring for a dependent senior loved one.
- ◆ To combat isolation with contact, support and enrichment.
- ◆ To assist caregivers so that they are better able to care for their loved ones and themselves
- ◆ To restore dignity, respect and comfort to those affected by life's aging and impairments.

**Due to Covid-19 we are currently providing programming virtually. We are accepting new clients, please call us.**





~Fees~

Fees for participation are decided by a sliding scale based upon each family's income. Master Card / Visa accepted.

~Funding~

Live Oak Senior Day Care is supported by a combination of allocations and grants.

~Funding by~

- ◆ Town of Los Gatos
- ◆ City of Santa Clara
- ◆ City of Gilroy
- ◆ City of Campbell
- ◆ City of Cupertino
- ◆ City of Sunnyvale
- ◆ SOURCEWISE
- ◆ County of Santa Clara

And many private foundations, corporations and individuals.

We welcome: Volunteers, Financial & In-kind Contributions.



Live Oak

Adult Day Care Centers

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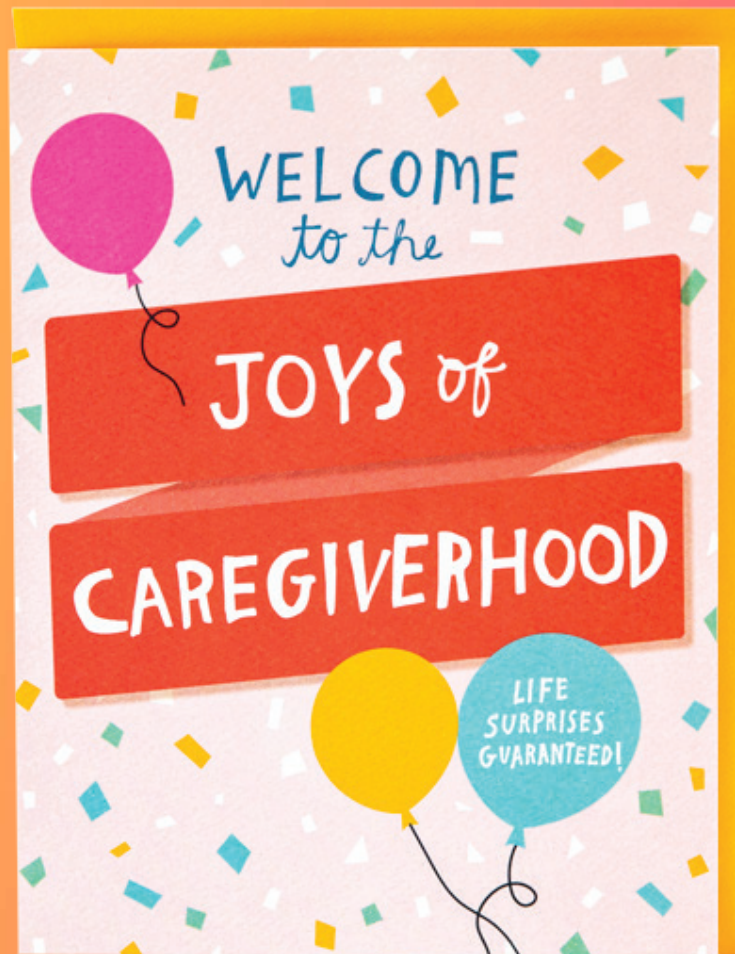
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mail: U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or  
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