

Chat transcript - Caregivers Count Session 2 09.21.24

Presenter: Gabby Jimenez

00:20:46 A: Good morning

00:21:34 B: B, Morgan Hill

00:22:17 C: Hello checking in 🥰 C

00:22:18 D: Good Morning, thanks for holding these sessions. Best to everyone, D

00:22:25 A: A, Campbell

00:22:52 E: Thank you for providing this valuable information and presenting today.

00:23:33 F: Good morning from Santa P 😊

00:23:36 D: And East Palo Alto

00:23:42 F: F

00:23:43 G: Good morning!

00:24:03 D: Happy Fall everyone !

00:24:03 H: Good morning from Daly City.

00:24:21 J: Hello. Walnut Creek.

00:29:11 Caregivers Count: Please feel free to share questions and comments for Gabby in the chat

00:30:10 Caregivers Count: More information on this session and other Caregivers Count sessions is available at www.caregiverscount.net

00:30:33 F: How can we find Gabby's books and podcasts? Thank you!

00:31:03 Caregivers Count: @F, Gabby is discussing her Facebook page, The Hospice Heart

00:31:17 Caregivers Count: Please visit Gabby's website to find her books, podcasts, and other resources

00:36:54 D: Can you also speak to the issues regarding end of life care for those with advancing dementia, who do not understand what is going on.

00:40:35 K: Not my mom LOL

00:41:54 D: These are culturally distinctive behaviors to some extent; stoics vrs. Non-stoics...

01:03:06 D: Thank you for this free resource.

01:03:58 F: What led you towards this work ?

01:04:15 D: Was the link hospice heart.net?

01:04:42 Caregivers Count: Gabby's website is www.thehospiceheart.net

01:05:05 D: Thanks

01:08:25 Caregivers Count: Therabreath Lozenges for dry mouth

01:20:23 D: So helpful!

01:20:40 D: Appreciate this reminder to be gentle and ask questions

01:21:55 L: Thank you for your extremely helpful and touching sharing for elder care with us. Would you have any advice for one who has to struggle between full-time work and elder care in terms of spending quality time with our loved ones? Thank you!

01:23:24 D: Great quote re bedside and lifelong showing up.

01:24:27 D: Caregiving success is small victories...balance...and self care

01:25:38 D: My version of guilt is rocking way too much in a rocking chair and going nowhere but being exhausted

01:26:42 L: Thank you so much for your advice, Gabby! It speaks dearly to my heart! Yes, guilt is constantly stuck in my mind whenever I care for my loved ones...

Chat transcript - Caregivers Count Session 2 09.21.24

Presenter: Gabby Jimenez

01:29:16 D: Book rec...The Art of Empathy...section on Emotional Intelligence...decoding anger...honor your anger but control your triggers.....investigate anger...what is it telling you...it usually tells us something has to change...

01:29:35 G: Your words of wisdom are so valuable! Many thanks!

01:30:59 D: Letting go and setting self care boundaries is how caregivers...muddle through...and find the light ..each day..

01:32:17 D: Breath work..will help you not embody anger...breathe in through the nostrils...blow out through the mouth..

01:34:18 D: These are all..life skills..

01:35:22 Caregivers Count: We will have more time for questions at the end of Gabby's presentation, so please feel free to continue putting those in the chat.

01:36:56 M i deeply appreciate your share!

01:38:25 A: Thank you so much for all the information you have shared. I highly appreciate it.

01:39:08 M we are only HUMANS... we are doing the best that we can... I had my mother in hospice for over a year and there were always what if?

01:41:39 M Everyone has a different experience in the dying process

01:42:17 L: Would you have any advice on sharing eldercare duties among siblings? I have been the primary caretaker and I have been struggling to coordinate eldercare duties in my family without creating hard feelings and anger since not everyone (unfortunately) wants to pick up the equal share for one's parent who has dementia and traumatic brain injury. The patient constantly yells or screams for attention rather than for any essential daily needs...

01:43:52 M you are absolutely right i had 2-3 hospice for over a year

01:44:11 Caregivers Count: Virginia, I will direct this question to Gabby, but I will also suggest you sign up for our next virtual session, Navigating Trauma in Caregiving, next Saturday, September 28. You can register at www.caregiverscount.net

01:46:38 D: Is that regardless of the size of the patient?

01:47:51 M wondering if you are talking about assisted death

01:48:17 L: Thank you, I already signed up the Sept 28 event.

01:50:36 Caregivers Count: @Ana, Gabby is talking about these medications in relation to being on hospice and experiencing natural death.

01:51:15 L: Not talking about assisted death. The patient is still alert but on and off. 24/7 bedridden. Required long term care and medical care.

01:52:46 M that's what i want dignity day

01:52:58 M medical aid and die

01:53:39 Caregivers Count: MAID: Medical Aid in Dying (In California, called the End of Life Option Act, ELOA)

01:55:52 M can i please have gabby complete name so i can find her resources

01:56:42 Caregivers Count: You can find Gabby Jimenez's website, with her resources, at www.thehospiceheart.net

01:58:10 M i really appreciate her compassionate way to talk and share her wisdom about

01:58:16 D: L; a few resources for you that are on-going...Google the Alzheimer's Association..call the main number and ask to speak to a family specialist...Google Nina

Poletika, LMFT, a therapist who specializes in dementia care and family dynamics...and or you might want to join a caregiver support group...and or arrange for a caregiver consult..first with yourself and a consultant and then with the family for mediation sessions...happy to help with this...my direct line...at Avenidas Care Partners...650 289 6438...We can take a deep dive into your situation...part of what I do...40 year geriatric...medical...social worker...I do suggest you attend the Caregiver Count session next week on trauma and caregiving ..but there are many strategies to help with family dynamics...worth your investigating with all of our local community resources...Alzheimer's Association, Family Caregiver Alliance. Avenidas Care Partners...hope this helps create a path forward with you.

02:00:42 Caregivers Count: Email thehospiceheart@gmail.com and let Gabby know you attended this session today, if you would like to attend her October 5 information session on Death Doula for free.

02:00:55 D: Have been bedside with Death Dulahs...and with the Medical Aid in Dying protocols...this is an exceptional presentation today...impactful...and so relevant to the challenges of longevity and all of our futures...

02:02:13 D: Can you share with us the history of the word Doula?

02:02:30 L: Thank you so much, Paul. I will look into those recommended resources. when I have some time to breathe...

02:03:21 L: Thank you, PAULA! Sorry about my typo!

02:04:12 D: No worries...I am the typo queen...

02:08:21 D: Thanks Gabby...another perspective...is that the most compassionate conversations happen with caregivers and those during the final stages of life...as a career social worker I so appreciate your life's work and offers to the community.

02:08:41 B: Thank you, Gabby. Excellent program - touches the heart and provides valuable information for caregivers. End-of-life care is for the patient and the patient's family and close friends.

02:08:59 N: A person's passing may not be the final passing. My dad, over 100 and in hospice, when the nurses said he was unresponsive and to get the family there ASAP. Did our goodbyes, etc. Next morning he was eating, drinking and calling staff by name!

02:10:24 D: Michael, so true...hospice provides such great care that folks may graduate past the 6 month...marker...and go back onto palliative care...this does happen

02:12:22 Caregivers Count: Netflix: His Three Daughters

02:12:28 N: He never left hospice and passed many months later at night. The most peaceful death the nurses had ever seen, they said, no pain, no distress.

02:13:14 D: If you can get one relationship to shift..it might have a ripple impact...sharing care with resistant family also involves asking them what they fear...

02:15:26 M communication with siblings and get a calendar and be very open to people coming in and going out of this house, at this point i never lock the front door.. Mom always knew and said you are always here where at the others...

02:15:41 P: Thank you! Great talk!

02:16:15 Q: Thank you so much! Very supportive and helpful. Sending healing prayers

02:16:18 D: Standing ovation from East Palo Alto...go take care of yourself...rest that important voice

02:16:22 M Thanks Gabby we appreciate you and hope you feel better soon

Chat transcript - Caregivers Count Session 2 09.21.24

Presenter: Gabby Jimenez

02:16:50 Q: Standing ovation from Oakland, CA. Fantastic

02:17:07 R: 

02:17:11 S: This is wonderful! So much great information as I consider post-ministry retirement.

02:18:05 Caregivers Count: Thank you all so much for being here! The recording will be posted at www.caregiverscount.net sometime next week, and you can also access the recordings for all the other sessions

02:18:26 D: Gabby, come say hello...Avenidas Care Partner's ..450 Bryant St Palo Alto...Oct. 31st 1 PM...come to my talk...blue room ...join in..interactive storytelling...unique end of life care moments...

02:19:26 D: This is hello..