



Caregivers Count!

**11th Annual Conference
Handout Packet**



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Lyn-Tise Jones

Experiencing Healing as a Caregiver

Using her personal experience as a caregiver for her mom and her work with the Alameda County Care Alliance, Lyn-Tise will share ways caregivers can care for themselves, find support, and experience healing.



Teresa Sims and Teresa Gamez

Caring for an Older Adult with Mental Health Needs

Learn what the common definition and understanding of mental illness is, the importance of recognizing mental illness in older adults, the most common mental health issues among the elderly, factors that contribute to these mental illnesses, and how these mental health issues manifest. Most importantly, learn how you can help the older adult in your care that has these mental health needs, both from an emotional and an activity perspective.



Mary Matthiesen

Take Charge! Tips for Advance Care Planning

Get the healthcare you want based on what matters most. This webinar will discuss how to talk about your wishes for care with the important people in your life and cover how to choose someone to make health care decisions for you if you are unable to do so. The webinar will also cover how to write down your wishes using Advance Health Care Directives and the Physician Order for Life Sustaining Treatment.



Ann Peterson and Grace Li

Adult Day Care Reimagined

This session will provide an overview of adult day care that ranges from structured socialization to daycare that includes physical therapy and other health options. Resources of different daycare programs in the Bay Area will be provided.





Presentation slides available after the conference
sessions are complete. Please visit

www.caregiverscount.net

for more information.



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Preparedness for Caregivers during COVID19

According to the Centers for Disease Control and Prevention, older adults and individuals with chronic health conditions are at higher risk for serious illness from the coronavirus.

With already more than 40 million family caregivers helping loved ones with care in the U.S., we expect the virus to increase the number of family caregivers who are providing short-term or long-term care to any older loved one.

AARP wants to offer some guidance to family caregivers, specifically to help them tackle how to create a plan for those they are caring for, and supporting those new to caring for someone due to the virus impacting more of the older population.

1. Pull Together a Team

- Put together a list of individuals in your family or friend network and services in your community that can help you perform some key caregiving tasks.
- Find out if services such as Meals on Wheels can help deliver meals, or if there are other local services to help with food or medication delivery.

2. Inventory Essential Items

- Determine how much food, medication, and basic supplies the person you're caring for has on hand. We recommend, if possible, having a 2-week supply of the following items: food, water, house cleaning supplies, and medical supplies/equipment.

3. Get Medications in Order and Ask for Extra

- Make sure you have a list of medications, medical contacts, and important information. If there are upcoming routine medical appointments, reschedule those or switch to a virtual visit.
- We recommend having an extra 30-day supply of essential medications on hand. Don't forget over-the-counter medications like cough suppressants and fever reducing drugs like acetaminophen.

4. Create a Plan to Stay Connected

- Isolation is a huge issue as we begin to follow the social distancing guidance from the CDC. Set up communication using a variety of technology with your loved one and your team – FaceTime, Google Home, Skype, smart speakers, or simply phone and text.
- Check with the facility your loved one is in to see if they have made accommodations for online visits using technology and how they plan to communicate with families.
- As an alternative, send in cards, letters, magazines, puzzles or other items you know your loved one would be happy to get! Talk with your facility management about the safest way to deliver items.

5. Maintain Personal Safety and Self-Care

- In order to be safe and stay healthy, limit contact with visitors, stay in as much as you can and continue to follow guidelines from the CDC. While most of us are very focused on the person we are caring for, it is essential to also care for yourself.
- For high risk individuals, such as those with dementia and underlying health conditions, consider having the primary caregiver self-isolate with the care recipient.
- Make sure to have a back-up plan should you get ill as the primary caregiver.



RESOURCES

Find local caregiving resources at:

www.aarp.org/crf
or call 211

for more local resources

Visit AARP's Caregiving during Coronavirus resources at:

www.aarp.org/coronavirus

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

www.aarp.org/preparetocare



Presenting Sponsors



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.



CAREGIVERS
NETWORK
BY SOURCEWISE

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

In-Home Respite Program:

The In-Home Respite Program is designed for older adults (60+ year old) who are homebound and have a caregiver. The purpose of the program is to decrease their isolation and loneliness by helping them connect to their family, friends, and caregiver and engage in community programs and resources. At the same time the program provides short-term relief and support for the primary caregiver. For a period of six months the older adult and the caregiver will receive 4-6 hours of services a week that may include companionship, counseling, psycho-education, linkage to community resources, and education and dialogue with family members.

Storytelling Program:

The Storytelling Program is designed for older adults (60+ year old) who don't have a significant mental health issue but experience low satisfaction with life. The purpose is to help them gain meaning by remembering significant times in their life and past accomplishments that will give them validation, improve their social connections, and increase their self-esteem. For a period of 10-12 weeks the peer specialist will guide the older adult in weekly one-hour reminiscence sessions with the aid of art or music therapy and the use of their senses.



AACI'S MISSION

Our mission is to strengthen the hope and resilience of our community members by improving their health, mental health and well-being.

2 CONVENIENT LOCATIONS

2400 Moorpark Ave., Suite 300
San Jose, CA 95128

749 Story Rd., Suite 50
San Jose, CA 95122

SERVICES AACI PROVIDES

- Primary Health Care
 - Behavioral Health Counseling
 - Wellness Programs For All Ages
- AND MUCH MORE!

Our many programs address the health and well being of individuals and families. We believe in providing care that goes beyond health, it gives our clients hope for new possibilities



Phone: (408) 975-2730
Email: info@acaci.org

Fax: (408) 975-2745
www.acaci.org

HERE FOR YOU

Our array of high quality, culturally competent services include primary and preventive care, behavioral health counseling and wellness programs. Our multilingual patient navigators are available to help you navigate the complex health care system.

To learn more about our services, visit our website at:

www.aaci.org

40+
Languages

Habla Español!

我們說中文

Chúng Tôi Nói Tiếng Việt

Health Center

Community members, many of whom do not speak English, have come to rely upon our multilingual team for comprehensive primary and preventive health care services. AACI Health Center provides high quality care regardless of a patient's immigration status or ability to pay.



ACCEPTING NEW PATIENTS!

Behavioral Health

Our Behavioral Health Programs offer culturally and linguistically competent services at our clinics, in the home, at school, and in the community for ages 6-99+ that help clients overcome barriers to care.

Wellness

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 programs including an emergency shelter for domestic violence and human trafficking survivors, HIV education and testing, youth programs, and a senior wellness center.



Vendors



1147 Minnesota Avenue

San Jose, CA 95125

(408)971-9363

www.liveoakadultdaycare.org

Find us on Facebook!

Four Locations:

San Jose

Los Gatos

Gilroy

Cupertino



Currently offering in-person & online program

LIVE OAK

A nonprofit, community based, adult day care which provides a caring and safe environment for adults aged 60 and over who are unable to live independently.



Fees for participants are decided by a sliding scale based upon each family's income.

WHAT WE DO

A structured day program of nutritious meals, daily exercise, cognitive stimulation, music, art, and socialization.



OUR GOALS

- To enable the frail adult to remain in his/her home and community
- To provide respite and support to caregivers.
- To combat isolation

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.



Photo courtesy of Silicon Valley Foundation

Yu-Ai Kai Caregiver Support Groups

Your loved one's greatest asset is YOU.

You may not want to ask for help because others are counting on you. But when you are caring for others, taking care of yourself and your needs are essential. Reaching out for help is a sign of strength. Your ability to care for others depends on your own wellbeing.

Being a caregiver is difficult.

Care giving for a loved one has an incredible impact on one's life: financially, emotionally, physically and mentally. Often it is not a short-term situation, and the toll is stressful. But you don't have to face it alone.

Every caregiver needs to have occasional breaks.

Caregivers who don't find some source of support or respite from the exhausting care they provide to others often face serious health, emotional and economic risks.

Yu-Ai Kai is here to help

Joining a caregiver support group makes a difference.

Support groups offer caregivers (near or far) a chance to talk and share their frustrations and rewards in a confidential setting – with people who care and understand what you are experiencing. Support Groups:

- Caregiver's Support Group – English
- Caregiver's Support Group – Japanese
- After-Care Support Group – English

Yu-Ai Kai Support Groups*

We are here to help you. Respite care for your loved is available by reservation so you can attend a support group. All support groups meet at Yu-Ai Kai. Please call for session dates and times, or more information in English or Japanese, (408) 294-2505.

*Due to the COVID-19 pandemic, Yu-Ai Kai support groups are being held virtually. Our Senior Day Service program currently plans to re-open November 1, 2021, but is subject to change.



Planning Committee

Asian Americans for Community Involvement

California Park & Recreation Society

City of Campbell

City of Sunnyvale

Consciouscafes.com

DailyCaring.com

Family Caregiver Alliance

LGS Recreation

Live Oak Adult Day Services

On Lok PACE

Saratoga Area Senior Coordinating Council

Senior Shower Project



Family
Caregiver
Alliance®

BAY AREA CAREGIVER RESOURCE CENTER

You're there for them. We're here for you.

When you are caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. For more than 40 years, **Family Caregiver Alliance/Bay Area Caregiver Resource Center** has recognized the unique needs of family caregivers and developed services and resources to meet these needs.

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. These support services are offered at no-cost to qualifying family caregivers in the greater San Francisco Bay Area.

VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

Our Services

INFORMATION AND REFERRAL

FCA offers many resources and tools for caregivers including:

- **FCA CareNav**, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey. After completing a brief Care Review questionnaire, caregivers receive personalized, immediately useful, caregiver-recommended resources and support.

An FCA Resource Specialist will follow up with all caregivers who begin their journey with **CareNav** then connect them with a Family Consultant for additional services as needed.

- **High-quality information and training** of value to family and friend caregivers. This includes:
 - **Articles and overviews** on health conditions, planning for care, daily care, self-care, legal issues, and more.
 - **Educational webinars and videos** on a range of caregiving topics.
 - **Online and in-person classes** on caregiving topics such as understanding dementia behaviors, stress management, care planning, and practical daily skills for caregivers.
 - **Our monthly e-newsletter Connections**, which links you to issues and information important to family caregivers.
 - **Referrals to community programs** such as adult day care, support groups, home care, and respite.

Our Services (cont.)

FAMILY CONSULTATION

- Our comprehensive Care Evaluation is an assessment of your individual care situation. Our professionally trained Family Consultants meet with the family caregiver (adult child, spouse/partner, other relative, or friend) to gather key information about the caregiving situation to help the caregiver create a Care Plan.
- 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, amyotrophic lateral sclerosis (ALS), Huntington's disease, traumatic brain injury (TBI), 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 in Alameda, Contra Costa, San Francisco, and San Mateo counties.



VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

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.

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)

CELEBRATE CAREGIVING WITH UNIQUE CAREGIVER CARDS



WWW.CAREGIVER.CARDS

A GREETING CARD COLLECTION
BY SENIOR SHOWER PROJECT





Program of All-Inclusive Care for the Elderly (PACE)

On Lok PACE is a full-service healthcare program that supports seniors to remain living at home as long as possible. Our team of healthcare professionals creates a personalized care plan for each participant. The plan includes a wide range of services available at our center or your home.

What Does On Lok PACE Cover?

On Lok PACE covers all Medicare and Medi-Cal services. We also cover additional care that is determined necessary by our care team to improve and maintain each participant's health.

Covered services include, but are not limited to:



Our medical program includes:

- Doctor visits
- Medical specialists
- X-rays
- Emergency / Urgent care
- Hospital care
- Medication
- Nursing home care

For more information, please contact

On Lok Enrollment and Outreach Department

Direct: 1-888-886-6565 | TTY: 711

Email: info@onlok.org

Website: www.onlok.org/PACE

Who Can Join On Lok PACE?

You can have either Medicare or Medi-Cal, or both, to join. To qualify for On Lok PACE, you must:

- Be 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
- Need a nursing home-level of care
- Be able to live safely in the community

On Lok PACE Center Locations: Serving Seniors Throughout the Bay Area

San Francisco County San Francisco:

225 30th Street, 2nd Floor
1441 Powell Street
1333 Bush Street
3575 Geary Boulevard



Santa Clara County San Jose:

299 Stockton Avenue
130 N. Jackson Avenue



Alameda County Fremont:

3683 Peralta Boulevard



Hours of Operation

Monday - Friday:
8:00am - 4:30pm

When enrolled in On Lok PACE, 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.

H5403_2020_008



FREE Adult Day Care Services

If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today!

Qualify for the program by meeting 2 easy requirements:

- be 65 or older
- have an individual income of less than \$78,550

Due to COVID-19, the Saratoga Adult Day Program is providing care remotely. Services include online classes, meal delivery, providing resources and care packages and quarterly assessments monitoring quality of life.

For more info, or to apply for program, please call Raj Kaur at (408) 868-1254 or email raj@sascc.org.

