

The Caregiver's Advocate

June 2015

Dealing with Dementia Behaviors Guide

As you know, providing care for families with dementia can be extremely challenging. Often, the person with dementia talk inappropriately or even do things that are potentially harmful. It is not unusual for both the family caregiver in the home and the caregiver sent by an agency to be at a loss for



Christine Ta hard at work, writing the DDB manual.

how to respond to these situations. In the fall of 2015, the Rosalynn Carter Institute (RCI) is partnering up with the Georgia Department of Aging Services, the Area Agency on Aging in Georgia and Georgia CARE-NETs around the state, to hold trainings for both Home Health Care agencies and family caregivers.

The training will offer information about dementia caregiving and strategies for responding effectively to specific problem behaviors of dementia patients. RCI will address service gaps and strengthen the existing services of the dementia capable system in Georgia through the development and delivery of a curriculum focused on behavioral symptom management. RCI will develop The Caregivers Guide to Dealing with Dementia Behaviors for direct care workers, persons with Alzheimer's and Related Dementias (ADRD) living alone, those with development disabilities, and family caregivers. The expected results of the project include that those

trained will have an increased understanding of dementia related behaviors and better coping strategies after training has occurred.

Here are some facts about Alzheimer's and related dementia in Georgia: 130,000 with expectations of increase to 190,000 by 2025. There are more than 500,000 family caregivers in Georgia who care for others with dementia and disabilities.

The latest 2010 employment estimate for the direct-care workforce surpasses 3.3 million and projected demand calls for an additional 1.6 million new positions by 2020. The majority of direct-care workers are now employed in home and community-based settings.

If you are interested in this training call your local Area Agency on Aging (professional caregivers) or CARE-NET (family caregivers). Also the Rosalynn Carter Institute for Caregiving can direct you to the aging agency in your area.



Gayle Alston talking to the CARE-NET group about upcoming trainings.

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**Message from the
Executive Director
Dr. Leisa Easom
Rosalynn Carter Institute
For Caregiving**

10 Tips for Caregivers

I have some exciting news! RCI has completed our newest booklet, *"10 Tips for Caregivers"*. We put careful consideration into each tip of this publication. The booklet is easy to read and understand. We know that active caregivers have limited time, so we made each tip straight to the point to address what is truly best for them and their care receiver.

The booklet is bright, with well illustrated pages that contain information for all caregivers.

This is a booklet that you may want to share with family and friends, to remind them of caregivers need in their daily lives. As Former First Lady Rosalynn Carter has stated, "There are four kinds of people in the world: Those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."

We received a generous gift from the Mattie H. Marshall Foundation that made this new booklet possible. We truly could not have done it with-

out their funding of this project.

Because of this grant, these booklets are available free of charge, with a minimum fee for shipping and handling. We do ask that you limit your request to 25 copies. If you are interested, please call 229-928-1234.

10 TIPS FOR CAREGIVERS



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The Central Savannah River Area CARE-NET meeting in April may have had a small attendance, but they made great plans for the future. If you live in the Augusta area and would like to join this hard working group of professionals and family caregivers, call Janice Adams at: 706-650-5654.



Northeast GA CARE-NET planning future trainings and events



Middle GA CARE-NET recently attended the health fair at General Electric in Macon. This is one of the many ways CARE-NETS share about the caregivers journey. Attending fairs such as this so the community has a better understanding of local caregivers needs.



In the photo above, Southwest GA CARE-NET making plans for future events and in the photo below, working with caregivers in the community. Giving caregivers the tools and information to assist in the journey they are in.



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On June 8, 2015 the Georgia CARE-NET Coalition met with Former First Lady Rosalynn Carter along with members of the RCI staff. Dr. Leisa Easom, Executive Director at the Rosalynn Carter Institute for Caregiving (RCI) and Elaine Larkin, Training and CARE-NET Coordinator (RCI) welcomed everyone. Next Mrs. Carter expressed her appreciation to the CARE-NET Coordinators and members for all they do for caregivers in their local communities. Next each CARE-NET gave a presentation on the work they have completed and the plans for the upcoming year.

After a wonderful lunch at the Methodist Children's Home in Macon, Gayle Alston, Director for the Training Center of Excellence and Chelsea Collins, Communications/Web Content Specialist of the RCI were next to present. They gave information on useful tools to get the word out about the Dealing with Dementia Behaviors training (DDB) each CARE-NET will be hosting in September. (See page 1 for more information).

Then Dr. Easom gave the group updates on different programs such as Operation Family Caregiver at RCI. She also updated everyone on some speaking engagements different members of the staff will be doing around the nation to advocate and raise awareness for caregivers.

In closing, Mrs. Carter, Dr. Easom and Mrs. Larkin wished everyone safe travels and once again expressed their sincere appreciation for all the work the CARE-NET's do.

NOTE: If you are a family caregiver and would like to see if the DDB workshops would help in your caregiving journey, contact the CARE-NET in your area or call RCI and you will be directed to your local CARE-NET .

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Every day, a silent army of Americans performs a great labor of love by helping their parents, spouses, and children remain at home. While these family caregivers wouldn't have it any other way, they need tools and resources.

A growing number of family caregivers are Millennials and Generation-Xer's who are caring for both aging parents and

their own families/children. These two generations have been slower to reach out to AARP due to a lack of understanding of AARP's resources to help them with family caregiving. People in these demographics have talked about not knowing where to turn for assistance with creating a family care plan, in-home occasional care, and how to find assistance.

When my father had his stroke in December 2014, I was fortunate to know where to turn for assistance. I was able to access and review AARP's *Prepare to Care* workbook and craft a family care plan. While I was able to locate resources, there are yet some challenges that I struggle with. For example, it is counterproductive to take my two-year-old to a hospital because of visitation limitations, but there are times that I still need to visit a family member there. It is very difficult to find care for a small child while you are also caring for an aging parent.

Another concern of family caregivers is feeling underappreciated and their inability to take time to care for themselves, a common issue for the sandwich generation. *I Heart Caregivers* is a resource for family caregivers by providing a safe space for their stories and a place for them to see the stories of other family caregivers. AARP sponsors events that provide self care opportunities, free movie screenings, and educational listen and learn sessions.

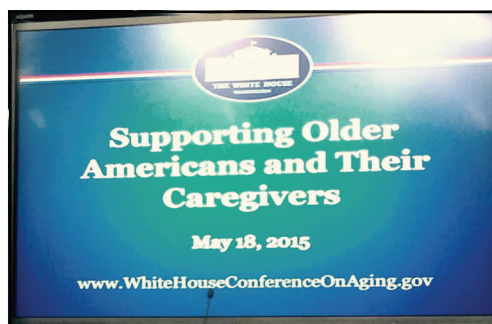
While there are still concerns from Millennials and Generation-Xer's, AARP can provide guidance and assistance

with these challenges. We are an organization that believes in empowering all people to age with dignity. Our resources, tools, events, and other offerings are open and often times free for all people regardless of their age. For more information, visit aarp.org/home-family/caregiving.

Hillary W. Thomas

Program Specialist—Community Outreach

AARP GA



Dr. Leisa Easom was asked to co-facilitate one of the breakout sessions related to caregiving in preparation for the White House

Conference on Aging, which will be held July 13, 2015. The challenges are many but the diverse group of participants at this event – older Americans, supporters, caregivers, specialists, and community leaders – focused on the opportunities for supporting caregivers. Discussion included breakout sessions on economic security for caregivers, the unique needs and opportunities for different types of caregivers, as well as family caregiver support and the capacity and training of care providers. The 2015 White House Conference on Aging is held every 10 years and provides an opportunity to discuss issues that will shape the landscape for older Americans for the next decade. The Conference focuses on four critical areas: long-term services and supports (including caregiving), retirement security, healthy aging, and elder justice. By concentrating on these issues, the White House Conference on Aging is engaging diverse communities in identifying ways to support older Americans. Please join the dialogue, by visiting www.WhiteHouseConferenceonAging.gov, where you can sign up for regular updates, read policy briefs on an array of subjects and share your comments, thoughts, and ideas.

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2015 Hidden Heroes Coalition Summit

Dr. Leisa Easom, Executive Director and Laura Bauer, Director of National Initiatives with the Rosalynn Carter Institute for Caregiving both attended the 2015 Hidden Heroes Coalition Summit hosted by the Elizabeth Dole Foundation. The event was held at the Ronald Reagan Building and International Trade Center in Washington, DC on May 20th. First Lady Michelle Obama, Veterans Affairs Secretary Robert McDonald, Pastor Joel Osteen, and Donald Trump were all in attendance with a special video announcement from Tom Hanks. The event "welcomed more than 70 of its military and veteran caregiver Fellows along with senior leaders from across public, private, nonprofit, labor and faith communities, to celebrate progress made over the past year on behalf of those caring for wounded, ill and injured warriors, and to announce upcoming initiatives to continue raising awareness and support for these Hidden Heroes."



From left to right: Blair Hughes, Laura Bauer, Dr. Leisa Easom and Virginia Peacock. Hughes and Peacock are associated with the Dole Foundation.



Former Senator Elizabeth Dole, Dr. Leisa Easom and Laura Bauer of RCI.



Dr. Leisa Easom recently presented at the Rethinking Dementia Accelerating Change Summit in Grand Rapids, Michigan, which was hosted by the Clark Dementia Center. Easom was part of a panel entitled "Bridging the Gap Between Old World Thinking, Modern Neuroscience and Cutting Edge Programming". Many leaders in Michigan were in attendance as they search for new and better ways to address dementia and support the caregivers who care for those with dementia.

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Dr. Leisa Easom, Executive Director for RCI received the Fearless Caregiver Award from Gary Barg of Today's Caregiver/Caregiver.com. Dr. Easom was presented the award at the Fearless Caregiver Conference in Albany, Georgia. The conference was hosted by Kay Hind of the Sowega Council on Aging, along with Nancy Goode (pictured left) from Alzheimer's Outreach Center.



During the recent CARE-NET Coalition meeting, Former First Lady Rosalynn Carter took a moment to chat with Beth Chambers, Rumford Center Event Coordinator. Beth has been the contact person for CARE-NET meeting for many years. She is always prepared and ready to help the group in any way possible. Notice in the background, the quilt that is hanging is from the Forsyth United Methodist Church. The artwork was created during vacation Bible school one summer. Along with help from the children from the Methodist Home, the quilt was pieced together then presented to the Home where it now hangs in the Rumford Center.



Naomi Latini, RCI REACH Program Manager recently held a training in Toledo, Ohio. The trainees were from the local Area Agency on Aging and the Alzheimer's Association.

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Edel Caregiver Institute

The Edel Caregiver Institute will provide area caregivers with information, training and support from the first moment their loved one receives a life-limiting diagnosis. Family caregivers do not always reach out for training to deliver the complicated

care that will be needed. They are not always considered partners in their loved one's care, and are not encouraged to maintain their own health. Research shows that family caregivers are at increased risk for health, emotional, financial and work-related problems.

The Edel Caregiver Institute has partnered up with the Rosalynn Carter Institute, the Area Agency on Aging, the Centers for Medicare and Medicaid, and many others local agencies. The Institute will launch standard-setting, innovative programs to help caregivers learn how to best deal with their impending or current caregiving challenges and needs.

The Edel Caregiver Institute will be housed inside the Demere Center for Living building, currently under construction on Business Center Drive. This community resource is generously funded by donations to the Hospice Savannah Foundation, Inc.

Local agencies and healthcare professionals will offer evidence-based caregiving curriculum and look forward to offering a full array of programs in September, 2015.

Dr. Leisa Easom, Executive Director for the Rosalynn Carter Institute for Caregiving will be officiating the opening ceremony, planned for September 25, 2015.

In the meantime, please contact the Coordinator Paula Hudson at 912-629-1331 for more information.



Recently Naomi Latini went to the Virginia Beach, VA area and trained multiple agencies on RCI REACH. Pictured below is Kathy Dial, CEO of Kids and Kin Consulting with Naomi.



Middle of June, Elaine Larkin, Training Coordinator, spoke at the ADRC Healthy Communities Summit in Atlanta. It was hosted by the Georgia Department of Human Services—Division of Aging Services. Larkin presented 2 of the 5 modules from the Caring for You, Caring for Me training.

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On April 24, 2015 the Advisory Board for the Rosalynn Carter Institute met on the campus of Georgia SouthWestern State University for their semi-annual meeting. Former First Lady Rosalynn Carter, Kathy Cade and Mike Cheokas (co-chairs) welcomed everyone and proceeded with the scheduled agenda.

Dr. Charles Patterson gave the President's Report for Georgia SouthWestern State University. Dr. Easom shared the Executive Director's report. Board members met in committee groups for discussion regarding the future work of the RCI.

After a full day, closing remarks were given By Mrs. Carter and the meeting was adjourned.

Pictured seating are: Annette Carter, Naomi Latini (staff), Shirley Loflin, Betty Pope, Former First Lady Rosalynn Carter, Cathy Cade, Dr. Leisa Easom (staff), Dr. Joan Lord and Dr. Nancy Krypt.

Pictured standing are: Cindy Holloway (staff), Chelsea Collins (staff), Dr. Wallace Mays, Christine Ta (staff), Dr. Thom Borneman, Alice Argo, Dr. Don Lollar, Kerri Post, Elaine Larkin (staff), Dr. John Gates, Gayle Alston (staff), Laura Bauer (staff), Angel Ramos (staff), Kelly Turman (staff), Mike Cheokas, Dr. Jennifer Friday, Dr. Charles Patterson, and Dr. Ray Lorion.



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CARE-NET Calendar

Meeting dates third quarter 2015:

Atlanta Regional	8/18
Central Savannah	7/22
Coastal GA	8/25
Heart of Georgia	8/12
Legacy Link	OPEN
Middle GA	9/17
Northeast GA	7/14
Northwest GA	TBA
South GA	OPEN
Southwest GA	8/21
Three Rivers	8/12
West Central GA	7/28, 9/29

For additional information you may contact the CARE-NET Coordinator for each region. Their contact information can be found at:

<http://www.rosalynncarter.org/Georgia%20CARE-NET%20Coalition/>

Do you have questions about Medicare?

Visit GeorgiaCares (all one word) at:

<http://www.mygeorgiacares.org/>

Or call them at 1-866-552-4464 option 4

Find them on Facebook at:

<https://www.facebook.com/GeorgiaCares>

they are the experts and can answer all your questions!



2015 Coalition Meeting Schedule

All Meetings will be held at the:

Methodist Children's Home

Macon, GA

10:00 AM—2:00 PM

September 8, 2015

December 8, 2015

Do you know someone that would like to receive this newsletter, if so, please share it.

Did a friend send you this newsletter?

Would you like to be sure you continue to receive it, then sign-up

by sending an email to:

Elaine.larkin@gsw.edu

to receive future editions.

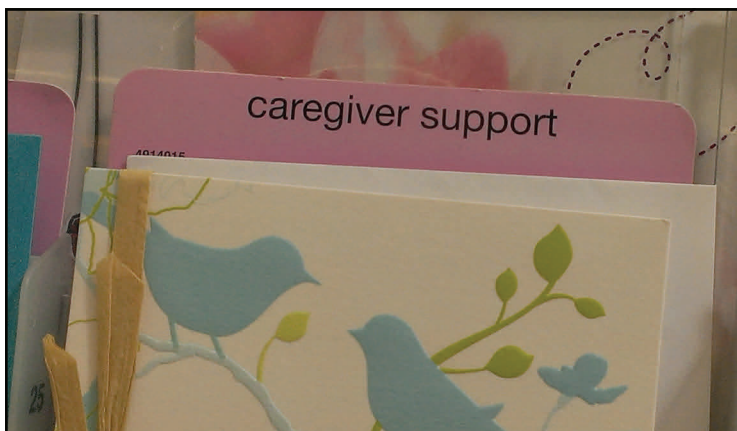


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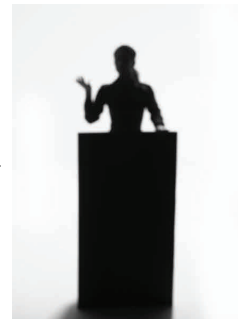
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Isn't it nice to know that you can now buy a greeting card for a caregiver? You can show a caregiver that you are thinking about them.

Speakers Bureau

Do you need someone to speak to your group? The Rosalynn Carter Institute has professionals in the area of Caregiving and Alzheimer's care who can speak to your church and/or social groups in the communities we serve. Call 229-928-1234 to start a conversation on how RCI can help. Our goal is to help individuals care for loved ones by sharing our expertise. Presentations can be based on your specific needs in Caregiving. Travel and lodging expenses are the responsibilities of the inviting party.



YES! I want to make a tax-deductible contribution to The Rosalynn Carter Institute . Tax ID 58-1386358

Enclosed is my donation of \$_____.

Name _____

Address _____

City/State/Zip _____

Phone (work) _____ (home) _____

I am making this gift in ☐ memory of ☐ honor of

Name _____

Address _____

Please make check payable to the Rosalynn Carter Institute and send to: 800 Georgia Southwestern State University Drive, Americus, GA 31709. **You may also contribute online by visiting www.rosalynncarter.org.**

This gift is to be used as follows: (check one below)

Endowment Funds ☐

CARE-NET ☐

Education and Training ☐

Undesignated Funds . ☐

Development ☐

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