

UK Elder Care

IN THE KNOW

E-Newsletter

February 2012



A MESSAGE FROM THE COORDINATOR

Did you know by calling Elder Care for information and assistance you can save valuable time, energy, reduce your stress level and avoid missed time at work? And we are always listening and trying to make the Elder Care service better. Every employee who uses the Counseling/Consultation & Resource Referral Service is asked to complete an evaluation. I am pleased to share with the outcomes of the 2011 evaluation. The results and comments clearly show the value of having an Elder Care program to help respond to caregiver needs in the workplace.

2011 Elder Care Survey Results

- 89% found their experience with Elder Care to be excellent; 11% good.
- 95% Strongly Agreed and 5% Agreed with the statement that the Elder Care Specialist responded to their needs in a timely manner.
- 80% of clients contacted the referrals and resources that Elder Care presented to them and found them helpful.
- 83% thought their personal stress levels decreased after using Elder Care.
- 63% reported Elder Care saved them 3 or more days of missed work time.
- 25% reported that using Elder Care resulted in fewer days away from work.
- 41% reported fewer work-day disruptions.
- 24% reported a reduction in expenses with travel, long distance or other bills.

What people have said about the services provided?

“Eldercare is an excellent resource and was a tremendous help. With elderly family members out of state that were terminally ill (we dealt with 2 at the same time) eldercare was there willing to help - find help- and answer questions.”

“I was most pleased with my personal meeting. It prepared me for subsequent research necessary to placing my mother in the appropriate facility. I intend to employ the resources of Elder Care and am grateful to the University for providing this service.”

“I did not know which direction to go since my Mother is so ill and she cannot care for herself. We have since gotten guardianship. I would not have known to do that without the Elder Care Professionals to guide me in the right direction. The suggestions and options were wonderful and I feel so much better knowing my Mother is getting the best care we can possibly provide even though she is not happy with it.”

“The referrals were great and I am very happy with the agency. I had no idea UK offered a discount with companies. I do not have to take as much FMLA time to care for my father. Thank you for your help. It is a wonderful asset for UK employees.”

Elder Care is a FREE service for UK Employees, retirees, spouses and sponsored dependents who are caring for an elderly loved one. You can get the help you need by phone, email or a scheduled appointment. Call 323-4600.



NEWS HIGHLIGHTS

The Legacy Home - A New Innovative Home for Women in Lexington

The Legacy Home is ready to accept applications for residence. The home is located at 938 Delaware Ave. It is owned and operated by Lexington Cooperative Ministry Inc., a non-profit 501(c)(3) corporation. It is a lovely newly remodeled home with 5 large bedrooms, 3 bathrooms, a sunroom, a living room, a large eat-in completely equipped kitchen, a fully equipped laundry, a large backyard and off street parking. The Legacy Home is designed to allow 5 women ages 65 and older who have modest incomes to share the rent of a home and other expenses in order to minimize the cost of growing older. It is an opportunity to grow older and stay in the community. It is a wonderful new alternative to large institutional apartment buildings or living alone. The Legacy Home is not transitional or emergency housing; thus a one year lease is necessary. The Legacy Home is *independent living* and no services (such as transportation, meals, health care) are provided. Rent is between \$425-\$450 per month. **To apply, call The United Way of the Bluegrass Information Line - 211- for more information.**

Source: Esther Hurlburt, Legacy Cooperative Ministry Inc.

Mid-lane Driving Helps Older Adults Stay Safe

It's official: older adults are naturally inclined to drive in the middle of the road, leaving the younger generation to cut corners.

This tendency to sit mid-lane is an in-built safety mechanism that helps pensioners stay safe behind the wheel, according to researchers at the University of Leeds, UK.

The findings of the study, which are published in the *Journal of Experimental Psychology Human Perception and Performance*, have shown how older people naturally adapt when they can no longer move with the freedom they once had. Researchers hope that the work will be used to find new ways of helping patients recover lost motor skills, for example, after a stroke.

Aging causes the body to respond more slowly and movements to become less precise. To see how this might affect performance behind the wheel, a team from the University of Leeds' Institute of Psychological Sciences compared the motor skills of healthy younger adults, aged between 18 and 40, with a group of over-60s.

Using a touch-screen laptop, participants were asked to trace wiggly lines of varying widths - slowly, quickly and at their own preferred pace. They were also asked to steer along 'virtual' winding roads when sitting in a driving simulator.

The researchers found that the older adults made allowances for their age by adopting a 'middle-of-the-road' strategy in both tests. This meant they remained well inside the wiggly lines when tracing, and stayed in the middle of the road lines when driving. Younger participants, in contrast, had a greater tendency to cut corners. However, when study participants were asked to drive faster in the simulator and to follow narrower paths, all tended to cut corners more - regardless of their age.

"Our results suggest that this compensation strategy is a general phenomenon and not just tied to driving. It seems older people naturally adjust their movements to compensate for their reduced level of skill," said postgraduate researcher Rachel Raw, lead author of the study. "But this compensation can only take you so far, and when conditions are difficult, perhaps because of snow or hail, or when driving at night time on poorly lit roads, older adults can struggle," she said. "It is important to establish what strategies are adopted by older drivers in order to ensure their safety – as well as the safety of other road users." said psychology researcher Dr Richard Wilkie, who supervised the work. "More generally, understanding how older people learn to adapt to a diminished level of skill has implications for our approach to rehabilitating patients with reduced movement, for instance, after a stroke."

Source: http://www.eurekalert.org/pub_releases/2012-01/uol-mdh010412.php



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

- **February 6th *Living with Low Vision Seminar.*** Lifeline Home Health is sponsoring a free seminar at 11 a.m. at the Lexington Senior Center 1530 Nicholasville Rd. For more information, call 278-6072.
- **February 8th *Legal Planning for Elder Care - Free UK Elder Care Lunch & Learn Seminar.*** Karen Perch, Attorney, will discuss the importance of advance directives and other legal tools for elder care. Seminar will be 12:10-12:50 p.m. in the Commons Room, CTW Building. Register for this seminar on-line at <http://fs18.formsite.com/worklife/form22/index.html>.
- **February 13th *Memory Café for Caregivers and Persons with Dementia.*** Sponsored by UK Sanders-Brown Center on Aging and Alzheimer's Disease Center, this program takes place the second Monday of each month, 3 - 5 p.m., at the Living Arts and Science Center. Contact Caitlin McGuire at 257-8971.
- **February 15th *Caregivers Support Group: Guest Speaker Russ Russell from the Social Security office.*** Mr. Russell will be here to answer all your Social Security and Medicare questions. CARE Group will meet in the Keeneland Room of the WT Young Library 12:10-12:50 p.m. Space is limited, so please call 218-0456 to register.
- **February 24th *Family Caregiver Workshop.*** Sponsored by the Alzheimer's Association, this workshop is from 9:15 - 4 p.m. at the Fayette Co. UK Extension Office. Cost is \$10.00 and includes lunch.
- **February 25th *The Basics: Memory Loss, Dementia and Alzheimer's Disease.*** Free seminar sponsored by the Alzheimer's Association scheduled February 25th 10:30 a.m. - 12:30 p.m. at the Lexington Public Library, North Branch.

- **February 26th Guardianship: Meet the Experts.** Free seminar sponsored by the Kentuckians for Nursing Home Reform is Sunday, February 26th at 2 p.m. at the Bates Creek Branch Public Library. Attorneys Carolyn Kenton and Robert McClelland and Virgil Clayton, Director of the State Division of Guardianship are the panel speakers.



CAREGIVER SURVIVAL GUIDE

Things You Can Do To Relieve Stress

- Exercise on a regular basis
- Eat a good, nutritional breakfast every day of the week
- Maintain proper nutrition
- Get proper amount of sleep
- Say “no” to avoid over-committing
- Attend a mind/body class like Yoga or a Mediation class
- Write in a journal
- Make a “To Do” list to organize tasks to be accomplished
- Take a break when beginning to feel stressed
- Read an enjoyable book
- Watch a humorous movie or TV program
- Constructively talk to family members or friends
- Ask for help and accept help when it is offered
- Get a professional massage
- Avoid alcohol
- Limit caffeine intake
- Work on an enjoyable hobby

- Restructure priorities
- Attend UK's Caregiver Support Group on a regular basis
- Schedule a counseling session with an Elder Care Specialist

UK Elder Care is a free counseling and resource referral program for UK employees, retirees, and spouses/sponsored dependents. Call, email or schedule an appointment Monday-Friday 8 a.m. to 5 p.m.

www.uky.edu/HR/eldercare or 323-4600



Room 155 Seaton Center Building ~ Lexington, KY 40506-0219

www.uky.edu/HR/eldercare ~ (859) 323-4600