

UK Elder Care

IN THE KNOW

E-Newsletter
November 2009



A MESSAGE FROM THE COORDINATOR

According to the National Family Caregivers Association (NFCA), in any given year over 50 million people provide some level of caregiving services. Those services are valued at more than \$375 billion dollars a year! American businesses can lose billions each year due to employees' need to care for loved ones 50 years of age or older. To recognize UK employee caregivers, UK Elder Care & Work + Life Connections have organized free presentations on caregiving, and you will also have the opportunity to join a support group. See the calendar in the events section for more details!

For a comprehensive list of senior housing options in Fayette County, and in other areas in the Bluegrass Region, visit the Elder Care website and browse the **New On-line Senior Housing Directory**. UK Elder Care, the Graduate Center for Gerontology, and Bluegrass Area Agency on Aging put together this useful directory. Visit www.uky.edu/HR/eldercare to get an on-line copy.



NEWS HIGHLIGHTS

Medicare's Annual Open Enrollment is from Nov. 15 - Dec. 31

Each year plans change what they cost and what they cover. The next general open enrollment starts on November 15, 2009. During this time, people with Medicare can add, drop or change their prescription drug coverage. They can also select a health plan for their 2010 coverage.

You'll find helpful Medicare tools and information on the Center for Medicare and Medicaid's web site. Use the resources on this site to compare the cost or benefits of Medicare health plans in your area. Get answers to your Medicare questions. Learn how to lower health care costs and stay healthy

Source: www.cms.hhs.gov/center/openenrollment.asp

Good Health In Later Life For Older Men: Health Tip Sheet

While Americans are living longer than ever, American men still aren't living as long as American women, the latest longevity statistics show. On average, men in the US live about 75 years -- 5 fewer than women. Why the longevity gap? No one knows for sure. But research suggests that a leading reason may be that men don't take care of themselves as well as women do. To help older men do that, the American Geriatrics Society's (AGS) Foundation for Health in Aging (FHA) has published an easy to understand health "tip sheet" "For Older Men: Tips for Good Health in Later Life" -- just for them.

The FHA's tip sheet offers up-to-date advice, tailored to the needs of older men, on taking medications safely, eating well, and exercising safely. It includes information about screening tests -- including those for abdominal aortic aneurysm, bone health, prostate cancer, colorectal cancer, depression, and sexually transmitted diseases. The tip sheet also offers advice on avoiding falls and fractures, quitting smoking, staying mentally sharp and socially engaged in later life, and whether and how much to drink.

The FHA tip sheet - "For Older Men: Tips for Good Health in Later Life" earlier this year can be found at this web site: www.healthinaging.org/public_education/menshealth_tips.php

Source: www.medicalnewstoday.com/articles/169076.php



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS EVENTS

Caregivers Month Special Events

****AARP Health Care Reform: Mythbusters Town Hall Meeting***

November 3, 12:10 – 12:50 p.m., W.T. Young Library, Gallery Room

****Negotiating Special Education Services: Top 5 Things to Know and Do***

November 2, 12:10 – 12:50 p.m., Chandler Hospital Learning Center, H-31F &

November 9, 12:10 – 12:50 p.m., W.T. Young Library, Gallery Room

****Tis the Season to De-Stress!***

November 10, Noon – 1 p.m. W.T. Young, Gallery Room

****Simple Ideas for Turning Holiday Grief into Hope***

November 12, 12:10 – 12:50 p.m., Student Center (new), Room 228

****Introduction to Lotsa Helping Hands***

November 24, Noon – 1 p.m., W.T. Young Library, Keeneland Room

****What You Need to Know: Cold and Flu***

November 19, Noon to 1 p.m., W.T. Young Library, Auditorium

****Three Easy Steps for Getting Organized: Legal, Medical, and Financial Planning***

November 30, 12:10 – 12:50 p.m., Chandler Hospital Learning Center, H-31F

MONTHLY SUPPORT GROUPS

All groups meet Noon to 1 p.m.

****Working Mothers***

November 5, 220 Scovell Hall, Ste 2

****Parenting Teens and Tweens***

November 11, 220 A Scovell Hall

****Caregivers Support***

November 19, W.T. Young Library, Keeneland Room

To register for events or for more information, visit: www.uky.edu/HR/eldercare

or call: Elder Care 323-4600

COMMUNITY EVENTS

- **Snack 'n Learn: *Communicating and Relating with the Person with Dementia*** scheduled November 12 from 1 p.m. – 2 p.m. at the Fayette County Public Library, Tates Creek Branch. This program is for anyone who would like to know more about effectively communicating with someone with dementia. Registration required; call 1-800-272-3900.
- **Community Tea to learn more about ITN of the Bluegrass – Transportation Program in Fayette County** scheduled November 12th at 2 p.m. at Richmond Place Retirement Community. For more information, call ITN Bluegrass 252-8665.
- **Free Webinar for Family Caregivers**
Safe & Sound: How to Prevent Medication Mishaps scheduled November 12th from 2 – 3 p.m. Eastern Time. This free webinar is sponsored by the National Family Caregivers Association. Register on line at www.thefamilycaregiver.org or call (800) 896-3650.
- **ABC Workshop for Alzheimer's Caregivers** scheduled November 16th from 2 – 4 p.m. at the Alzheimer's Association office, 465 East High Street, Ste 100. Call 1-800-272-3900 to register.
- **Free Memory Screening** scheduled November 17th from 9 a.m. to 4 p.m. at three clinic locations sponsored by UK Sanders-Brown Center on Aging. Sanders-Brown Center on Aging Clinic 1030 South Broadway; Kentucky Neuroscience Institute at KY Clinic 740 South Limestone; and Polk-Dalton Clinic 217 Elm Tree Lane from 10 a.m. to Noon and 1 – 3 p.m. No appointment necessary. For more information, contact Roberta at 323-6316 or rdavi3@email.uky.edu.



CAREGIVER SURVIVAL GUIDE

10 Tips for Family Caregivers

1. Caregiving is a job and respite is you're earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.

3. When people offer to help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts**. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back**.
8. Grieve for your losses, and then allow yourself to **dream new dreams**.
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

Source: National Family Caregivers Association - <http://thefamilycaregiver.org/index.cfm>



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