

UK Elder Care

IN THE KNOW

E-Newsletter
April 2008



A MESSAGE FROM THE COORDINATOR

As many of you know, we have three CARE Groups on-campus that meet in different locations on-campus (Scovell Hall, Hospital, and Service Building areas). This group is not just for caregivers, but for those who have been through caregiving, so we encourage those of you who are not dealing with a lot of stress and caregiving at the moment to consider attending and being mentors to others who are dealing with caregiving issues. These meetings provide a wonderful opportunity for you to network with other employees across campus dealing with struggles you had to endure when providing care. So, we encourage you to visit one of the meetings, because you could be very helpful to other caregivers. If possible, let us know in advance you will be joining us by calling 323-4600. The date, time and location of these meetings are below!



NEWS HIGHLIGHTS

New Study: Corporate Eldercare Programs Improve Employed Caregiver Focus on Job

Employed family caregivers who use employer- sponsored geriatric care management (GCM) services were more focused on work after using the program than they were before using it. And, GCM program users were less likely than other groups to self-report deterioration in their health over time, according to the findings of a February 2008 study.

The study, entitled *Corporate Eldercare Programs: Their Impact, Effectiveness and the Implications for Employers*, was designed and conducted by the National Alliance for Caregiving and the Center for Productive Aging at Towson University and funded by LifeCare, Inc.

Other key findings of the study:

- Participants spent an average of 13.5 hours per week tending to their

caregiving tasks.

- 54% provide some type of financial assistance to their loved ones - an average of \$300 per month.
- Workplace accommodations related to caregiving were common among respondents: 41% use time at work to discuss care with co-workers; 64% arrive late or leave work early; 70% take days off due to caregiving duties, and 81% routinely take time off during their workday to make arrangements for care or to check on loved ones.
- Many had misperceptions about the eldercare supports offered or the relevance of the programs to their situations. Many felt their situation was not "serious" enough to take advantage of the programs and felt that they needed to be in a crisis to justify using these supports.
- All caregiving employees surveyed (even those who did not use the programs) "felt grateful that their employer offered a program that recognized their caregiving situation - and many reported feeling "validated" by its availability," according to the report.

To view the full summary of findings, visit
http://www.lifecare.com/news/archives/study_0208.htm

Source: Elder Care / Work Balance Newsletter: Vol. 7, No. 3

Big Belly Boosts Risk of Later Dementia

Having a big belly in your 40s can boost your risk of getting Alzheimer's disease or other dementia decades later, a new study suggests.

It's not just about your weight. While previous research has found evidence that obesity in middle age raises the chances of developing dementia later, the new work found a separate risk from storing a lot of fat in the abdomen. Even people who weren't overweight were susceptible.

That abdominal fat, sometimes described as making people apple-shaped rather than pear-shaped, has already been linked to higher risk of developing diabetes, stroke and heart disease.

"Now we can add dementia to that," said study author Rachel Whitmer of the Kaiser Permanente Division of Research in Oakland, Calif.

Analysis found that compared to people in the study with normal body weight and a low belly measurement:

Participants with normal body weight and high belly measurements were 89 percent more likely to have dementia.

_ Overweight people were 82 percent more likely if they had a low belly measurement, but more than twice as likely if they had a high belly measurement.

_ Obese people were 81 percent more likely if they had a low belly measurement, but more than three times as likely if they had a high measurement.

Source: www.alz.org – In the News-March 27, 2008, Associated Press

Geriatrician Care Guards Against Risk of Inappropriate Meds - *National study found it lowered chances of being prescribed wrong drug or dosage*

Elderly Americans taking prescription medications face a lower risk for being given an inappropriate drug or dosage if they receive care from a geriatrician, new research reveals. The finding is based on a large, national review of mostly male veterans who sought care at VA facilities across the United States. The analysis indicates that roughly one in four vets were inappropriately prescribed medications, while those few who had visited with a geriatrician in the past year had reduced exposure to such critical mistakes.

The study, published in the February issue of *Medical Care*, is a review of data concerning more than 850,000 veterans over the age of 65 who had sought outpatient care at one of 124 VA facilities between 1999 and 2000. The complete article can be found by going to the web link:
http://www.nlm.nih.gov/medlineplus/news/fullstory_60462.html

Source: HealthDay



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS

- **CARE Group meetings** are in three locations. The next meeting dates are: April 10th in 220 Scovell Hall, Suite 1; April 17th C110 UK Hospital; and April 24th in Peterson Service Building, Room 379. Meetings are from 12 – 1:00 p.m. If you are not presently attending please contact Elder Care for details and more information. Newcomers are welcome at anytime.

- **Community Resources for Elder Care: In-Home to Housing Options** is scheduled Thursday, April 17th from 12-1:p.m. in Medical Center H31B. Seating is limited; please register through NetLearning or calling 7-9226!
- **Don't Blame it on Aging** is scheduled Monday, May 5th 12:10-12:50 p.m. in CTW, Commons Room 127. Dr. Nancy Stiles, M.D. Associate Director of Medicine, Geriatrics will be speaking about: What is normal aging? What are causes of functional decline? Is it common? RSVP by calling Elder Care at 323-4600.
- **Health & Wellness Events**: Lunch n Learn: Focus on Fitness: Strength Training is April 16th 12:10-12:50 in 127, CTW; Chair Massage is April 15th from 11 – 3 p.m. in 212 Seaton Center Wildcats on the Move runs from April 20 through June 28;. Visit www.uky.edu/HR/Wellness to learn about other services and scheduled events and to RSVP.

COMMUNITY

- **Family Caregiver Training** is Friday, April 18 from 9 – 3:45 p.m at the Fayette County Extension Center at 1140 Red Mile Place. The Alzheimer's Association along with UK Alzheimer's Disease Center and Bluegrass Area Agency on Aging invite all family caregivers to this training. You will receive information about Alzheimer's disease and caregiving. Cost is \$10.00. Contact Tonya Cox at 266-5283 by April 11th.
- **Senior Scam Jam** is Wednesday, April 23rd 9 a.m. – 2 p.m. at the Fayette Co. Cooperative Extension Education Center at 1140 Red Mile Place. This even sponsored by AARP and Office of the Attorney General is FREE, but registration is required by calling 1-877-926-8300.

Seniors can receive FREE tax preparation by an AARP Volunteer! Call the Lexington Senior Center at 278-6072 or Bell House at 233-0986 for information and appointment times!



CAREGIVER SURVIVAL GUIDE

Why Not Just Use an Off-the-Shelf Power of Attorney Form?

A durable power of attorney is one of the most important estate planning documents you can have. It allows you to appoint someone to act for you (your "agent" or "attorney-in-fact") if you become incapacitated. Without a power of attorney, your loved ones would not be able to make decisions for you or manage your finances without asking the court to appoint a guardian or conservator, which is an expensive and time-consuming process.

There are many do-it-yourself power of attorney forms available; however, it is a good idea to have an attorney draft the form for you. There are many issues to consider and one size does not fit all.

The agent's powers

The power of attorney document sets out the agent's powers. Powers given to an agent typically include buying or selling property, managing a business, paying debts, investing money, engaging in legal proceedings, borrowing money, cashing checks, and collecting debts. They may also include the power to consent to medical treatment. Some powers will not be included unless they are specifically mentioned. This includes the power to make gifts and the power to designate beneficiaries of your insurance policies.

The power to make gifts of your money and property is a particularly important power. If you want to ensure your agent has the authority to do Medicaid planning on your behalf in the event you need to enter a nursing home, then the power of attorney must give the agent the power to modify trusts and make gifts. The wording in a power of attorney can be significant, so it is necessary to consult an attorney.

Springing or immediate

The power of attorney can take effect immediately or it can become effective only once you are disabled called a "springing" power of attorney. While a springing power seems like a good idea, it can cause delays and extra expense because incapacity will need to be determined. If the power of attorney is springing, it is very important that the method for determining incapacity is clearly spelled out in the document.

Joint agents

While it is possible to name more than one person as your agent, this can lead to confusion. If you do have more than one person named, you need to be clear whether both parties need to act together or whether they can each act independently. It might make more sense and be less confusing to name an alternative agent to act in case the first agent is unable to.

Appointing a guardian

Another use of a power of attorney can be to nominate a guardian in case guardianship proceedings become necessary. Including your preference for a guardian can allow you to have some say over who will be managing your affairs. Usually, the court decides who will be chosen as a guardian, but in most circumstances, the court will abide by your nomination in the durable

power of attorney.

Executing the power of attorney

To be valid a power of attorney must be executed properly. Some states may require a signature, others may require the power of attorney to be notarized, and still others may require witnesses. It is important to consult with an estate planning attorney in your state to ensure your power of attorney is executed properly.

Accepting a power of attorney

Even if you do everything exactly right, some banks and other institutions are reluctant to accept a power of attorney. These institutions are afraid of a lawsuit if the power of attorney is no longer valid. Many banks or other financial institutions have their own standard power of attorney forms. To avoid problems, you may want to execute the forms offered by the institutions with which you have accounts. According to a MarketWatch.com [article](#), you need to be careful that you don't sign a bank's document that inadvertently restricts a power of attorney's ability to deal with other assets, and you should check that any documents you sign with a bank match the original power of attorney.

Source: www.elderlawanswers.com



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