

UK Elder Care
IN THE KNOW
E-Newsletter
September 2008



A MESSAGE FROM THE COORDINATOR

Starting in September, the CARE Group meeting locations will be changing to better serve you. We will have only 2 CARE Groups meeting monthly. The South Campus CARE Group will meet the Second Thursday of each month in CTW Building, Room 322. The North Campus CARE Group will meet the Third Thursday of each month in Peterson Service Building, Room 379. Meetings are from Noon – 1 p.m. Please help communicate these changes with colleagues, and invite new-comers to join! For more information, contact Elder Care at 323-4600 or visit www.uky.edu/hr/eldercare.



NEWS HIGHLIGHTS

New Report Looks at State Efforts to Rebalance Long-Term Care Systems

AARP's Public Policy Institute has released a new report, A Balancing Act: State Long-Term Care Reform, which examines the extent to which states have balanced the delivery of Medicaid-funded, long-term care services and supports to people in their homes and in institutions. The report found that in 2006, only seven states spent 40% or more of their Medicaid LTC dollars for older people and adults with physical disabilities on Home Community Based Services (HCBS); and that there is wide variation among states, ranging from 5% to 50% of Medicaid long-term services and supports funds going toward HCBS. The numbers of individuals receiving HCBS, though, has increased from 1999 to 2004. For more information and to download a copy of the report, go to: http://www.aarp.org/research/longtermcare/programfunding/2008_10_ltc.html

Source: AARP Solutions Forum, July 11, 2008

New Report on Assisted Living Now Available

“Assisted Living and Residential Care Policy Compendium, 2007,” a report compiled by the National Academy for State Health Policy and released in April 2008 by the U.S. Department of Health and Human Services’ Office of the Assistant Secretary for Planning, lays out current issues in assisted living and

residential care, including policy developments, growth trends, changing regulatory models, approaches to quality, and financing and reimbursement. This compilation is an update of one issued in 2004. Among the key highlights found in the report: in 2007, states reported 38,373 licensed residential care facilities with 974,585 units/beds; regulatory changes since 2004 tend to address the challenges posed by serving frailer and sicker residents; and 44 states now have requirements for residential care facilities serving residents with Alzheimer's disease and other dementias. The 2007 edition also includes an examination of adult foster care policy across states. The complete report can be accessed at: <http://aspe.hhs.gov/daltcp/reports/2007/07alcom.htm>.

Source: National Academy for State Health Policy;
http://www.nashp.org/docdisp_page.cfm?LID=3CBEF3B3-F1A6-4791-99A0052670C89F09

Survey of Long-Term Care Experts Conducted to Spur Reform

To help move the long-term care reform debate forward, researchers from Brown University conducted the "Commonwealth Fund Long-Term Care Opinion Leader Survey" - the first national survey of individuals specializing in long-term care. The survey asked experts what they think of the long-term care system and how it could be reformed. Respondents included consumer advocates, providers, public officials, policy experts, and others. Among the findings: 1) the top three challenges facing long-term care were workforce (85% of respondents); financing (66%); and achieving quality (60%); 2) fewer than 25% had faith in using consumer report cards and other publicly available information to help people make informed choices - most preferred care coordination and counseling; 3) more than 85% viewed improved work environments and increased compensation as the keys to recruiting/retaining paraprofessional staff; 4) most felt that the federal government performs poorly in regulating nursing homes, but considered the government's performance in regulating home health agencies even worse; and 5) many (67.7%) thought the regulation of assisted living should be more stringent. To read a one-page summary of the findings, go to: http://www.chcr.brown.edu/colco/ltc_survey_summary_6_30_08.pdf.

Source: The Commonwealth Fund Long-Term Care Opinion Leader Survey: Top Level Findings; Quality Care/Quality Jobs, July 17, 2008



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

- **Bluegrass Regional Boomer and Senior Games** is Saturday, September 6 held on the campus of Berea College from 9 a.m. till 5 p.m. Cost, including T-Shirt and lunch, is \$10.00. Contact Randy Lawson 269-8021 or Martha Beagle at (859) 985-3573. Forms can be downloaded at www.bgadd.org.

- **CARE Group Fall Kick-Off *New Locations!*** September 11th Room 322, CTW Building; and September 18th in Peterson Service Building, Room 379. All meetings are from Noon – 1 p.m.
- ***What's Your Question About Nursing Homes?*** Panel of experts will give insight and answer questions about nursing homes. This free event is sponsored by Kentuckians for Nursing Home Reform and will be held September 14th at 2 p.m. at the Tates Creek Branch of the Lexington Public Library. Call 312-5617 for more information.
- **Health & Wellness Events:** . The fall 2008 Health and Wellness Calendar is now online. Visit www.uky.edu/HR/Wellness to learn more about the scheduled events and to RSVP.
- ***Alzheimer's Family Caregiver Training*** is Friday, September 12th 9 a.m. – 4 p.m. This program is for those who have a friend or family member who has been diagnosed with Alzheimer's disease or a related dementia. Local and statewide experts in aging and Alzheimer's care will present on Alzheimer's disease, caregiving basics, legal decisions, and how to care for the caregiver. Registration is \$10 and includes lunch. Registration is required: call 1-800-272-3900
- ***The Next Best Years of Your Life: Living the Good Life!*** This all day conference is Thursday, September 25 8:30 a.m. – 1:30 p.m. Topics include: World Equestrian Games 2010; Wake Up and Stretch; Medicare/Medicaid Updates, Service Updates; Fun Things to Do. Cost is \$8.00 and includes breakfast, lunch and materials. Call Fayette County Extension Center to RSVP at 257-5582.
- ***Writing for Caregivers with Jeff Worley*** is Saturdays, September 20, 27, October 4, 11, 18, and 25 10:30 a.m. – 12:00 pm. At the Carnegie Center for Literacy and Learning. Reading reception November 7th 6:30 p.m. This is a workshop focused on putting thoughts and feelings on paper to regain perspective and control over challenging and life changing events. There is a \$10 materials fee. Registration required.

Coming Soon - UK Work and Family Month Events! Visit the Work-Life web site at www.uky.edu/HR/worklife for a complete schedule, and to register for the Kick-Off Luncheon Generations @ Work sponsored by AARP Kentucky. Seating is limited, so register early!



CAREGIVER SURVIVAL GUIDE

Lessons Caregivers Can Learn From Private Industry

Caregivers experience many feelings including self-doubt, questioning their own abilities and whether or not they are “doing the right thing.” Sometimes caregivers question themselves right down to the core and ask “Why am I doing this?” This is when all caregivers can use some of the lessons from

private industry and those successful in business and sales.

Many in corporate training programs are taught to surround themselves with those who are successful. The understanding is that this will help them to also become successful. The same philosophy can be used to achieve a successful caregiving experience. Caregivers can do this by attending support and educational groups. This is a forum for gaining insight from others who are caring and sharing ideas and information. This can also be accomplished by reaching out to professional organizations that can provide assistance in the form of information, services, or training. Surrounding yourself with professionals and other caregivers will offer you the keys for success.

Those successful in sales learn early on that confidence is part of their success. How do caregivers gain this confidence in themselves? The first step in gaining confidence is educating yourself about what you are doing. If you are selling an auto part, you need to know how it fits into the engine and how it improves the car performance. If you are providing care for someone with Alzheimer's Disease, you need to know how the disease is diagnosed and treated. There are many ways to educate yourself. The first step can be to find which national organizations or foundations exist concerning your loved ones' issue. These resources have up-to-date and correct information about various illnesses as well as links to local programs. The Alzheimer's Association, Easter Seals Society, American Heart Association, and National Multiple Sclerosis Society are a few well-known national associations, but many more exist. There are also multiple resources online, although caution is recommended as caregivers need to be wary of who is sponsoring a website and posting the information. Another place to start is at a teaching or research hospital. Talk to your doctor about whether getting care at such an institution will give you more access to current information and newer treatments.

The second step in gaining confidence in one's abilities is to simply fake it. If you fake confidence long enough, it eventually starts to rub off on you. This can be referred to as the "fake it until you make it" strategy that many in the sales industry will use. How do you fake confidence? You simply tell yourself over and over that you are doing the right thing. You look at yourself in the mirror and you say out loud "You know what you are doing here and you are doing a good job." There are many other mantras you can adapt to your personal situation, such as "I am the best at what I do," "I am a great caregiver" and anything else that is a positive message reminding you of your abilities. Some may need to go so far as to write these sayings out and post them in their home. It may not be your idea of beautiful décor, but if you ask those in sales who use this positive affirmation system – it works. There are many in the direct sales industry who have found success after "wallpapering" their home with positive confidence building statements.

Eventually, you are no longer faking it, and it becomes reality.

The same system of using positive affirmations helps when caregivers start to question their core value of why they are doing these tasks day in and day out. Reminding yourself why you are providing care may need to become a part of your caregiving routine. I recommend making a sign that says, "I love my husband/wife/mother/father" and posting it where you need to see it most. Do you need a reminder in the bathroom where you find it exhausting when assisting with toileting or bathing? It may need to be next to your bed so you see it at the end of the day and at the start of the next day. Start each day telling yourself out loud why you are caring. In private industry, those in sales are told to keep a goal picture close by at all times. For someone in sales, this may be a car or vacation home they hope to purchase with their earnings. For a caregiver, this may be a smiling picture of their loved one or a picture of their family during earlier times. Daily reminders that love, kindness and caring are the why will do wonders for keeping that love alive and present in your life.

All these lessons from private industry can be adopted into our daily lives as husbands/wives/mothers/fathers/daughters/sons. Success in business is not analogous to success in family but we can use the same strategies to get there.

Source: www.caregiver.com



321 Charles T. Wethington Jr. Building ~ Lexington, KY 40536-0200
www.uky.edu/HR/eldercare ~ (859) 323-4600