

# CAREGIVER NEWSLETTER

DECEMBER 2018

## Respite Care

Respite refers to a short time of rest and relief from caregiver responsibilities and typical routines for both the caregiver and their loved one. It provides caregivers the opportunity to be involved in self-care activities, while the individual with dementia still receives care. Respite care can be provided during different times of the day and as often as needed. Various individuals such as volunteers, family members, paid staff, friends, and community organizations can provide respite.

### Types of Respite

#### In-home Respite Care

- Includes companion services, personal care services, homemaker services, and skilled health care services.
- Services can be hired privately, through an agency, or as part of a government program.
- Cost, level of training, and specific services will vary by agency and workers hired.
- IHSS [In-Home Supportive Services] provides services to low-income elderly, blind, or disabled individuals.
- Be specific with the needs and characteristics of your loved one; i.e. behavior concerns, agitation triggers, wandering; and ensure that the paid caregiver has experience with these needs.

#### Adult Daycare Programs [Social Model]

- Participants attending the center have the opportunity to interact with others in a structured and safe environment.
- Activities include recreation, discussion and support groups designed for cognitive stimulation, physical activity and socialization.
- Hours vary by program but usually range from 4-6 hours a day, are open 5 days per week, and lunch is provided.
- Some programs, like ONEgeneration's Adult Daycare Program, provide extended hours to accommodate working caregivers.
- Staff includes a Program Director, Activity Leader, and Program Aide(s). No medical services or monitoring is provided.
- Costs run from \$70 to over \$100 per day.
- Some Long Term Care Insurance Policies cover costs.

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*"...The best and most beautiful things in this world cannot be seen nor even touched, but just felt in the heart."*

*Helen Keller*



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## Adult Day Healthcare Programs [Health Model]

- Provides medical/health care and monitoring in addition to services provided in a social model daycare.
- Participants are treated by a multidisciplinary treatment team which includes a Registered Nurse, Medical Social Worker, Physical Therapist, Occupational Therapist, Speech Therapist, Registered Dietitian, Licensed Psychological Consultant, and Program Aides.
- Medi-Cal and the subsequent Medi-Cal HMO may cover the costs of services.
- The Veteran's Administration may cover the costs of services to qualifying participants.
- The Regional Center may also cover the costs of services to qualifying participants.
- Some centers accept out-of-pocket pay.

## Specialized Adult Day Programs

- Offer specialized care such as dementia care, targeted mental health care, substance abuse and recovery support, or care for adults and seniors with developmental disabilities.
- Intergenerational programs offer opportunities for participants to interact and engage in structured activities with children. To see this in action, go to our website [www.onegeneration.org](http://www.onegeneration.org)

## Informal Respite Care

- These can be family members, friends, relatives or neighbors.

## Residential Respite Care

- Individuals would stay in a residential facility overnight, or longer.
- Allows caregivers to receive an extended break or vacation.
- Cost varies and may be covered by long term care insurance.
- Make reservations in advance to insure availability.



## Respite Care for Emergency Situations

- Ask yourself what would happen if you were in an emergency situation like suddenly having a burst appendix and needing immediate hospitalization and surgery. Who would you contact to care for your loved one? Would they know how to care for your loved one overnight, be able to administer medications, have access to care supplies, understand impaired judgement and safety needs?
- Plan ahead and ask family or friends about the possibility of help and give them detailed instructions.
- Many in-home care agencies are willing to help out in emergency situations.

[Sources and for more information: [www.alzgia.org](http://www.alzgia.org), Alzheimer's Association 24/7 HELPLINE (800) 272-3900, "Respite Care Guide" compiled by Shiela Paguia, MSW Intern '13-'14].

## Upcoming Events:

**Caregiver Support Group** 3:00PM - 4:30 PM Tuesday Dec 18th. **Please note that for the month of January 2019 only, the groups will be held on the 2nd and 4th Tuesdays—Jan 8th and Jan 22nd due to holiday scheduling.**

**Caregiver Support Group** Group is held the first Saturday of each month—please contact Lucy Nalbandyan at 818.708.6634 for more information.

**NEW Grief Support Group** ONEgeneration will be providing a monthly support group for those experiencing the loss of a loved one. Groups will be held on the 2nd Friday of the month from 3:00PM-4:30PM. Upcoming dates are Dec 14th, Jan 11th, and Feb 8th—please contact Lucy Nalbandyan at 818.708.6634 for more information.

*These support groups are free and held at the ONEgeneration JOY Center 17400 Victory Blvd, Van Nuys, 91406*

**ONEgeneration Senior Enrichment Center's Annual Holiday Show** Friday Dec 14th 1:30PM. \$4 suggested donation with proceeds supporting the center. There will be dancing, singing, a raffle, refreshments, and entertainment provided. Call 818.705.2345 to RSVP Festivities held at OSEC [ONEgeneration Senior Enrichment Center] 18255 Victory Blvd, Reseda, 91335

**Grandparents as Parents and other Relative Caregivers Support Groups** Provides support and resources "to meet the urgent and ongoing needs of grandparents and other relative caregivers raising children at risk." For more information on dates, times, locations, availability of childcare, and for required RSVP, please call 818.264.0880.