

How to Paddle Through the River of Care

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Goals

- ▶ 1) Caregivers will understand how to get loved one a diagnosis of Dementia.
- ▶ 2) Caregivers will explore options of care for loved one's in the Community.
- ▶ 3) Caregivers will have a tool kit for self care.
- ▶ 4) Caregivers will have a list of resources in the Community to access help for themselves and loved ones.

Put on our own oxygen mask first!

- ▶ Flight attendants give clear instructions before take-off: “In case of an emergency, place your oxygen mask over your mouth and nose before assisting others.” This simple message describes the most basic lesson of caregiving.

How to get a diagnosis?

- ▶ 1) In many clinics throughout the Twin Cities, people that are 65 and older are now being tested for brain health at yearly appointments. Most clinics use the *Mini Cog* examination. If this is not done, ask your provider to get this test completed. If this test shows problems, this is what you can do....

My test was abnormal now what?

- ▶ - There are two excellent clinics in Twin Cities that are expert at helping people with memory loss...
- ▶ 1) Health Partners Center for Aging and Memory in St. Paul
or
2) Grossman Memory Clinic U of M/Fairview in Minneapolis
- Your doctor might have some other suggestions... if not, contact one of these centers and set up an appointment for a Neurological evaluation.

Tests that you can expect

- ▶ These are some of the tests that can be done when you go for an evaluation at a Neurologist.
- ▶ 1) Interview by the doctor about symptoms, family history and general neurological exam.
- ▶ 2) CT or MRI of the brain
- ▶ 3) Neuro-Psych. Evaluation (long 3-4 hr. test)
- ▶ 4) Functional OT evaluation
- ▶ After all of this testing is completed, family and loved one go back for appointment to go over all of the above testing.

There is a diagnosis of Dementia - What do I need to know?

- ▶ Although this is an upsetting diagnosis, this is a time that family and loved ones can plan for their future needs. Some questions to ask;
- ▶ 1) Where does your loved one live now and how viable is this option? Do they need to have more help in their home? Do they need to move to a more supportive living environment such as Assisted Living or Memory Care?
- ▶ 2) What are the supports in place for your loved one? Relatives, friends, neighbors, grandchildren. How about your faith community for support?
- ▶ 3) Is it time to consider Adult Day Services so that loved one has meaningful activity and caregiver gets respite ?

- ▶ 4) If loved one is at home, can Paid Caregivers be put in place to assist caregiver with some of their 24/7 duties?
- ▶ 5) Does loved one have Advance Directives to say how he/she wants treatment at end of life? Discuss and put in place.
- ▶ 6) Is there a Power of Attorney? This is needed so that when loved one is unable to pay bills or make decisions, the POA can step in to help.
- ▶ 7) Do you have an Elder Lawyer to assist you?
- ▶ This is a small list of questions to start to ask and there are many more questions that will arise. Each situation is vastly different and needs are ever changing through the process of dementia.

Caregiver... Love Thyself

- ▶ Caregiving is a 36 hr. a day job! You as the Caregiver need the same loving care that you provide for your loved one. Look at the activities that bring you joy and them do them. You will need support to get to do these activities so ask for HELP.
- ▶ - Friends, Family, Neighbors, Rabbi/Faith Community, members of your community, paid help from home care agency, teenagers in the area that like to Bubbysit/ Zaydesit so that you can get a break, Adult Day Services... these are a few ideas that you can try.

Resources

Handout with resources, phone numbers and the link to their websites.

Review

- ▶ Understand how to get a diagnosis and what to do next.
- ▶ Options of care and where to find them.
- ▶ Hopefully a toolkit on how to care for yourself.
- ▶ List of community resources.

How Can JFCS/JFS help?

- ▶ Care Plan Consultations
- ▶ Caregiver Coaching
- ▶ Care Coordination

Contact Us

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