



EMPOWERING CAREGIVERS

April 2010

This newsletter is to help caregivers who are caring for loved ones and participating in the Family Caregiver Support Program. This newsletter will be sent monthly, to cover a variety of health and care giving topics. If you have any suggestions for topics, comments or questions about the newsletter please email us at caremanagement@ursulineseniors.org.

"The earth is what we all have in common."
~Wendell Berry

**Celebrate
Earth Day!**

In This Issue:

- * Celebrate Earth Day!
- * Ursuline's Caregivers Lending Library
- * Consumers with Dementia Study

April 22nd is Earth Day! Here are some tips on how to do your part to help the earth— and help your health and your wallet, too!

Address Air Pollution in Your Home!

Polluting less can save you money and better the environment and your family's health.

- * Use energy efficient appliances
- * Recycle paper, plastic, glass bottles, cardboard, and aluminum cans
- * Reuse paper bags, boxes, and other similar products
- * Properly dispose of paints, solvents, and pesticides, and paint with a paint brush instead of a sprayer
- * Turn your thermostat down in the winter and up in the summer

Drink Safer Water!

You can take steps to reduce the amount of lead in your drinking water.

- * When the faucet has been off for more than 6 hours, run the cold-water until it's as cold as it will get to "flush" your pipes
- * Only use cold water for drinking, cooking, and making baby formula as hot water is likely to contain higher levels of lead
- * For extra security, try to have your water tested by a competent laboratory

Conserve Water!

You can save water for future generations without sacrificing performance.

- * Turn off the water while shaving or brushing your teeth
- * Scrape dishes before putting them in the dishwasher
- * Only wash full loads of dishes and laundry
- * Repair all leaks

Water the lawn or garden early in the morning since it's cooler out and set sprinklers so as to not waste water on the sidewalk

Save Energy!

You can save about 30% a year and reduce greenhouse emissions by conserving energy.

- * Turn off lights and appliances when exiting the room
- * Cook small meals using the microwave instead of the stove
- * Use air conditioning and heating sparingly if you can
- * See that leaky air conditioning and refrigeration systems are repaired
- * Buy energy-efficient products for your home (the government backs the Energy Star brand)

DVD/VHS Lending Library Available for Caregivers! (and it's free!)

The following helpful videos are available from Ursuline's lending library:



<p>Caregiver Vol. 1: Bed Rest</p> <ul style="list-style-type: none"> * Proper posture and body mechanics * Recognition and prevention of pressure ulcers * Bed rest positions * Moving and positioning someone in bed * Hoyer lift use * Bedpan use * Making an occupied bed * Elasticized stockings * Active range of motion exercises 	<p>Caregiver Vol. 2: Wheelchair</p> <ul style="list-style-type: none"> * Wheelchair safety * Principles of body mechanics * How to protect your back * Use of a gait belt * How to maneuver ramps and curbs * How to load a wheelchair into the car * Bathroom equipment * How to do a stand pivot transfer 	<p>Caregiver Vol. 3: Infection Control</p> <ul style="list-style-type: none"> * Germs and how they are spread * The importance of hand hygiene * Using personal protective equipment * Blood borne pathogens * Disposal of hazardous wastes * Personal hygiene * Housecleaning and laundry procedures * Signs and symptoms of an infection 	<p>Caregiver Vol. 4: Managing Medications</p> <ul style="list-style-type: none"> * Drugs and the elderly * How aging changes the way our bodies handle drugs * How to recognize the need to manage someone's medications for them. * What to ask the doctor and pharmacist * Different ways to administer medicine * Products for dispensing medications * Adverse reactions * Usage of over-the-counter drugs
<p>Caregiver Vol. 5: Fall Prevention</p> <ul style="list-style-type: none"> * Physical and emotional effects of a fall * The goal of fall prevention * Proper shoes * How to prevent falls in and around home * Medications * Walkers and wheelchairs * Emergency alarm systems * What to do when someone is no longer safe in the home 	<p>Caregiver Vol. 6: Fire Safety</p> <ul style="list-style-type: none"> * Smoke alarms * How to extinguish a fire * Oxygen equipment * Smoking safety * Fire safety in the bedroom * Fire safety in the kitchen * Creating an escape plan * How to leave a burning building * Wrap and slide technique * Electrical Safety * Appliance Safety * Propane and natural gas * Wood stoves and fireplaces * Flammable liquids 	<p>Caregiver Vol. 7: Elder Abuse</p> <ul style="list-style-type: none"> * Complexities of elder abuse * Different forms of abuse * Signs and symptoms of abuse * Risk factors for elder abuse * How to prevent elder abuse * Importance of reporting abuse * How to report abuse 	<p>Caregiver Vol. 8: Personal Care</p> <ul style="list-style-type: none"> * Use of correct body mechanics * Infection control and protective barriers * Correct hand washing * Privacy and modesty issues * Safety in the home setting * Promoting independence * Oral hygiene and dental care * Bed bath, dressing, nail care, shaving, hair care

More titles on Page 3!

<p>Caregiver 9: Caregiver Wellness</p> <ul style="list-style-type: none"> * The importance of maintaining wellness as a caregiver * Acknowledging and defusing difficult emotions * Goal-setting and action plans as agents for positive change * Simple, effective exercises for relaxation and renewal * Activities that foster self esteem and well-being * The role of respite and caregiver support groups 	<p>Caregiver 10: Vital Signs</p> <ul style="list-style-type: none"> * Use of a flow sheet * Methods for taking body temperature * Types of thermometers * Methods for taking the pulse * Use of a stethoscope * Measuring respiration * Taking blood pressure * Pain assessment * Measuring weight 	<p>Caregiver 11: Mechanical Lift</p> <ul style="list-style-type: none"> * Parts of a mechanical lift * Addressing patients' fear * Sling replacement * Two-person mechanical lift transfer * One-person mechanical lift transfer * Safety measures 	<p>Communication Vol. 1: Hearing Loss</p> <ul style="list-style-type: none"> * Importance of communication * The causes of hearing loss * Symptoms of sensor neural hearing loss * Audiologist evaluation * Effective communication techniques * Communication techniques outside the home * Listening * Hearing Aids * Assistive listening devices * Resources
<p>Communication Vol. 2: Aphasia</p> <ul style="list-style-type: none"> * Importance of communication * Definition of aphasia * Effects of aphasia * Communication techniques * The challenges of aphasia 	<p>Communication Vol. 3: Alzheimer's/Dementia</p> <ul style="list-style-type: none"> * Definition of Alzheimer's/dementia * Effects of Alzheimer's/dementia * Communication techniques * Repetitive questions * Doing chores * Aggressive behavior * Answering difficult questions 	<p>Communication Vol. 4: Cultural Competence</p> <ul style="list-style-type: none"> * How cultural beliefs and values affect the quality of care * Beliefs about illnesses and disease * Gender roles * Sexual orientation * Personal and social space * Communication styles * Time orientation * The use of gestures * Appropriate forms of address * Language differences * Literacy * Diet 	<p>Communication Vol. 5: Mid to Late Stage Alzheimer's Disease</p> <ul style="list-style-type: none"> * Flexibility and humor: Keys to caregiver well-being * Changes that occur in mid to late stages * Core principles in Alzheimer's care * Activities * Tolerance levels * Naps * Balancing the day * Repetitive calling out * Sexuality and intimacy * Pain management * Incontinence and toileting

Interested in any of the above videos? Simply call Emily Dukes at (412) 683-0400 ext. 262 or email her at edukes@ursulineseniors.org to request your title and complete an agreement form. Emily will then send you the video along with a return envelope. Videos are available for a two-week rental and there is no charge for the rental.

DASH

Daily Stress and Health Study

A research team from Penn State University, headed by Dr. Steven Zarit, is looking for volunteers to participate in a research study that examines the challenges of providing care to a family member with memory loss. The family member must live with the care provider and be attending an adult day program.

What is the Daily Stress and Health Study?

The Daily Stress and Health Study is being conducted by researchers at Penn State University to look at the challenges that family caregivers like you experience on a daily basis and how programs such as Adult Day Services may help with these challenges. By understanding the everyday stressors that you encounter and your reactions to them, we can identify better strategies to help people in your situation. The study is funded by the National Institute on Aging with the support of this adult day program and the New Jersey Department of Health. **(continued on page 4)**

DASH

Daily Stress and Health Study

(Continued from page 3)

What can you expect if you participate in this research?

As a participant in the study, you will first be asked to participate in a one-hour face to face meeting with a trained interviewer, who is an Intern here at Ursuline. This meeting involves questions about you and your family member's current challenges, health, and well-being. You will then be asked to complete a research diary of your daily experience over an eight-day period. During this time, you will be providing samples of your saliva throughout the day. These samples will be used to help us better understand the factors that raise or lower daily stress. We will call you by telephone to collect the information from the diary and monitor your progress with the saliva collection. These telephone interviews will last about 15 minutes each. Six months following this participation, we will call you again to conduct one last, brief telephone interview. This last call does not involve a diary or saliva collection.

What will I get from participating in this research?

Although it sounds like a lot, our former participants have enjoyed their experience in a research study. The information you share will help us identify the events or situations that raise or lower daily stress, and specifically how the use of Adult Day Services affects the experience of daily stress. Our previous studies of Adult Day programs have helped pinpoint some of the ways that they serve families. Your participation can continue to help us understand the the programs' benefits. In appreciation of your time, you will receive a small stipend of up to \$100 for completing all of the study components. The study is completely voluntary and you may withdraw at any time.

Who do I contact to volunteer for the study or get more information?

For more information about the study or to volunteer, please contact the Research Coordinator, Dr. Caryn R. Goodman at [201-897-0069](tel:201-897-0069) or by e-mail at cgood243@hotmail.com. All information collected in this research will be strictly confidential.

Information about the project is also available on the internet at www.hhdev.psu.edu/hdfs/research/projects.html.

Ursuline Senior Services 
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