

Caregiver Headlines

CARING FOR THE DIFFICULT... CONCLUSION

What is respite?

Respite is temporary relief from caregiving.

—taking a break.—

What can I do?

Go out to lunch with friends, get your hair done, go on an afternoon outing, exercise...

How can I get respite?

Contact the Caregiver Advisor

217.347.7179

Marsha Linehan’s cognitive-behavioral method of treatment known as Dialectical Behavioral Therapy (DBT) has been shown to help patients experience less anger, less self-mutilation, and fewer inpatient psychiatric stays than patients who received other forms of treatment.

What is DBT? It has been shown to be an effective treatment for personality disorder, specifically for Borderline Personality Disorder. This treatment uses individual and group modalities—incorporating problem-solving strategies, stress reduction techniques, and attention to the relationship between the individual and the environment.

The DBT model teaches and coaches problem-focused techniques and includes skills training for the purposes of reducing or eliminating maladaptive responses and replacing them with more adaptive responses. Clinical boundaries are clearly delineated and protected. Most of the DBT studies have focused on younger

personality disorder populations; however, ongoing research studies are evaluating the efficacy of DBT with older adults with a personality disorder and comorbid depression. Findings to date have shown DBT to be more effective than typical pharmacological treatment. These include improvement in adaptive coping, decreased reactivity, decreased self-critical behavior, and decreased feelings of hopelessness.

What can you do if the person with Borderline Personality Disorder won’t seek treatment? You can make changes within yourself.

1. Stop taking all their actions personally. Seek support and validation from others in similar situations. Go to <http://www.BPDCentral.com> and click on Message Boards on the left-hand side of the screen. Numerous discussions on all aspects of living with someone who has BPD are there.
2. Keep a sense of humor.

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CARING FOR THE DIFFICULT... CONTINUED FROM PAGE 1

3. Take care of yourself.

- ◆ Detach with love (a concept promoted by Al-Anon, an organization for people whose lives are being affected by someone who abuses alcohol).

A. Not to suffer because of the actions or reactions of other people.

B. Not to allow ourselves to be used or abused by others in the interest of an other's recovery.

C. Not to do for others what they could do for themselves.

D. Not to create a crisis.

E. Not to prevent a crisis if it is in the natural course of events.

4. Take Your Life Back. Don't delay your own happiness.

- ◆ Memorize the 3 Cs and 3 Gs:

A. I didn't cause it.

B. I can't control it.

C. I can't cure it.

D. Get off their back.

E. Get out of their way.

F. Get on with your own life.

- ◆ Be good to yourself by doing things that you enjoy with friends and other family members and remember not to spend all your time talking about the person who has borderline personality disorder:

A. See a movie

B. Get a massage

C. Visit an art gallery or museum

4. Bolster Your Identity and Self-Esteem.

- ◆ Do things on your own that you can feel proud of.

◆ Take up a new hobby.

◆ Volunteer at a place of interest to you.

◆ Strive for success at whatever you do.

◆ Set reasonable goals and work toward them.

◆ Reward yourself for even small movement in the right direction.

◆ Seek therapy to deal with the stress of living with someone who has borderline personality disorder.

Source: [Stop Walking on Eggshells: Taking Back Your Life When Someone You Care About Has Borderline Personality Disorder.](#)

Authors: Paul T. Mason, M.S. and Randi Kreger

Think Spring



BOOK REVIEW OF THE MONTH

The symptoms of bipolar disorder, known to some as manic-depressive illness, are fully described in [Bipolar Disorder: A Guide for Patients and Families](#).

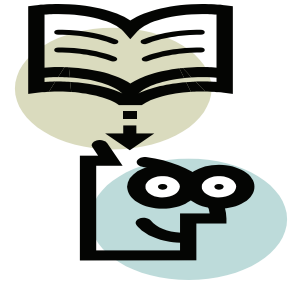
The author, Francis Mark Mondimore, M.D. goes on to explain many of the treatment strategies available to those who have bipolar disorder. Dr. Mondimore also discusses the variations and causes of bipolar disorder.

One entire chapter is devoted to the role of the family when a family member has bipolar disorder.

Families must learn to know what behaviors and statements could be symptoms, but be careful not to interpret every strong emotion as a symptom.

Dr. Mondimore knows that family members need support, encouragement, and understanding in dealing with this illness. Comprehensive programs for the treatment of persons with bipolar disorder are increasingly emphasizing family involvement.

Several resources are listed, including support and advocacy



Does someone you care about have Bipolar Disorder?

organizations and internet sites.

If you are interested in reading [Bipolar Disorder: A Guide for Patients and Families](#) contact Heartland Human Services at 217/347-7179 or toll-free 1-888-560-8805, extension 1046.

LIBRARY RESOURCE HOURS

Fayette County: Evans Public Library
215 Fifth Street

Vandalia

10:00 a.m. to 1:00 p.m.

Next Visit: March 6

Marion County: Bryan-Bennett Library
217 West Main Street

Salem

1:00 p.m. to 3:30 p.m.

Next Visit: March 20

Effingham County: Helen Matthes Library
100 Market Avenue

Effingham

10:00 a.m. to 1:00 p.m.

Next Visit: March 1

Clay County: Flora Public Library
216 North Main

Flora

1:30 p.m. to 3:00 p.m.

Next Visit: March 27

Jefferson County: CE Brehm Memorial Library
100 South Seventh

Mt. Vernon

10:00 a.m. to 1:00 p.m.

Next Visit: March 13



GEAR & GADGETS

Door Organizer: This doorknob organizer helps you keep often forgotten or misplaced essentials in one handy place. Doorganizer has a key clip, pockets for your cell phone, eyeglasses, bills to pay and more. There's even a flap at the back for a DVD rental. Hang it on your doorknob for a fast getaway!. Go to www.containerstore.com. Cost is \$15.

April



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TAX TIPS FOR FAMILY CAREGIVERS

As a family caregiver, you may be entitled to deductions or credits that can help take some of the sting out of tax season. The following tips should serve as a guide for you to begin thinking about how to maximize your deductions. You can take deductions for yourself, your spouse and your dependents. Always check with a tax professional when you are getting ready to file.

Medical Expense Deductions: General Principles

You must have spend money to alleviate or prevent a physical or mental defect or illness. Common deductions include:

- ◆ Medical insurance premiums (unless pre-tax);
- ◆ Prescription medicines;
- ◆ Doctors' bills;
- ◆ Hospital fees for services and/or room and board;
- ◆ Travel to and from medical appointments. (the mileage rate for 2006 is 18 cents per mile)

You can deduct only medical and dental expenses that are in excess of 7.5 percent of your adjusted gross income and you can deduct only those amounts which you have not been reimbursed by private insurance or Medicare.

-Source NFCA Take Care Vol. 15 No. 4 Winter 2007

Special Expenses—you can claim the following special items as medical deductions:

- ◆ Oxygen and oxygen equipment;
- ◆ Special schools or homes for the mentally or physically disable (when recommended by a doctor);
- ◆ Artificial limbs;
- ◆ False teeth;
- ◆ Eyeglasses;
- ◆ Wheelchairs and repairs;
- ◆ Crutches;
- ◆ Costs and care of guide dogs;
- ◆ Braille books and magazines;
- ◆ Hearing aids and the batteries to operate them;
- ◆ Travel costs including lodging to receive medical treatment.

You can also deduct expenses for equipment or improvements you've made to your home for medical reasons, but the IRS will reduce these deductions by the amount such improvements increase the value of your home. Typical improvements include ramps, widened doorways and hall ways, grab bars in bathrooms, accessible shower stalls, stair glides and air conditioning. Unfortunately, health club dues are not deductible even if recommended by a doctor.

CAREGIVER RESOURCE/SUPPORT MEETINGS

Fayette County & Surrounding Area

March 6
April 3
May 1
3:00-4:00 p.m.

First United Methodist Church
127 N. Fourth Street
Vandalia
Meets in the Library

Jefferson County & Surrounding Area

March 13
April 10
May 8
3:00-4:00 p.m.

Addus Adult Day Center
108 N. Third Street
Mt. Vernon
Meets in the North Room

Effingham County & Surrounding Area

March 19
April 16
May 21
3:30-4:30 p.m.

Heartland Human Services
1200 N. Fourth Street
Effingham
Meets in Room 119

Marion County & Surrounding Area

March 20
April 17
May 15
4:00-5:00 p.m.

St. Thomas Episcopal Church
512 W. Main Street
Salem
Meets in Church Basement

I have old memories, but young hopes — Elverne, age 77

Hope means hanging on even after others let loose— Fern, age 75

Heartland Human Services

1200 North Fourth Street
PO Box 1047
Effingham, IL 62401

Phone: 1.888.560.8805
Fax: 217.342.6716

E-mail: lwarner@heartlandhs.org

ANNOUNCEMENTS

April 12—5th Annual Symposium for Family Caregivers in Effingham

See flyer for details

May 22—12th Annual Conference on Alzheimer Disease and Related Disorders
Springfield, IL (sessions for family caregivers) visit: www.alzheimers-illinois.org



WE'RE ON THE WEB!
WWW.HEARTLANDHS.ORG