



CAREGIVER HEADLINES

Volume 6, Issue 9
September 2007

Take the Respite You Need

Respite means a break from something trying or distressing, an interval of relief. For those providing care for a family member or friend, respite offers an opportunity to relax and re-energize.

However, family caregivers know how challenging it can be to get help so they can take a break from their caregiving responsibilities.

According to the National Family Caregivers Association, the term respite is all-encompassing, describing any type of service that relieves a family caregiver. The idea is to provide family caregivers "time out" to spend as they wish for their own rest, relaxation, and renewal.

ARCH National Respite Network reports that "respite has been shown to provide family caregivers with the relief necessary to maintain their own health, bolster family stability, keep marriages intact, and avoid or delay more costly nursing home placement."

The National Respite Coalition provides further evidence of the benefits of respite:

- ◆ Chronically ill elders whose families used respite services are hospitalized less often than chronically ill elders whose families don't use respite services.
- ◆ As the level of respite increases, the probability of a nursing home admission decreases significantly.
- ◆ In families where a loved one with dementia uses adult day services, caregivers experience lower levels of caregiving-related stress and better psychological well-being than their peers whose loved ones don't use adult day services.

Respite services can be categorized in the following areas:

1. Respite provided by friends, co-workers, family member, faith communities, & volunteers.
2. Respite care provided by an agency, paid for with private funds, long-term care insurance, or possibly Medicaid.

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3. Adult day programs that provide care recipients with services and socialization.
4. Respite services on a 24-hour-a-day, seven-day-a-week basis such as those found in some care facilities and other settings.

In our five county region —Clay, Effingham, Fayette, Jefferson, and Marion Counties, **the Caregiver Advisor is available to assess family caregivers to determine their eligibility for free respite care.** Both the care receiver and caregiver are assessed. Care receivers must be age 60 or older.

In Clay, Effingham, and Fayette Counties the type of free respite available is in-home. In Jefferson and Marion Counties, free respite may be provided in-home or at an adult day center. Currently, the only approved respite provider in our five county region is Addus HealthCare's branch based in Mt. Vernon, IL.

To learn more about respite possibilities of any kind, contact Darcy Markwell, Caregiver Advisor at 217.347.7179 or toll-free at 1.888.560.8805, extension 1062.

Steps to Building Your Respite Plan

- ♦ Analyze what type of respite is needed & how often it is needed.
- ♦ Learn if the care receiver's health plan or long-term care insurance covers in-home, adult day, or facility-based care.
- ♦ Determine what amount of your funds or those of the care recipient can be dedicated toward paying for respite.
- ♦ Nationally, contact your local Area Agency on Aging to see if respite services are available through the National Family Caregiver Support Program.
- ♦ Locally, contact the Caregiver Advisor @ Heartland Human Services.
- ♦ Search online... "Respite+Illinois"
- ♦ Keep an ongoing file of respite providers.
- ♦ Identify what programs offer emergency care.
- ♦ Talk with other family caregivers. They often have the best advice & referrals.

Source-NFCA Take Care ! Summer 2007

Alzheimer's Association Memory Walk

Saturday, October 13, 2007 Carbondale, IL

Family Caregiver, Lenora Allison is walking in memory of her husband, Harlan D. Allison. If you'd like to sponsor her in this endeavor, contact Darcy Markwell or Linda Warner at Heartland Human Services for more information: 217.347.7179 or toll-free at 1.888.560.8805.

CAREGIVER RESOURCE/SUPPORT MEETINGS

Fayette County & Surrounding Area

Sept. 4
Oct. 2
Nov. 6
3:00-4:00 p.m.

First United Methodist Church
127 North Fourth Street
Vandalia
Meets in the library

Jefferson County & Surrounding Area

Sept. 11 is canceled due to Sept. 13 Spa
Oct. 9
Nov. 13
3:00-4:00 p.m.

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

Effingham County & Surrounding Area

Sept. 17
Oct. 15
Nov. 19
3:30-4:30 p.m.

Heartland Human Services
1200 North Fourth Street
Effingham
Meets in Room 119

Marion County & Surrounding Area

Sept. 18
Oct. 16
Nov. 20
4:00-5:00 p.m.

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

Gear and Gadgets

Portable Suction Grab Bar



Provides extremely strong support and can be installed in almost any shower wall within seconds.

The Portable Suction Grab Bar provides over 135 lbs of suction power keeping it firmly in place. Can be mounted to any clean, smooth, flat surface. No drilling required. Four sizes available ranging in price from \$69.95-\$195.95. Go to www.activeforever.com or 1.800.377.8033.

4-in-1 Emergency Flashlight

Wind the crank on this flashlight and get up to 2 hours of LED light. Also powers a built-in FM radio and charges your cell phone (adapters are included). The cost is \$24.95.

To order, go to www.activeandable.com or call toll-free 1.877.229.9993.



9/26/07 SALEM SENIOR SEMINAR HAS BEEN POSTPONED UNTIL SPRING

LOOK FOR MORE ABOUT IT IN FUTURE EDITIONS OF *CAREGIVER HEADLINES*

Care for Yourself

★ Seek support & assistance.	★ Share caregiving tasks
★ Discuss concerns with family & friends.	★ Pursue hobbies or volunteer.
★ Take time for respite—even a vacation.	★ Do physical & mental exercise.
★ Join a caregiver support group.	★ Monitor your own health.
★ Watch for signs of burnout & depression.	★ Think positive.
★ Talk with a professional—social worker, counselor, clergy, etc.	

Reach Out for Care...Call Toll-Free 1.866.232.8484
Visit www.alzfdn.org (Alzheimer's Foundation of America)

10th Annual Health Fair 2007

Sponsor: Salem Township Hospital
Saturday, September 29, 2007
Salem Community Activities Center
416 E. Oglesby Street
7:30 a.m.—10:30 a.m.
Gym Entrance (west end) Only

- Executive Profile Blood Test (8 hour fasting) -\$35.
- Prostate Specific Antigen Blood Test (non-fasting) -\$25.
- Salem Township Hospital will do Osteoporosis Heel Screenings –free.
- Health Education Booths
- Displays from Healthcare-Related Businesses/Services
- Door Prizes

Library Resource Hours

Fayette County: First Tuesday of each month

10:00 a.m. to 1:00 p.m.
Evans Public Library
215 Fifth Street
Vandalia

Next Visit: September 4

Marion County: Third Tuesday of each month

1:00 p.m. to 3:30 p.m.
Bryan-Bennett Library
217 West Main Street
Salem

Next Visit: September 18

Effingham County: First Thursday of each month

10:00 a.m. to 1:00 p.m.
Helen Matthes Library
100 Market Avenue
Effingham

Next Visit: September 6

Clay County: Fourth Tuesday of each month

1:30 p.m. to 3:00 p.m.
Flora Public Library
216 North Main
Flora

Next Visit: September 25

Jefferson County: Second Tuesday of each month

10:00 a.m. to 1:00 p.m.
CE Brehm Memorial Library
100 South Seventh
Mt. Vernon

Next Visit: September 11

Please call at least one day ahead to schedule your appointment.

Call the Caregiver Advisor at 1.888.560.8805 extension 1062.

Thank you.

Did you know?

Free Incontinent Supplies for Medicaid Recipients!

TriStar Medical Services, LLC discretely delivers incontinence supplies directly to the Medicaid recipient's front door. This is done at no cost to the Medicaid recipient.

Products available include chair and bed pads, underwear, adult briefs, bladder control pads & liners, and belted undergarments. To get more information you may call TriStar toll free 1.866.429.3188 or visit their website www.incontinenceproducts4u.com.

TriStar Medical Services, LLC
P.O. Box 340795
Beavercreek, Ohio 45434-0795

HEARTLAND HUMAN SERVICES

Caregiver Advisor
1200 North Fourth Street
Effingham, IL 62401

Phone: 217.347.7179
Fax: 217.342.6716
E-mail: dmarkwell@heartlandhs.org

Visit us on the web!
www.heartlandhs.org

ANNOUNCEMENTS

September 13: 5th Annual Spa for the Caregiver's Spirit

September 26: Salem Senior Seminar **(canceled)**

September 29 7:30 a.m.-10:30 a.m.: Salem Township Hospital's 10th Annual Health Fair
Salem Community Activities Center located @ 416 E. Oglesby St.

October 13: Alzheimer's Association Memory Walk in Carbondale, IL

November 13: National Memory Screening Day

September 22: Good Grief Day Camp for Children & Teens (ages 5-18)
Contact Fayette County Health Department Hospice @ 618.283.7262