



Institute of Gerontology
Promoting Successful Aging in Detroit and Beyond

Free On-line Conference for Family Caregivers

Saturday, Oct. 16, 2021 9:30 am -12:30 pm



Keynote 9:40 -10:20 am
Theresa Harvath
PhD, RN, FAAN, FGSA
University of California, Davis

I Feel Invisible: Bringing Light to the Caregiver Experience

What is the proper role of a family caregiver in a medical setting? Caregivers can seem invisible to healthcare providers. They aren't the patient and they aren't medical professionals, but they often know a lot about the patient's health and are essential partners in any treatment plan. Caregivers can find themselves trying to protect their loved one against medical advice that could interfere with autonomy, quality of life, or expressed preferences. Dr. Harvath can teach you how to become visible to the healthcare team.



Shawn Bennis, MSN, RN,
and Veronica Bilicki, RN,
Henry Ford CARE Specialists

10:20-11:00 am

Life Planning for Caregivers

We plan vacations. We plan for emergencies. We plan our wills and estate. But we rarely if ever plan to be a caregiver, so we don't know where to begin planning for the care to be provided. Henry Ford CARE Specialists will guide you through the key situations to plan for as you give care. Think through housing needs, medical requirements, collaborating with family members, finances, transportation, respite care and more. Careful planning will take the stress and uncertainty out of your caregiving future.



Paula Duren, PhD
Universal Dementia
Caregivers

11:05-11:45 am

Loving on Empty: Honoring the Caregiver in You

Sometimes it's hard for us to accept we have become a caregiver. We've had many roles –daughter, son, mother, uncle, employee, but probably never gave much thought to caregiving. Caregiving is unlike anything else you will ever do. Understanding how to accept and embrace this new role will help you travel from "lost" to "empowered." By honoring the caregiver inside you, you can better meet the needs of those you serve while preserving your own health and peace of mind.



Anjanette Davenport
Hatter
Your Good Village Collective

11:45-12:10 am

Simple Self-Care Strategies and Exercises

You've heard it a thousand times, "You have to take care of yourself to take care of others." But how? No two days are the same and every day is packed with too much to do. This session focuses on sensible, realistic approaches to self-care to help you build resilience to stress. Learn how to fit care into smaller segments when you're on-the-go or enjoy a longer session of stress relievers when time allows.



Roger Young
Family Caregiver

12:10-12:30 pm

And the Journey Continues . . .

Roger Young cared for his mother at home for many years. He was resourceful in finding cost-effective ways to adapt the home environment to his mother's needs. Caregiving taught him many life lessons and brought him closer to his mother and to all those who care for someone they love. Roger's story will inspire and invigorate you.

Register at <https://bit.ly/2UHWz7F>

Questions?

Contact Donna at:
donnamacdonald@wayne.edu or
248-719-0640



Offered by Wayne State University Institute of Gerontology in partnership with DAAA, AARP and the Mary Thompson Foundation

visit website



Support for Caregivers Like You



Contact the Henry Ford C.A.R.E. ProgramSM (Caregiver Assistance Resources and Education Program)

Support groups and classes are being offered virtually with the option to join by phone, tablet, iPad, or computer.

WEB: www.henryford.com/familycaregivers;
Toll Free number: 866-574-7530
Email: CaregiverResources@hfhs.org



Join our Facebook group, "Henry Ford Health System Family Caregivers," and become part of an online community of caregivers.

visit website



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OF MICHIGAN
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Presbyterian Villages of Michigan (PVM) is committed to providing excellent services to the elders we serve, their families and to each other. Our vision of *service excellence* includes four core values: respect, relationships, listening, and accountability. These values serve as a standard against which every action and thought can be measured. The *service excellence standards* show our commitment to make PVM a great place to live and work. To find out more about our locations please call 248-281-2020 or visit our website at pvm.org

AARP

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aarp.org

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The WALLET Study: A Study of Memory Change and Money Management

Because the links between early memory loss and a decline in wealth are on the rise, the WSU Institute of Gerontology is seeking to interview older adults aged 60+ who have received a diagnosis of Mild Cognitive Impairment or believe their memory to be declining.

The interview will examine financial decision-making and financial management as well as completion of cognitive tests and other measures. A review of financial records from a primary checking account and credit card account will be included. We anticipate the interview to take two hours and it will be scheduled at your convenience.

If interested, please contact **Vanessa Rorai, MSW** at 313-664-2604 or vrorai@wayne.edu

Participants will be **compensated**

All financial records will be de-identified and information kept **confidential**

Interviews will take place **over the telephone**



Peter Lichtenberg, PhD
Principle Investigator and Director of the Institute of Gerontology
Wayne State University



igog Institute of Gerontology

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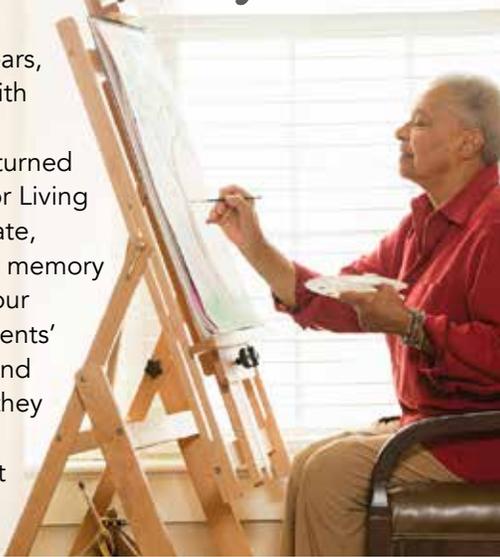
844.7.PARENT (844-772-7368)

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For nearly 40 years, families living with Alzheimer's and dementia have turned to Sunrise Senior Living for compassionate, evidence-based memory care. We tailor our support to residents' specific needs and preferences so they can spend their days doing what they love.



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We are proud to have our Orientation Training recognized by the Alzheimer's Association.®

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Support for Older Adults and their Family & Friend Caregivers



Visit OlderAdultNestEgg.com to get online resources to combat financial exploitation.



OlderAdultNestEgg.com was created by Dr. Peter Lichtenberg to support the financial autonomy of older adults and ensure that they are protected when needed.

Learn, Protect & Support

visit website

Join us at the Michigan Alzheimer's Disease Center

The Michigan Alzheimer's Disease Center at the University of Michigan is committed to memory and aging research, clinical care, education, and wellness.

The Center collaborates with other research institutions across the state including Wayne State University and Michigan State University, as well as local outreach organizations including the Alzheimer's Association to enhance groundbreaking research efforts and community education. The Center is also one of 31 other National Institutes of Health-funded Alzheimer's Disease Research Centers across the country.

Interested in getting involved in research studies?

Please call Kate Hanson at 734-936-8332 or visit alzheimers.med.umich.edu/research for a list of currently enrolling studies.

Interested in learning about upcoming educational events?

To stay informed of upcoming events, please email Erin Fox at eefox@med.umich.edu to subscribe to our monthly e-newsletters.

Interested in learning about our brain donation program?

Please call Matthew Perkins at 734-764-7648 or visit brainbank.umich.edu.

Interested in learning more about our wellness programs?

Please call Ashley Miller at 734-615-8293 or visit alzheimers.med.umich.edu/wellness.

Interested in learning about our Lewy body dementia programs?

Please contact Renee Gadwa at 734-764-5137 or visit alzheimers.med.umich.edu/lbd.

visit website



**ORDER YOUR
COPY**

Written by **Dr. Paula Duren**,
Loving on Empty is a book of inspirational thoughts for
caregivers in or approaching a state of distress. Each
page is filled with thoughts and words of
encouragement

UNIVERSALDEMENTIA.ORG

248.509.4357, or send message to: info@universaldementia.org.

visit website

Seeking Volunteers for Memory Research

Wayne State University is conducting a study to better understand potential biomarkers that may predict cognitive loss and even the earliest signs of Alzheimer's disease.

We are seeking African American participants both male and female, ages 65 and over. Eligible volunteers will undergo:

- Clinical Neurological Assessments
- Memory Testing
- Electro-Encephalogram Testing (EEG) (Recordings of tiny electrical signals from the top of the head.)

Contact the ELeCtra Study at (313) 577-1276 or send an email to voyko@wayne.ed



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Ethical and respectful senior services and resources

Whether you are a senior looking to create a better quality of life or a caregiver wanting to improve the life of your loved one, trust us to provide a wide array of services and resources to help you achieve your goals.

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Email: resources@sacrn.org
www.sacrn.org

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Behavioral Health Services • Home Care and much more!



2020 Alzheimer's Conference Keynote Speaker
Dr. Gwendolyn Graddy-Dansby
Chief Medical Officer, PACE Southeast Michigan



Serving seniors in six centers across Southeast Michigan

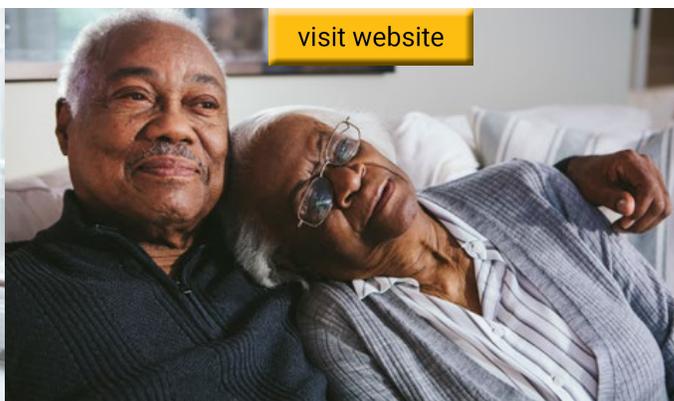
Eastpointe • Detroit • Sterling Heights
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www.pacesemi.org

855-445-4554 TDD:711

As a PACE Southeast Michigan participant, all health care services are provided and arranged by your personal health care team. PACE participants may be fully liable for the costs of medical services from an out-of-network provider or without prior authorization with the exception of emergency services.

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Michigan Chapter

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MEDICARE
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HAP Presents...

Caregiver Support Events

Created with caregivers in mind, this free series of events will present valuable information and introduce resources that can help with the special challenges involved in caregiving. Learn how HAP is here to help and meet community partners that provide useful resources.

Caregiver Support Webinar

Thursday, Oct. 21 | 9 a.m. - 10:30 a.m.

Featuring Alzheimer's Association

The Alzheimer's Association leads the way to end Alzheimer's and dementia and provides quality care and support.

Caregiver Support Webinar

Thursday, Nov. 4 | 9 a.m. - 10:30 a.m.

Featuring Area Agency on Aging 1-B

AAA1-B supports older adults and caregivers in SE Michigan by helping access services and programs to keep older adults living independently in their own home or with family caregivers.

Caregiver Virtual Expo

Thursday, Nov. 18 | 9 a.m. - 10:30 a.m.

This virtual version of a Caregiver Expo will give you the opportunity to learn about different community partners and organizations who focus on services and programs that can help you, all from the comfort and safety of your home. Meet and learn about different resources and organizations who focus on providing services and programs that help you as a caregiver!

For more information on these free events or to register, visit www.hap.org/caregiverevents



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734-722-2830



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ANNUAL ONE-OF-A-KIND CONFERENCE



SAVE THE DATE
Nov. 5, 2021

This conference brings together healthcare professionals, caregivers and those living with Alzheimer's into a shared conversation

A Meaningful Life with Alzheimer's Disease

Learn about state-of-the-art research, treatments and caregiving options for those living with cognitive decline. This is a collaboration between the WSU, Institute of Gerontology and the Greater Michigan Chapter of the Alzheimer's Association.



Alzheimer's Disease ...
Diabetes of the Brain?

Scherrie Keating RN
BSN, CDCES, CDC, NDPP, Life Coach, CDP



Impactful Caregiving - Step by Step

Jill Gafner Livingston
BSBM, CDP, CADDCT

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GREATER MICHIGAN CHAPTER

Stay up to date. View WSU,
Institute of Gerontology lists at:
[url will go here](#)



Institute of Gerontology

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OlderAdultNestEgg.com

Older Adult Nest Egg helps assess the financial decision-making of older adults by providing training, tools and resources for professionals, caregivers and older adults themselves.

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Peter Lichtenberg, PhD, ABPP
Director, Institute of Gerontology, WSU
and OlderAdultNestEgg.com creator



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or visit jslmi.org

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- Dorothy and Peter D. Brown Memory Care Pavilion
- Lillian & Samuel Hechtman Apartments
- Norma Jean & Edward Meer Apartments
- Dorothy and Peter Brown Jewish Community Adult Day Program, West Bloomfield & Southfield

A. Alfred Taubman Jewish Community Campus

OAK PARK

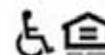
- Margot & Warren Coville Assisted Living and Memory Care Community
- Anna & Meyer Prentis Apartments
- Harriett & Ben Teitel Apartments



**People of all faiths
and beliefs are welcome**



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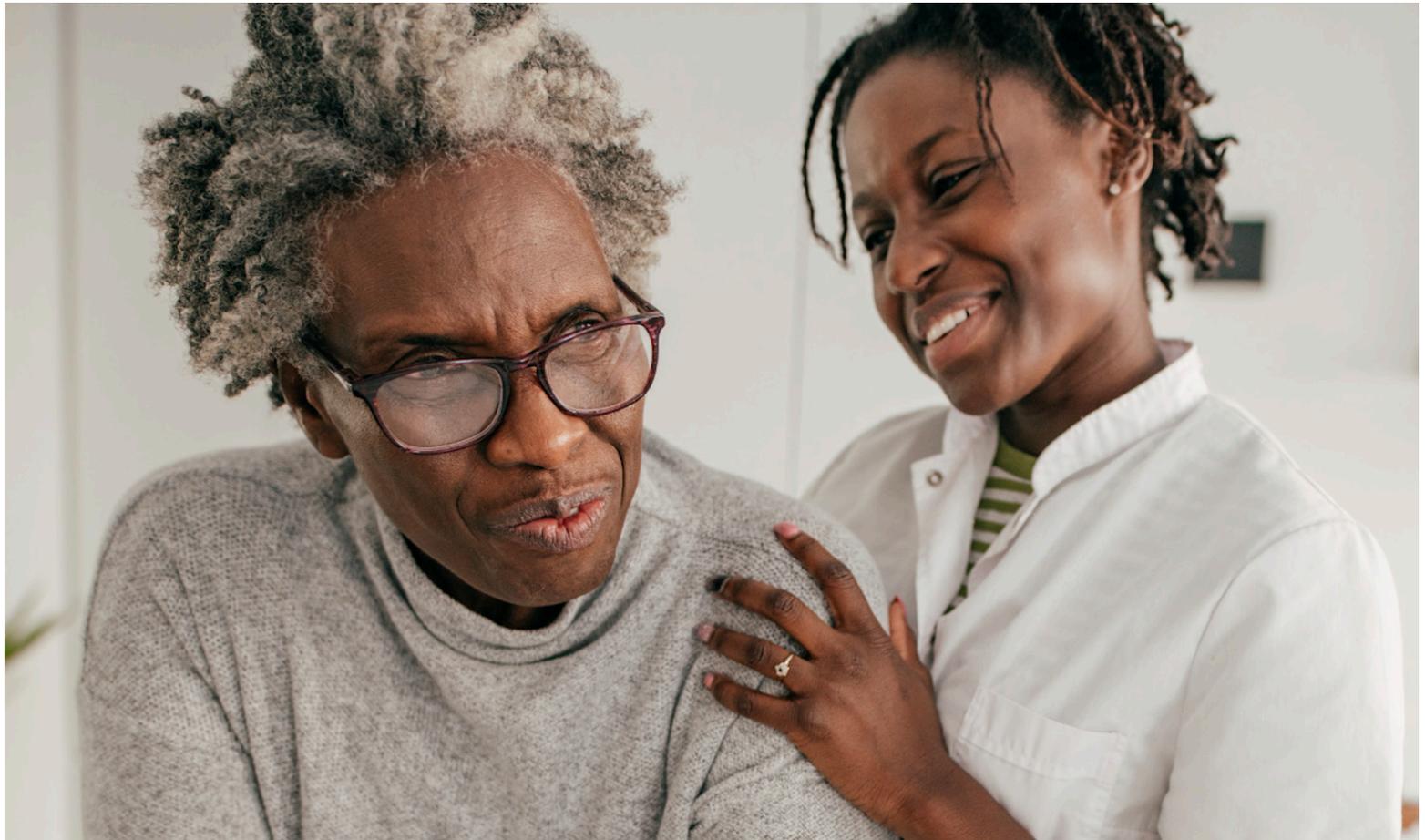


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Caregiver Support

Services Available:

- Personalized Caregiver Assessment
- Caregiver Resource Support
- Caregiver Education
- Caregiver Respite
- Caregiver Advocacy/Training
- Caregiver Events

**WE CARE
BECAUSE
YOU CARE**

For more information contact:
Caregiver Support Coordinator
(313) 446-4444 ext. 5288

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Heart to Heart Hospice

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- Bereavement services for loved ones
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- Crisis care/Continuous care
- General In-patient care

Care Team:

- Patient
- Patient's Physician
- Families/Caregivers
- Hospice Medical Director
- Experienced Nurses
- Social Workers
- Hospice Aides/Homemakers
- Spiritual Care Coordinators
- Trained Volunteers
- Speech, Physical, and Occupational Therapists

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Fax: (248) 952-9004
TF: (855) 891-2740

Southgate, MI

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Fax: (734) 282-0266
TF: (888) 596-0209

Flint, MI

Ph: (810) 422-9453
Fax: (810) 715-9006
TF: (855) 873-2663

Please contact a service area near you or visit our website.

HtoHH.com

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NO COST ONE-ON-ONE ASSISTANCE

Are you currently providing care for an older adult family member? Do you have personal or caregiver related financial management challenges?

We provide free financial coaching to caregivers of older adults. You can receive assistance with issues such as: *Credit Repair, Budgeting, Record-keeping, Scam or Identity, Theft Recovery* and more.



For more info contact: **LaToya Hall** at l.hall@wayne.edu or **313-664-2608**.

Successful Aging thru Financial Empowerment (SAFE) and its research is supported by grants from: National Institute of Justice, Foundation for Financial Health, Michigan Aging and Adult Services PRFVNT program, Michigan Health Endowment Fund, State of Michigan, Wayne State University Technology Commercialization, American House Foundation and the Mary Thompson Foundation.

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Keynote 9:40 -10:20 am
Theresa Harvath
PhD, RN, FAAN, FGSA
University of California, Davis



Betty Irene Moore School of Nursing

I Feel Invisible: Shining Light on Family Caregiving

Terri Harvath, PhD, RN, FAAN, FGSA
Director, Family Caregiving Institute



Family
Caregiving
Institute



Projections



- If family support ratio triples, as projected, about half the families in the US will be involved in family care by 2030.

Caregiving by the Numbers

- About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months.
- About 15.7 million adult family caregivers care for someone who has Alzheimer's disease or other dementias.

Economic Value of Family Caregiving

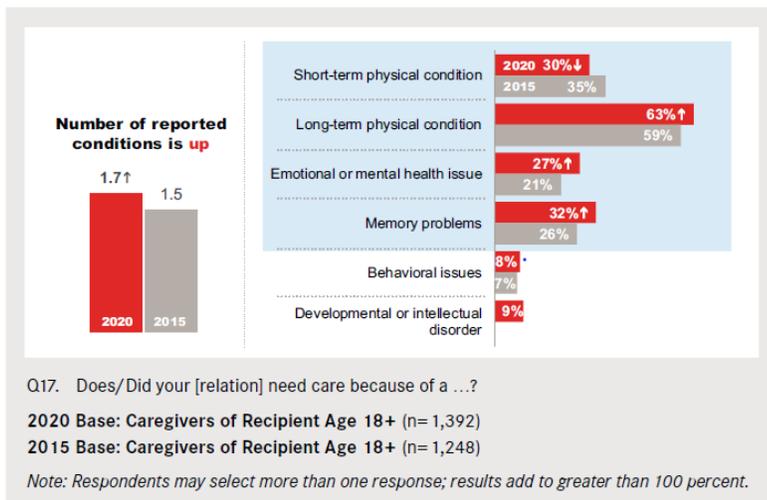
- Estimated economic value in 2017:
 - 41 million caregivers
 - 34 billion hours
 - \$470 billion
- The value of unpaid caregiving exceeded:
 - Paid home care and total Medicaid spending.
 - Nearly matched the sales of Wal-Mart (\$47B).

Increasing Complexity of Family Caregiving

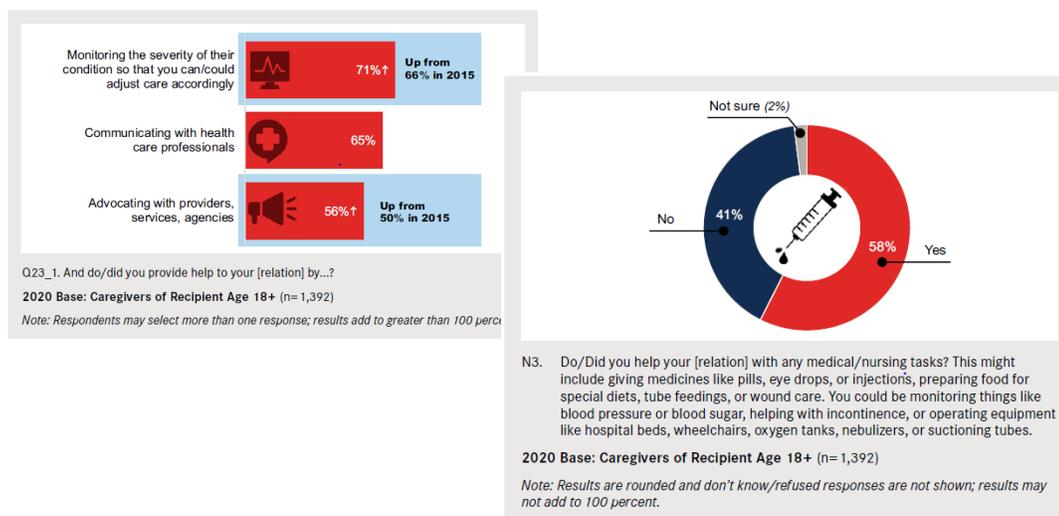
- AARP Home Alone Alliance findings: Increased complexity of care
- FCG is the “invisible” member of the health care team
- Family CG neither fish nor fowl
- Pandemic has resulted in further marginalization and isolation and greater burden



Increasing Physical Care Demands



Increased Provision of Health Care



Task	Learned on My Own	Health Care Professional	At Hospital
Incontinence—disposable briefs	76	14	5
Special diets	71	18	7
Enemas	70	25	9
Assistive devices for mobility	60	33	13
Durable medical equipment	56	34	12
Medications	54	36	10
Meters/monitors	46	40	10
Telehealth equipment	34	52	4
Wound care	34	55	20
Test kits	30	65	17
Ostomy care	30	57	32
Mechanical ventilators, oxygen	21	67	17
Incontinence—catheters	19	62	20
IV fluids or medications	9	80	38
Tube feeding	7	88	44
Suctioning	4	87	51
Home dialysis	1	98	16



Important to assess family caregiver preparedness

Domains of Preparedness	
Household Tasks	Personal Care
Mobility	Health Monitoring
Emotional & Social Support	Care Coordination
Complex Nursing Tasks	Shared Decision-Making
Caregiver Self-Care	

Psychosocial Sequelae of the Pandemic

- Social Isolation
- Family Caregiver Strain
- Visitation Bans

Invisibility of Family Caregivers



CARE Act (2016)

The CARE (Caregiver Advise, Record, Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. Under the CARE Act, Michigan hospitals will:

- ♥ Allow patients to designate a family caregiver;
- ♥ Notify the family caregiver when the patient is going to be discharged to another facility or back home; and
- ♥ Give the family caregiver an opportunity for instruction and a demonstration of the medical tasks required when their loved one returns home.

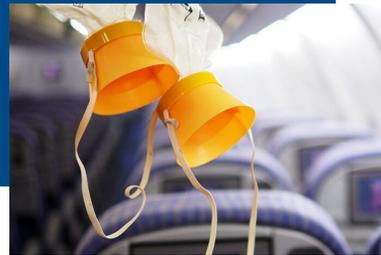
So, What can You Do?

- Identify yourself as a caregiver.
- Make the case for being included.
- Share information with the team.
- Ask questions, lots of questions.
- Ask about how the hospital has implemented the CARE Act.
- Push hospitals to recognize family caregivers.
- Ask for hands-on instruction
- Ask for who to contact after discharge



Always remember:

Caregivers should put on their own oxygen mask first before helping others!



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Questions or Comments?

Thank you!



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Henry Ford Health System C.A.R.E. Program

(Caregiver Assistance, Resources and Education Program®)



Shawn Bennis, MSN, RN,
and Veronica Bilicki, RN,
Henry Ford CARE Specialists

10:20-11:00 am

*Life Planning
for Caregivers*



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Shawn Bennis, MSN, RN



C.A.R.E. Specialist
President, iCare4U Employee Resource Group
Population Health
Henry Ford Health System
sbennis1@hfhs.org



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program



Veronica Bilicki, BSN, RN

C.A.R.E. Specialist
Vice-President, iCare4U Employee Resource Group
Population Health
Henry Ford Health System
vbilick9@hfhs.org



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program



There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.

— Rosalynn Carter —

AZ QUOTES



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

What We Do

- We interact with caregivers of all ages and backgrounds to help make them feel supported by actively listening to each of their stories and situations.
- We provide one-on-one guidance to assist the caregiver self-identify resources in their community. (Caregiver Concierge Consultations)
- We offer virtual support groups, art therapy/creative mindfulness sessions, educational sessions, and self-care classes for the caregiver on a variety of topics, days and times.
- We DO NOT charge any insurance company
- We offer the option to join all classes by phone, iPad, tablet, computer, or desktop



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Virtual Caregiver Support Groups



- Virtual support groups are held on **Tuesdays at 11am and 6pm**
- Participants connect with other caregivers and Henry Ford's C.A.R.E. Program staff.

For more information and to register:

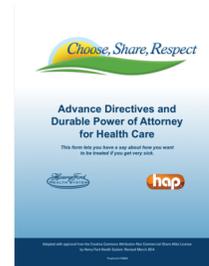
www.henryford.com/caregiverwellness



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

All About Advance Directives

- Offered 3rd Monday of every month at 11am
- Lasts up to 1 hour
- Participants will learn:
 - What an advance directive is
 - Why it is important to have an advance directive
 - What a medical durable power of attorney is and has the authority to do
 - How to choose the right person for you
 - The legal requirements for an advance directive to be valid in Michigan



For more information and to register:

www.henryford.com/caregiverwellness



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Caregiver Educational Topics

- **Estate Planning 101**
 - Learn the various aspects of estate planning including financial scams, banking tips, mortgage tips, what to know about wills, trusts, and more.
 - **10/25 at 11am or 10/27 at 6pm**
- **Caring for a Veteran**
 - Find out from an expert with the Veterans Administration what resources are available to caregivers who provide care to a Veteran
 - **11/9 at 12pm**

To more information and to register:
www.henryford.com/caregiverwellness



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Caregiver Resource Binder

- Organize health documents all in one place
- No cost-donations accepted toward future printing of binders
- View a how-to binder video: www.henryford.com/bindervideo
- Request a binder and print refill pages:

www.henryford.com/caregiverbinder




C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

C.A.R.E. Program Scenarios


C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Caregiver Example 1

- 78-year-old woman caring for husband who has Alzheimer's Disease
 - Living in their own home in Detroit
 - Husband is a Veteran
 - Has no family support in the area
- C.A.R.E. Recommendations:
 - Detroit Area Agency on Aging
 - Caregiver Support Group
 - Refer to VA
 - Adult Day Programs
 - Alzheimer's Association for respite care resources



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Caregiver Example 2

- 68-year-old man caring for wife who has behavioral health concerns for many years
 - Lives in Waterford
 - Family supportive, but not local
 - No computer
- C.A.R.E. Recommendations:
 - Virtual support group-call in feature
 - Involve family members
 - Advance Care Planning
 - Back-up plan
 - Emotional support
 - Encourage pleasure activities-exercise
 - Explore other local resources



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Caregiver Example 3

- 50-year-old daughter caring for 80-year-old mother who had a sudden stroke while living with her and her husband
 - Daughter quit job to care for mom full-time
 - Lives in Detroit
 - “Needs a break”
- C.A.R.E. Recommendations:
 - Respite care
 - Support group
 - Creative Mindfulness with Art
 - Detroit Area Agency on Aging
 - Family meeting to discuss care needs



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Contact Us



www.henryford.com/familycaregivers

CaregiverResources@hfhs.org

Toll Free: 866-574-7530

Ask to join our Facebook Group!

Search for group name:
*Henry Ford Health System
Family Caregivers*



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program



Anjanette Davenport Hatter
Your Good Village Collective

11:45-12:10 am

Simple Self-Care Strategies and Exercises

Self Care

You Can't Pour From an Empty Cup

Anjanette Davenport Hatter, LMSW-Clinical, CLC



1

What is Self Care?

Self Care describes the activities undertaken by individuals and the wider community in order to improve health, prevent disease and manage illness.

It encompasses a broad spectrum of activities and decisions that people make for themselves to maintain a good level of physical and mental health.

What isn't self care?

It is not something that we force ourselves to do, or something we don't enjoy doing.



"something that refuels us, rather than takes from us" - Agnes Wainman



2

Who needs self care and why?

Who needs self care?

- Social Workers
- Medical Professionals
- Teachers
- Parents
- Students
- Caregivers
- Retirees

Why we need self care?

- Better productivity
- Better physical health
- Enhanced self-esteem
- Increased self-awareness (Being aware of triggers)



Everyone can benefit from self care!



3

Understanding Stress



What is Stress?

Stress is the body's normal response to any demand, an outgrowth of the "fight or flight" response. Everyone experiences stress, but reacts differently to it



4

What Happens To Our Bodies When We Are Stressed?

Under stress, the body releases hormones, adrenaline and cortisone, which help turn off some functions, including our immune system, and turn on short-term energy reserves. After the stress is gone, the body returns to normal.



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Stressors of today...

COVID-19

- Mitigation strategies
- Social isolation
- Restricted movement
- Inconsistent messaging
- High rates of mortality



Political Climate

- Us vs Them
- Laws that hurt marginalized groups
- Negative images on the news and social media
- Rise in extremist groups
- Decisions based on conspiracy theories rather than facts or evidence



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Coping With Stress

Simple Coping/Self Care Strategies

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1. Recognize and increase your awareness of your reactions to the stress.

2. Learn to deepen and slow down your breath, relax your body and your mind. Practice 5 minutes every hour by simply deep breathing (breath in for 4 seconds, hold for 4 seconds, and let go for 4 seconds).



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- 3. Recognize your stressors and triggers
- 4. Decide what you can and cannot control or change; accept what you cannot change, change what you can.
- 5. Practice mindfulness – keep your attention in the present moment, with full awareness and acceptance and without judgment.

6. Implement positive, rational self-talk.

7. Take time where you can reduce interruptions, reflect, stretch, and simply BE.

8. Talk with friends, family, counselors/psychologists to help you let go of held-in thoughts and feelings, get perspective, and feel connected to others.



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- 9. Food and sleep are essential for your survival. Don't let them slip out of your control. Don't skip meals nor sacrifice sleep.

10. Work related strategies:

- Set realistic self-expectations. Know your strengths, limits, and boundaries
- Examine job demands. Are they reasonable? Are they prioritized?
- Clarify role and duties.
- Schedule. Set goals, prioritize tasks, maintain a schedule, and take breaks!



Quick Self-Care Exercise

Practice Mindfulness, Be Aware, and **BREATHE!**



10

Different types of self care

What is your favorite?



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Why Do I need a Self-Care Plan?

1. A customized self-care plan is a preventative measure
2. Having a plan eliminates the "guesswork" out of what to do and where to turn in moments of crisis.
3. It helps you stay on course
4. It benefits your holistic health.



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How to Create a Self-Care Plan?

1. Create an activity list organized around different parts of your life. EX: Work, emotional life, relationships, community, and physical fitness.
2. Note any barriers that may be in your way and how to shift them.
3. Share your plan with your closet friends. Have an accountability buddy.



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Example Self-Care Plan

Category: Emotional Life



Activities

- Develop relationships that are supportive
- Write down three good things that you do each day
- Do something that brings you joy (go to the drive in, listen to a podcast or read a book)
- Regularly meet with your social group/community of care



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Example Self-Care Plan

Category: Emotional Life

Barriers

- Your friendships/social networks are not equal in "give and take." **Shift it:** define expectations with your closest friends. Don't assume your friends know what you need from them.
- You're in the habit of negative self-talk. **Shift it:** every time you catch yourself saying something negative to yourself, say the exact opposite to yourself.
- Don't have a babysitter or the ability to get away for the evening. **Shift it:** Activate your self-care community
- My friends or self-care network don't have time to meet. **Shift it:** Set up a meet-up in advance and regularly. Create a monthly calendar.



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Developing a Self-Care Plan

Let's Start Here!

Self Care Action Plan

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders



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Fill In The Blank...

- I will show myself love today by...
- I will show myself love tomorrow by...
- I will show myself love throughout my life by...



Choose loving myself every single day

I am worthy of my own love



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**What will your Self-Care Plan look like?
Questions?**

Let's Talk About It!



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How to Reach Out



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 ygv.org
 888-357-2366

Special thanks to Dachia Butler, LLMSW
 for her creativity and brain power that
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 presentation.



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Self Care Action Plan

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders

SELF-CARE STARTS ON MONDAY

Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:



WALK OUTSIDE AND GAZE AT THE CLOUDS

Let your mind playfully wander.



INHALE A SCENT YOU LOVE

Linger on the fragrant aroma.



DO A MINI-DECLUTTER

Organize a drawer that's been bugging you.



TAKE A DIFFERENT WAY TO WORK

Get out of your rut. See things new.



TREAT YOURSELF

Give yourself something special. Go on, you're worth it.



UNPLUG AND UNWIND

Turn off the cell phone and reconnect with yourself.

TYPES OF SELF-CARE



PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self



SPACE
Safety
Healthy living environment
Security and stability
Organized space



FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills



WORK
Time management
Work boundaries
Positive workplace
More learning
Break time

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