

Caregiver Resources

OCEAN COUNTY OFFICE OF SENIOR SERVICES

1027 HOOPER AVENUE
BLDG. 2, FIRST FLOOR
P.O. BOX 2191
TOMS RIVER, NJ 08754-2191

732-929-2091
1-800-668-4899
1-877-222-3737

www.co.ocean.nj.us

**The enclosed information has been compiled to assist and support family caregivers.
Please feel free to call the Office of Senior Services regarding the following information.**

OCEAN COUNTY OFFICE OF SENIOR SERVICES
CAREGIVER RESOURCES

CATHOLIC CHARITIES

732-350-4120

Fix-it Program

Ext. 106

88 Schoolhouse Road, Suite #2 Whiting, NJ 08759

This service provides minor home modification to assist the caregivers.

**KIMBALL CAREGIVER EDUCATION &
SUPPORT PROGRAM**

732-730-1236

The Center for Healthy Living

198 Prospect Street, Lakewood, NJ 08701

Caregiver Support & Educational Programs.

COMMUNITY SERVICES INC.

732-367-1400

Congregate Nutrition, Home Delivered Meals & Outreach

225 Fourth Street, Lakewood, NJ, 08701

JEWISH FAMILY SERVICES

732-363-8010

301 Madison Ave., Lakewood, NJ 08701

This service provides caregiver counseling and support.

**LAKEWOOD KOSHER MEALS &
CAREGIVER SUPPORT PROGRAM**

732-901-6001

500 West Kennedy Blvd., Lakewood, NJ 08701

This service provides caregiver counseling and support.

OCEAN COUNTY BOARD OF SOCIAL SERVICES

732-349-1500

1027 Hooper Ave., Bldg. 4, Toms River, NJ 08753

Ask for Social Services Intake

In Home Caregiver and Education, Home Modification and Personal Response (PERS).

OCEAN COUNTY HEALTH DEPARTMENT

732-341-9700

Health Promotion for the Homebound Elderly

Ext.7300

175 Sunset Ave., Toms River, NJ 08753

This service provides in home education to caregivers.

COMMUNITY MEDICAL CENTER

1-800-621-0096

The Lighthouse

Senior Membership Program

599 Highway 37 West, Cory Building, Toms River, NJ, 08755

Caregiver Support & Educational Programs.

ELDERMED AT SOCH

609-978-3559

SOUTHERN OCEAN COUNTY HOSPITAL

FAMILY RESOURCE CENTER

The Ocean Club, 700 Route 9 South, Stafford Township, NJ 08092

Caregiver Support & Educational Programs.

VISITING HOMECARE SERVICE OF OCEAN COUNTY

732-244-5565

105 Sunset Avenue, Toms River, NJ 08755

1-800-511-1510

Mailing Address: CN 2010, Toms River, NJ 08754

Homemaker, Home Health Aide, Adult Day Care, Housekeeper, Companion and/or Respite Care, Caregiver Education & Support Groups.

OCEAN COUNTY OFFICE OF SENIOR SERVICES
NJ EASE INFORMATION & ASSISTANCE SITES
FOR CAREGIVERS

| | |
|---|---|
| OCEAN COUNTY OFFICE OF SENIOR SERVICES 1027 Hooper Ave., Bldg. 2, Toms River, NJ 08754 | 732-929-2091 800-668-4899 877-222-3737 |
| BERKELEY SENIOR OUTREACH Berkeley Twp. Municipal Bldg. Pinewald-Keswick Rd., Bayville, NJ 08721 | 732-244-9600 |
| BRICK SENIOR CENTER & OUTREACH VFW Building 373 Adamston Rd., Brick, NJ 08723 | 732-920-8686 |
| COMMUNITY SERVICES INC. OUTREACH 225 Fourth St., Lakewood, NJ 08701 | 732-367-1400 |
| TOMS RIVER TWP. SENIOR CENTER & OUTREACH 652 Garfield Ave., Toms River, NJ 08753 | 732-341-1000 Ext. 8461 |
| LONG BEACH ISLAND SENIOR CENTER & OUTREACH 4700 Long Beach Blvd., Brant Beach, NJ 08008 | 609-494-8861 |
| MANCHESTER TWP. SENIOR OUTREACH 1 Colonial Dr., Manchester, NJ 08759 | 732-657-8121 |
| SHORE AREA OUTREACH (PT. PLEASANT BEACH) Durand Masonic Hall, Rt. 35S & NJ Ave., Pt. Pleasant, NJ 08742 | 732-892-5514 |

GERIATRIC EVALUATION & MANAGEMENT PROGRAMS

Multidisciplinary team approach offering comprehensive, consultative care.

**ELIZABETH BENJAMIN
SPECIAL CARE CENTER**

732-923-7550

Monmouth Medical Center
300 Second Ave., Long Branch, NJ 07740

**COPSA
Institute for Alzheimer's Disease and Related Disorders**

800-424-2494

University Behavioral HealthCare
University of Medicine and Dentistry of New Jersey
667 Hoes Lane, P.O. Box 1392, Piscataway, NJ 08855-1392

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.

ADULT DAY CARE

***A Friend's House (Visiting HomeCare Service of Ocean County)** 732-244-5565 Ext. 237
105 Sunset Ave., P.O. Box 2010, Toms River, NJ 08754 800-511-1510

***A Friend's House-St. Francis Community Center** 609-494-6232
4700 Long Beach Blvd., Brant Beach, NJ 08008

Hours: 9:00a.m. to 3:00p.m., Monday through Friday

Services: A Friend's House is a social day care program for adults with Alzheimer's disease or related memory loss disorders. A safe respite for family caregivers is provided as well as therapeutic activities that may increase orientation and stimulate memory.

*****Community Medical Center Adult Day Health Care** 732-505-9420
591 Lakehurst Rd., Toms River 08755 Fax: 732-505-1121

Hours: 7:30a.m. to 4:30p.m., Monday through Friday

Services: Provides a warm, caring medically-supervised environment for the elderly and the developmentally disabled. Activities, arts and crafts, entertainment, socialization with peers, current events, exercises, light breakfast, hot lunch, and afternoon snacks are provided. Transportation within our service area is available. Social workers are available to provide more information, schedule a tour, and/or assist with funding resources.

****Karing with Kindness** 732-341-4321
245 Atlantic City Blvd. (Rt. 166) Beachwood, NJ 08722

Hours: 8:00a.m. to 5:00p.m., Monday through Friday

Saturday: Hours available upon request

Services: This Social Day Care provides transportation, continental breakfast, home-style lunches and snacks, stimulation, cultural activities, socialization with peers, entertainment, current events, exercise mobility, bingo games, prizes, birthday and holiday parties and Karaoke.

*****Ambassador Medical Day Care Center** 732-367-1133
619 River Ave., Lakewood, NJ 08701 Fax: 732-370-1087

Hours: 7:30a.m. to 4:30p.m., Monday through Friday

Services: Provides full range of medical and social services, group & individual activities, recreation, counseling, medical and social evaluation, health screening, occupational therapy, physical, socialization and speech therapy. Also available: transportation, meals (light breakfast, hot lunch) and a full-time nursing staff.

****Reflections Senior Social Day Care**

732-269-8200

561 Route 9., Bayville, NJ 08721

Hours: 8:00a.m to 5:00p.m., Monday through Friday

Services: This Social Day Care offers an individualized plan of care to meet the needs of each participant including transportation, meals, and daily activities designed to enhance active involvement and socialization through crafts, outings and intergenerational opportunities. Provides support and respite for families and caregivers. Podiatry service on-site. R.N. owned and operated. Weekend tours available.

****Riverside Manor**

732-370-9400

699 Cross St., Lakewood, NJ 08701

Hours: 8:00a.m. to 6:00p.m. Monday through Thursday

8:00a.m. to 4:00p.m. Friday

Services: Riverside Manor is an all-inclusive Medical Day Care Program. Services include transportation, meals, individualized medical care plans, socialization, group outings, activities, physical, occupational, and speech therapy, dental, podiatrist and much more. The goal is for clients to remain living at home for as long as possible and provide respite for caregivers.

*****Seacrest Village Adult Day Care**

609-296-9292

The Pavillion at Seacrest Village

1001 Center Street, Little Egg Harbor, NJ 08087

Hours: 8:00a.m. to 4:00p.m., Monday through Friday

Services: Seacrest offers a full service day program for older adults with special needs, providing an enriching alternative to daytime home care and residential placement. Seacrest offers nursing care, counseling, therapeutic activities, meals and snacks, personal hygiene and bathing, and more. Also available: transportation and recreational activities.

****Whiting Health Care Center - Independence Place**

732-849-4969

3000 Hilltop Rd., Whiting, NJ 08759

Hours: 8:00a.m. to 4:00p.m.

Services: Provides skilled nursing and structured program of therapeutic activities to meet medical and social needs of older adults within supportive environment. Nursing care, social services, activities, hot meal, therapies and personal care. Also available: transportation, meals and nursing supervision.

****Young at Heart**

732-899-1331

2125 Route 88, Brick, NJ 08724

Hours: 7:30a.m. to 4:00p.m. Monday through Friday

Services: Young at Heart is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

****Young at Heart**

732-928-9222

115 Grawtown Rd., Jackson, NJ 08527

Hours: 8:30a.m. to 4:00p.m., Monday through Friday

Services: Young at Heart is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

*** NJ Department of Health and Senior Services Alzheimer's Dementia Program**

Provides funding for adult day care; financial eligibility criteria; apply through adult day care center.

****List of Agencies approved by the Division of Health and Senior Services, Office of the Division of Consumer Support, for the Jersey Assistance for Community Caregivers Program (JACC)**

*****Agency accepts JACC and Department of Health and Senior Services Alzheimer's Dementia Grant**

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The Adult Day Care list was compiled by the Ocean County Office of Senior Services: Original-1994 Revised: 9/16/04-HZ, 1/19/05-SK,6/1/05-EM,10/14/05-EM, 12/29/05-EM, 1/24/06-EM, 2/16/06-EM, 8/21/06-EM, 9/14/06-EM, 4/02/07-MEC

RESPITE/HOME CARE

**JACC (Jersey Assistance for Community Caregiving)
CAP (Community Assistance Program)**

**732-929-2091
800-668-4899**

These programs provide state funded assistance in the form of a broad array of in home services and supports that enable an individual at risk of being placed in a nursing home to remain in their own home. The program is intended to supplement and strengthen the efforts of family and friends. There are both financial and clinical eligibility criteria.

**CCPED (Community Care For the Elderly and Disabled)
Ocean County Board of Social Services**

732-349-1500

Program provides assistance in the form of a broad array of in-home services and supports that enable an individual at risk of being placed in a nursing home to remain in their own home. There are both financial and clinical eligibility criteria.

**STATEWIDE RESPITE CARE PROGRAM
Ocean County Board of Social Services**

732-349-1500

This program provides respite services to families experiencing fatigue and stress due to long-term caregiving of frail, elderly and/or disabled members. Priority is given to families where the impaired member is at risk of long-term institutionalization due to the inability of the caregiver to continue in the role.

VOLUNTEER CAREGIVER ORGANIZATIONS

There are two (2) Interfaith Volunteer Caregiver organizations in Ocean County providing volunteer services for the frail, disabled and homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, etc., are provided. Additionally, both organizations provide Alzheimer's Care Programs specifically for Alzheimer's clients and caregivers. There is also a Multicultural Senior Outreach component. One organization serves the Northern area and the other serves the Southern area.

NORTHERN AREA

Caregiver Volunteers of Central Jersey

Main Office

145 Anchor Avenue
Beachwood, NJ 08755
(732) 505-CARE (2273)
FAX: (732) 505-9445

Lakewood Satellite Office

395 Rte. 70, Suite 210
Lakewood, NJ 08701
(732) 730-0700
FAX: (732) 730-1911

Whiting Satellite Office

30 Lacey Road
Whiting, NJ 08759
(732) 849-9400

Email : CaregiversCentralOC@msn.com

Multicultural Senior Outreach

395 Rte 70, Suite 210
Lakewood, NJ 08701
(732) 730-0700
FAX: (732) 730-1911

Alzheimer's Respite Care Program

145 Anchor Avenue
Beachwood, NJ 08722
(732) 505-0031
FAX: (732) 505-9445

Email: actprogram@msn.com

SOUTHERN AREA

Interfaith Health & Support Services

of Southern Ocean County, Inc.

1140 Rte. 72 West
Manahawkin, NJ 08050
(609) 489-0278 FAX : (609) 489-0374

Alzheimer's Respite Care Program

*Interfaith Health & Support of Southern
Ocean County, Inc.*

1140 Rte. 72 West.
Manahawkin, NJ 08050
(609) 489-0278 FAX : (609) 489-0374

Email: Montgomery@SOCH.com

MEDICARE CERTIFIED HOME HEALTH (VISITING NURSE) AGENCIES

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|--|------------------------------|
| COMMUNITY MEDICAL CENTER HOME HEALTH PROGRAM | 732-818-6800 800-338-3131 |
| HOLY REDEEMER VISITING NURSE AGENCY | 732-240-2449 |
| OCEAN COUNTY HEALTH DEPARTMENT | 732-341-9700 |
| MERIDIAN HOME HEALTH CARE | 732-206-8100 800-894-6885 |

LICENSED HEALTH CARE SERVICE FIRMS

Compiled by

COMMUNITY MEDICAL CENTER

These agencies provide home health aides in Ocean County, which can supplement benefits provided under Medicare at a private rate. Some also provide RN's & LPN's. ® Denotes relationship with Saint Barnabas Health Care System. *Contracts with CMC Home Health

| | |
|---|------------------------------|
| * ACCREDITED HEALTH CARE (Hourly/live-in HHA/Companion) | 732-341-9200 |
| BAYADA NURSES (Hourly/live-in HHA/Companion/RN/LPN) | 732-818-9898 |
| * CAREGIVER RESOURCES (Hourly/live-in HHA/Companion) | 732-292-2121 |
| CAVALIER SENIOR CARE (Hourly/live-in HHA) | 609-607-8300 |
| COMFORT KEEPERS (Hourly/live-in HHA) | 732-557-0010 |
| *® COMMUNITY KARE (Hourly HHA) | 732-905-1776 |
| COMPLETE COMPETENT CARE (Hourly/live-in HHA/Companion) | 732-206-1047 |
| CONFIDENT CARE (Hourly HHA) | 732-617-5900 |
| CUIDADO CASERO (Hourly HHA) (Central & Northern OC) | 732-370-1144 |
| GRISWALD SPECIAL CARE (Hourly/live-in HHA/Companion) | 732-914-9111 |
| HEALTH MATES (Hourly/live-in HHA/Companion) | 732-367-1869 |
| INTERIM HEALTHCARE (Hourly HHA/Companion) | 732-341-0330 |
| KARING WITH KINDNESS (Hourly/live-in HHA) | 732-341-4500 |
| LOVING CARE (Hourly/live-in HHA) | 732-897-6000 732-818-1700 |
| MAXIM HEALTHCARE SERVICES (Hourly/live-in HHA) | 732-920-9112 |
| * MEDEX (Hourly/live-in HHA/Chore services) | 732-349-0060 |

| | |
|--|--------------------------|
| PERSONAL TOUCH (Hourly/live-in HHA) | 732-530-8880 Ext. 201 |
| PREFERRED HEALTH MATES (Hourly/live-in HHA/Companion) | 732-840-5566 |
| PROFESSIONAL HEALTHCARE UNLIMITED (Hourly/HHA/live-in) | 732-262-0110 |
| SENIOR SERVICES EXPERT HOME CARE (Live-in HHA) | 800-251-0977 |
| * SOUTHERN OCEAN COUNTY HOME CARE (Hourly/ HHA/Companion) | 609-978-3090 |
| * VISITING HOMECARE SERVICES (Hourly HHA) (Sliding Scale Fee) | 732-244-5565 |

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The above information was obtained from Community Medical Center 4/03/07

LIST OF HOME HEALTH CARE AGENCIES APPROVED BY MEDICAID

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|---|------------------------------|
| A PLUS HOME HEALTH SERVICES | 609-698-0400 |
| ACCREDITED HEALTH SERVICES | 732-341-9200 |
| BAYADA NURSES | 732-818-9898 |
| CAROUSEL OF HOME CARE, INC (NORTHERN OCEAN COUNTY ONLY) | 732-303-0245 |
| CAVALIER SENIOR CARE, INC. | 609-607-8300 888-832-2228 |
| COMPLETE COMPETENT CARE | 732-206-1047 |
| CONFIDENT CARE | 732-617-5900 |
| CUIDADO CASERO HOME HEALTH | 732-370-1144 |
| INTERIM HEALTH CARE | 732-341-0330 |
| LOVING CARE | 732-897-6000 732-818-1700 |
| MAXIM HEALTH CARE SERVICES | 732-920-9112 |
| NURSE FINDERS INC. | 732-477-7600 |
| PERSONAL TOUCH | 732-774-2840 |
| PREFERRED HEALTH MATES | 732-840-5566 800-603-2273 |
| PROFESSIONAL HEALTH CARE UNLIMITED | 732-262-0110 |
| VISITING HOMECARE SERVICES OF OCEAN COUNTY | 732-244-5565 |

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WEBSITES

| | |
|----------------------|--|
| OCEAN COUNTY | www.co.ocean.nj.us |
| NURSING HOME COMPARE | www.medicare.gov |
| HOME HEALTH COMPARE | www.medicare.gov |

LIST OF AGENCIES APPROVED BY THE DIVISION OF HEALTH AND SENIOR SERVICES, OFFICE OF THE DIVISION OF CONSUMER SUPPORT, FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)

| | |
|---|------------------------------|
| A PLUS STAFFING, LLC | 973-736-2222 |
| ACCREDITED HEALTH SERVICES | 732-341-9200 |
| AFFORDABLE SENIOR HOME CARE | 732-279-4495 |
| ALL ABOUT CARE | 732-477-3005 |
| ALL HEALTHCARE SERVICES | 732-671-8400 |
| BAYADA NURSES INC. | 732-818-9898 |
| CAROUSEL OF HOME CARE | 732-303-0245 |
| CAVALIER SENIOR CARE, INC. | 609-607-8300 888-832-2228 |
| CENTRAL JERSEY HEALTHCARE | 732-367-8577 |
| COMFORT KEEPERS | 732-530-3636 |
| COMFORT KEEPERS (TOMS RIVER) | 732-557-0010 |
| CUIDADO CASERO HOME HEALTH | 732-370-1144 |
| GENTLE CARE HOME SERVICES, INC. | 732-777-0021 |
| GRISWOLD SPECIAL CARE | 732-914-9111 |
| HELPING HANDS OF SOUTHERN OCEAN COUNTY, INC. | 609-971-0004 |
| HOME CARE FOR YOU, INC. | 609-971-9009 |
| HOME CARE WITH LOVE, INC. | 732-339-1933 |
| HOME HELPERS (Brick, Pt. Pleasant, Bay Head, Toms River, Whiting) | 732-202-0411 |
| HOME HELPERS (Lakewood, Jackson, Manchester, Toms River, Whiting) | 732-364-7322 |

| | |
|------------------------------------|--------------|
| HOME INSTEAD SENIOR CARE | 732-901-5500 |
| HOME SWEET HOME CARE, INC. | 732-886-2273 |
| KARING WITH KINDNESS | 732-341-4500 |
| MAXIM HEALTHCARE SERVICES | 732-920-9112 |
| NURSES OF NJ | 732-213-3834 |
| PERSONAL TOUCH HOME CARE | 732-774-2840 |
| RIGHT AT HOME | 732-451-0120 |
| SOUTHERN OCEAN HOME CARE & HOSPICE | 609-489-0252 |

LIST OF AGENCIES APPROVED BY THE DIVISION OF HEALTH AND SENIOR SERVICES, OFFICE OF THE DIVISION OF CONSUMER SUPPORT, FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)

CHORE SERVICE – Includes services needed to maintain the home in a clean, sanitary and safe environment such as washing windows, moving heavy furniture, change of screens, and outside yard work depending on the agency.

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|---|--------------|
| AFFORDABLE SENIOR HOME CARE | 732-279-4495 |
| CAVALIER SENIOR CARE (Light Housekeeping only) | 609-607-8300 |
| COMFORT KEEPERS (Light Housekeeping, transportation to stores) | 732-530-3636 |
| KARING WITH KINDNESS | 732-341-4500 |

ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS - The companies below specialize in providing products such as ramps, ceiling, stair, and wheelchair lifts. Some provide construction, such as bathroom and kitchen adaptations for access.

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|---|--------------|
| ADAPTIVE HOME THERAPY (Evaluations and recommendations) | 732-886-6996 |
| ABBY LIFTS INC. (Ramps) | 732-240-0446 |
| AMERICAN RAMP SYSTEMS INC. (Ramps) | 800-649-5215 |
| PERFORMACE VAN SHOP (Call for details) | 856-848-3470 |
| ACCESSIBILITY DESIGN ASSOCIATES (Evaluations and modifications) | 732-901-6644 |

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MEDICARE CERTIFIED HOSPICE PROGRAMS

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|---|--------------------------------|
| Atlantic Regional Medical Center Hospice 1406 Doughtey Road Pt. Pleasant, NJ 08232 | 609-272-2424 |
| Care Alternatives 70 Jackson Drive Suite 200 Cranford, NJ 07016 | 908-931-9080 |
| Caring Hospice 525 State Hwy. 70 Lakewood, NJ 08701 | 732-661-9373 |
| Embracing Hospice Care 2101 Rt 34 South Suite B Wall, NJ 07719 | 732-974-2545 |
| Holisticare Hospice LLC 1415 Hooper Ave. Suite 305 Toms River, NJ 08753 | 732-341-0662 |
| Holy Redeemer 1228 State Hwy. 37 W Toms River, NJ 08753 | 732-240-2449 |
| Hospice of New Jersey 40 Bey Lea Road Toms River, NJ 08753 | 732-818-3460 |
| Meridian Hospice 1340 Campus Pkwy Neptune NJ 07753 | 732-751-3750 1-800-379-3430 |
| Southern Ocean Home Health and Hospice 56 Schoolhouse Road Whiting, NJ 08759 | 732-849-9437 |
| Van Dyke Hospice Community Medical Center State Hwy 37 Toms River NJ 08753 | 732-818-6800 |
| Vitas Hospice 1 Meridian Road Eatontown NJ 07724 | 732-389-0066 |
| VNA of Central Jersey Hospice Program 201 Main Street Toms River NJ 08753 | 1-800-862-3330 |

Ten Warning Signs: Your Older Family Member May Need Help

The Eldercare Locator, a public service of the U.S. Department of Health and Human Services' Administration on Aging, has produced a guide of "10 warning signs" to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member's physician should be kept informed of physical or psychological behavior changes.

Has your family member:

- ❑ Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
- ❑ Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
- ❑ Neglected their home so it is not as clean or sanitary as you remember growing up?
- ❑ Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- ❑ Changed relationship patterns such that friends and neighbors have expressed concerns?
- ❑ Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
- ❑ Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
- ❑ Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- ❑ Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- ❑ Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

□

MANAGING STRESS OF CAREGIVING

Work within your own limits of energy, time, and know-how

Take time to relax

- ❖ Eliminate the “Should’s” and “If only I had time” statements. Ease up on yourself by praising what you do accomplish. Don’t expect more than your human abilities allow.
- ❖ Set aside time each day for yourself, no matter how small.
- ❖ Rest your mind frequently with short breaks to look at flowers or a tree, breathe deeply, or visualize a peaceful beautiful place from memory.
- ❖ Keep a journal of feelings. Note in detail the things you have done to ease your loved one’s burden.
- ❖ Have an understanding friend whom you can call or visit when you need a lift.
- ❖ Join a support group or seek counseling.
- ❖ Allow quiet time for prayer or meditation.

- ❖ Add humor to your life
 - Buy a page-a-day calendar with cartoons.
 - Read the daily comics in the newspaper.
 - Share laughter with your loved one.
 - Rent comic movies or cassette tapes.
 - Ask friends to save jokes and cartoons for you.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.

BALANCING CAREGIVING NEEDS AND SELF NEEDS

*You are the only one who can meet your needs
Who are you beyond the caregiving role?
Does your self worth come from the need to be needed?
How will you use your time when the role ends?*

What you can do for yourself

- ❖ Maintain outside interests.
- ❖ Nurture your sense of purpose and worth,
- ❖ Create activities to look forward to for yourself.
- ❖ Take care of your physical and emotional needs.
- ❖ Take care of your appearance.
- ❖ Have one part of your life that is just yours, away from the caregiving role.
- ❖ Have several activities, which you turn to for “in-house vacations”.
- ❖ Indulge yourself with a treat now and then.
- ❖ Surround yourself with people who understand.
- ❖ Join a support group or counseling sessions.
- ❖ When possible, talk about your anger or feelings with the person who is ill.

COMMUNICATION TECHNIQUES

- ❖ “I’d like to talk about the appreciation’s and the regrets both of us have in this relationship. Are you willing to set aside a time when we could do that soon?”
- ❖ Suggest that you take turns talking and that each of you agrees not to interrupt the other.
- ❖ Ask directly for what you want, for example, “Will you forgive me for that?” or “Will you reassure me that you love me?”
- ❖ Use “I” messages such as, “I feel...” or “I want..” or “I think.” rather than “You made me...” or “You always..” or “You should.”
- ❖ Remember that human emotions are harmless in themselves and they don’t necessarily conform to logic. In their actions, however, people can choose to channel their feeling into behaviors that uphold their personal and moral values and maintain mutual respect. When your thinking is muddled by strong negative emotions, pause and breathe deeply while you regain your clear-headedness.
- ❖ Look the other person in the eye and listen as he talks. It’s an opportunity to learn about yourself and your loved one. Often there are astonishing differences in the way two people experience the same event.
- ❖ If the ill person becomes insulting or abusive, say, “I want to talk with you, but I won’t listen to hurtful remarks.” If the person continues, say, “I’ll come back after you are finished saying hurtful things”, and leave the room.
- ❖ Be as generous as you can in expressing your appreciation about the relationship.

Barriers to Communication

- ❖ Backing the other person into an emotional corner by saying, “You should have” or “Why did you” or “If you loved me”.
- ❖ Challenging the other person’s reasons/rights to feel as he/she does.
- ❖ Hiding your tears.
- ❖ Defending your reasons or rights to feel as you do.
- ❖ Saying things you might regret later.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.

ANGER AND CAREGIVING

Sources of Anger

- ❖ Long-standing, unresolved conflicts with the care receiver.
- ❖ Disagreements with the care receiver or family member regarding caregiving or treatment.
- ❖ The ill persons irritating habits and personality traits that might be exaggerated by illness.
- ❖ Your sense of helplessness in alleviating these loved person's pain or suffering.
- ❖ Your plans, goals, or expectations that are delayed or dashed as you devote yourself to caregiving.
- ❖ The duration, difficulty, or expense of caregiving.

Mismanaged Anger

- ❖ Spewing accusations, threats, or guilt-provoking tirades on family members, friends, the sick person, or care providers.
- ❖ Using physical force on the ill person.
- ❖ Denying that anger.
- ❖ Telling others about the problem instead of discussing it with the person involved.
- ❖ Seething and turning your anger inward to cause headaches, or other physical problems.

Constructive Management

- ❖ Admit the anger, you can control how you channel it into action.
- ❖ Develop a variety of safety valves.
 - Phone calls to friends who understand.
 - Support group meetings.
 - Brisk physical activity.
 - Write a letter expressing the anger and destroy it.
 - Schedule frequent breaks from caregiving activities.
- ❖ Explore solutions to the problem(s) with your loved one(s), if possible.
- ❖ Ask what you need at this moment that you are not getting.
 - Make direct requests or look for ways you can meet your needs.

GUILT AND CAREGIVING

Differentiate between *Legitimate Guilt*, the remorse of deliberate wrongdoing or hurtful actions and *Superfluous Guilt*, self-reproach for imagined wrongdoings of human failings.

Guilt Reduction Techniques

Legitimate Guilt

- ❖ Recognize and validate your feelings of frustration and overload.
- ❖ Stop punishing yourself; instead use this situation as a learning experience to motivate you to plan alternative responses in the future.
- ❖ Rehearse the new behavior in advance.
- ❖ Offer an apology to your loved one, offer an expression of regret for your behavior and an explanation of what you will do differently in the future.
- ❖ Forgive yourself.

Superfluous guilt Recognize your unrealistic standards or falsehoods such as:

- ❖ You can do all things “perfectly”.
- ❖ You might improve the sick person’s lot by sacrificing your well-being.
- ❖ The misconceptions that entertaining negative thoughts or mischievous wishes will make them come true.
- ❖ The myth that misfortunes in people’s lives are punishments for wrongdoing.
- ❖ The idea that you should not get angry.
- ❖ The illusion that you can control your loved one’s fate.

Consider

- ❖ Joining a caregivers support group.
- ❖ Wishes and fantasies are harmless, unless you put them into action or punish yourself for having them.
- ❖ Make an exhaustive list of all your guilt(s).
- ❖ Choose items you want to change while maintaining a balance between your well-being and that of your loved one.
- ❖ Forgive yourself for your human imperfections.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.

GRIEF AND CAREGIVING

Losses that relate to Caregiving:

- ❖ Your loved one's health and vigor
- ❖ Some of your loved one's endearing personality traits
- ❖ Activities or interest you enjoyed together
- ❖ Plans and optimistic expectations for the future
- ❖ Your sense of security
- ❖ Time, energy, or money to engage in your special interests
- ❖ A pleasant daily routine
- ❖ Confidence in your ability to steer events in your life toward favorable outcomes

Fear of the future:

- ❖ More disability or pain for your loved one
- ❖ Increasing loneliness
- ❖ Less time for yourself
- ❖ Doubts about your own health
- ❖ Lack of confidence in your ability to cope with stress and emotional pain
- ❖ Anticipated emptiness when your loved one dies

Ineffective coping:

- ❖ Physical pain, irritability and panic attacks
- ❖ Distance emotionally from your loved one
- ❖ Devote self to caretaking at the expense of your own well-being

Effective Ways:

- ❖ Talk about your feelings and thoughts
- ❖ Join a support group
- ❖ You aren't alone, anything you feel, think or wish, has been experienced by others
- ❖ Your choices in how you act on your wishes, thoughts, and feelings will determine how effectively you manage your grief

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