

CareLINK

A Newsletter For Caregivers

APRIL 2009 /
MAY 2009

A Caregivers Newsletter that is published every other month for those who care for a loved-one, no matter the health situation. Enclosed we hope you find helpful information that you can use!

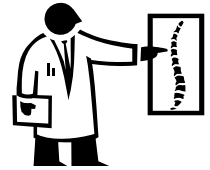
CareLINK can also be found at:

<http://www.co.kenosha.wi.us/DHS/Divisions/Aging>

~Sponsored & Published By The Kenosha County Aging & Disability Resource Center~

Back Safety & Transfers - Golden Rules To Be Safe

Being a caregiver puts you at risk for back injuries. Many occur when lifting, moving, transferring or changing the position of the one in your care. Improper movements can also cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures. Learn how to avoid harming yourself *and* the one in your care.



First—take care of YOU... Maintain good posture, and exercise to strengthen your back and stomach muscles. If you are overweight, lose weight. Excess weight puts extra stress on back and stomach muscles and on joints. One pound of extra weight puts 4 extra pounds of stress on knee joints.

The Golden Rule. . . First, consider the task at hand. Think about what you are capable of, what assistance you might need and to what degree the one in your care can assist you. Then, eliminate hazards such as clutter, throw rugs, or excess furniture. When planning on the space you need to move, pivot, or transfer, allow for more space than you think you need.

Remember these tips:

- Let the person you are helping do as much as he can do safely.
- Never allow the person you are helping to put his arms around your neck.
- Have the person PUSH off rails, chair arms, etc. (No pulling)
- Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, he may become lightheaded with a change in position—move slowly!
- Have all equipment you need ready and in working order, such as a transfer belt, chair, wheelchair, commode, or Hoyer lift. If transferring to or from a bed, wheelchair or commode with locking brakes, make sure they are locked.
- If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury. Instead, lower him slowly to the floor and call for assistance.
- If you’re not sure about the proper body mechanics for lifting and transferring, ask a therapist or nurse to show you how.

Source: Journal of American Geriatrics Society; April 2008

Kenosha County Aging & Disability
Resource Center
8600 Sheridan Road, Suite 500
Kenosha, WI 53143



When you need answers...
262-605-6646 or 1-800-472-8008
TTY 262-605-6663
and, www.co.kenosha.wi.us/DHS

ASSISTIVE DEVICES . . .

Tools to help prevent injury

These devices can be very helpful in making a lift or transfer easier and in preventing injuries, however, these items require a prescription, and the caregiver should be trained by a therapist or nurse before using them.

Gait belt – Placed around the waist of a person and used to secure the person while walking.

Transfer board – A polished board used to slide a person when moving from one place to another; for example, from bed to wheelchair or commode

Trapeze – A metal bar suspended over a bed that the person can grab to pull up in bed or to assist with turning in bed or coming to a seated position

Mechanical lift – Also called a Hoyer lift. A canvas or nylon mesh sling is placed under the person as he lies in bed, then attached to the lift with straps. The caregiver starts the lift (electronically or by hydraulics), which secures the sling around the person and lifts him off the bed. The position of the sling can then be adjusted and the person transferred into a chair. REMEMBER. . . Get proper training before using a transfer belt, transfer board, trapeze or mechanical lift.



~Taking Care~

Get that needed sleep. . .
You can easily become

exhausted, sleep deprived, and depressed if you don't get enough sleep. Not only will you feel overwhelmed, but many physical illnesses have been linked to sleep deprivation. These include a reduction in natural immunity to infections and diseases, an increased sensitivity to pain, appetite changes and weight gain, and an increased risk of diabetes, to name just a few. Caregiving demands can easily extend to 24 hours a day in many cases, if proper thought and preparation is not considered. Plan ahead, so you don't become sleep deprived, because when it occurs, judgment and mood changes can impair your problem-solving abilities. Here are some things you should do to assure proper rest and "down time":

- Plan ahead for adequate relief and support
- Be realistic—no one can be a caregiver 24 hours a day. Learn to listen to your body; recognize fatigue early and plan to rest
- Openly express how you are feeling to those who support you
- Join a caregivers' support group
- Remember . . . alcohol, excessive caffeine, lack of exercise and lack of a routine all make exhaustion worse.

~Good Nutrition~

Studies have found that caregivers often don't eat as well as they should. In addition, they have higher rates of heart disease than non-caregivers.

Poor eating habits contribute to obesity, which in turn contributes to heart disease and diabetes. Diabetes itself contributes to high levels of heart disease and stroke. Waistline measurements have been shown to predict a variety of diseases. Women with waists larger than 35 inches and men with waists over 40 inches are considered at highest risk. Studies show that waist size is a better predictor of premature death than overall weight.

Try to eat fewer calories. An easy way to do this is to give up sugary snacks and drinks. These are considered "calorie-dense" foods. Calorie-dense foods pack a lot of calories in a small package—think chocolate. For example, 8 ounces of broccoli is 65 calories; 8 ounces of chocolate chip cookies is 1,070 calories!





~Kenosha Area Loan Closet~



The Kenosha Area Loan Closet located at the Kenosha County Aging & Disability Resource Center has medical and assistive equipment that can be borrowed at no cost. The items in the loan closet are varied, but include items such as wheelchairs, walkers, bath chairs, gait belts and much more.

The loan closet also accepts donations that are in good condition.

If you are in need of medical or assistive equipment, or would like to donate please call 262-605-6646, or 1-800-472-8008.



Menus for Every Condition

Here are some helpful websites and tips for planning low-cost, nutritious meals:

- Get personalized eating plans and advice on making smart choices in every food group at www.mypyramid.gov/.
- Get menus, recipes and tips on buying and serving healthier food at <http://snap.nal.usda.gov> (in English and Spanish), as well as find information on whether the person in your care qualifies for food stamps.
- Find over 100 low-cost, nutritious and delicious recipes at <http://recipefinder.nal.usda.gov>.
- If you're preparing food for a heart patient, go to www.americanheart.org and type "delicious decisions" into the search window, then click on Browse Recipes.
- If you're preparing food for a person with diabetes, go to www.diabetes.org and click on Recipe of the Day. From there you can access other recipes.
- To locate a Senior Nutrition Center in the Kenosha County area, call the Kenosha Area Family & Aging Services at 262-658-3508 or 1-866-658-0237.

Local Support Groups

Here are a few of the local area support groups. For information on other support groups, please contact the Aging & Disability Resource Center at 262-605-6646 or 1-800-472-8008.

Cardiac Support Group –

When: 4th Tuesday of each month

Time: 10:00am

Where: United Hospital – Kenosha Campus
2nd Floor – Cardiac Rehab Classroom
6308 8th Avenue, Kenosha, WI 53143

Contact: Sally Berzinski - 656-2245

Diabetes Support Group –

When: 1st Tues. every month

Time: 6:30pm - 7:30pm

Where: United Hospital - KMH Campus
Community Education Room

Contact: Marian Hinder - 652-7124

MS Support Group –

When: 1st Thursday of each month.

Time: 6:30pm

Where: St. Mary's Lutheran Church
2001 80th Street, Kenosha, WI 53143

Contact: Alice Schwalbe - 262-496-8592

Young Onset Parkinson's Support Group

When: 2nd Wednesday of each month

Time: 7:00pm - 8:30pm

Where: Aurora Medical Center
1st Floor Family Room
10400 75th Street, Kenosha, WI 53142

Contact: 1-800-499-5736 for more information.

~Take Note~



Understanding Medicare 2009

This workshop offers a basic overview of original Medicare, as well as other health insurance and prescription drug coverage options.

Dates/Times & Locations: April 24th, from 10am - 12pm, at Kenosha Hospital & Medical Center, 6308 8th Avenue, Kenosha, WI in the Community Education Room off the North Clinic/Skywalk.

OR

May 28th, from 10am - 12pm, at Westosha Community Center, 19200 93rd Street (Hwy. C) Bristol, WI.

Reservations are required, please call the ADRC at 262-605-6646 or 1-800-472-8008.



A Mini-Conference Especially for Family Caregivers

The SE WI Chapter of the Alzheimer's Association is sponsoring this conference. This will be an opportunity to learn more about managing the day to day care of your loved-one as abilities change with dementia.

Date/Time: Friday, April 3rd from 9am - 3:45pm

Location: Racine Marriott, 7111 Washington Avenue, Racine, WI 53406

Cost is \$25, but there are a few complimentary registrations available. Free on-site respite care may be available for your loved-one while you attend this conference.

Please contact Paulette Kisse at 262-595-2387 to request a registration form.



There Are Many Faces of Arthritis

Current treatment options for hip and knee arthritis will be presented by Dr. William B. Lutes, DO, an Orthopedic Surgeon at Aurora.

Date/Time: Monday, May 18th at 6pm.

Location: Aurora Medical Center, 10400 75th Street, Kenosha, WI

To register, please call 1-800-499-5736.



Adaptations & Splinting To Reduce Pain

Debra Sturn, OT, CHT from the United Health Care system will lead this presentation.

Date/Time: Saturday, May 30th, from 10:30am - 11:30am.

Location: United Health Care - Kenosha Campus, 6308 8th Avenue, Rooms A & B. Kenosha, WI

To register, please call 262-656-3290.

~Just A Thought ~

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~Angela Mayou