



*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~**

## **Abuse & Neglect ~ Love Shouldn't Hurt**

Although tensions can mount in the most loving families and result in frustration and anger, an emotionally damaging or physically forceful response is *not* okay. When this happens, call for a time-out, and call for help.

You may find it difficult to imagine that the words “abuse” and “neglect” could be used to describe the way you treat the person in your care—whether he is a relative, friend, or client. Most caregivers do their best, but abuse and neglect can happen. Sometimes caregivers become exhausted, and resentment starts to build, especially when caring for someone with dementia or a very difficult or abusive person. Abuse can take many forms:

**Neglect**—Refusing to provide food, medicine and personal care such as bathing, or over-medicating; or withholding eye-glasses, dentures or walking aids.

**Physical violence**—Slapping, kicking or sexual abuse.

**Emotional abuse**—Intentionally keeping the person from friends and family; verbally attacking or demeaning him.

**Financial abuse**—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills.

If a person's behavior changes and appears to be fearful of a caregiver or family member and you suspect abuse, contact the Kenosha County Aging & Disability Resource Center at 262-605-6646 or 1-800-472-8008, and request an **Adult Protective Service referral**. You may remain anonymous when you are requesting a referral.

The Adult Protective Services Agency—a part of the human service agency in most states—is typically responsible for investigating reports of domestic abuse of elders and other vulnerable adults, and providing families with help and guidance. Other professionals who may be able to help include doctors or nurses, police officers, lawyers and social workers.

**If someone you care about is in imminent danger, call 911 NOW.**

If your concern is for someone who lives in another state, call the Elder Care locator (800) 677-1116 for in-state help-line phone numbers. The people who staff the locator can help you to find assistance. The hotline is free and you can remain anonymous.

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](http://www.co.kenosha.wi.us/DHS)

## Hobbies to Reduce Stress



Between caregiving and work, you may have little time or energy left for hobbies like crafts, painting or music. But without them, life feels mundane. What can you do about it? Squeeze them in, even if it's for just a few minutes at a time, because those moments improve your mood and your mind-set.

When you're really engaged in a hobby you love, you lose sense of time and enter what's called a *flow state*—and that restores your mind and energy. Making time for enjoyable activities stimulates parts of the brain associated with creative and positive thinking. You become more emotionally and intellectually motivated.

Hobbies also enhance self-esteem and self-confidence. Feeling that you are solely defined by your job—even if it is going well—can raise your chances of experiencing anxiety, depression and burnout, because you don't have a perception of yourself outside of work.

No time? Start thinking of your hobby as something that helps you professionally as well as personally—you won't feel so guilty about making time for it. Instead of just spending your “down time” in front of the TV, practice your hobby instead.



## Worried Or Anxious?

With economic troubles in the news every day, everyone worries. Anxiety disorders, which include panic attacks and phobias, affect about 19 million American adults and millions of children. If you feel extremely worried or afraid much of the time, or often feel panicky, consider talking with your doctor.

Anxiety can fill you with such obsessive thoughts or dread of ordinary activities that you cannot work. Anxiety disorders can be mild, moderate or severe, but overcoming them generally takes more than just “facing your fears.” Many people need help in dealing with these problems. People are ashamed to admit to phobias and persistent worries, which seems like signs of weakness. The good news is that many therapies can help to control anxiety and improve quality of life for sufferers. Medications can, in many cases, reduce or eliminate symptoms. Several types of psychological therapy, especially cognitive-behavioral therapy, also help by teaching people positive thought and behavior patterns.

**Source:** “Copying with Anxiety and Phobias,” *a Special Health Report from Harvard Medical School*

## Medications and New Symptoms

It is also very important to let the doctor or nurse know if the person in your care has *new symptoms* after a new medication is started. The person in your care may not be able to tolerate the medicine or dose prescribed, so the doctor will need to make changes that allow the person in your care to tolerate the medication better.



If the person in your care is experiencing extreme difficulty, call an ambulance immediately. Some people with heart failure have a sudden change in their symptoms that requires immediate attention, like sudden onset of shortness of breath or a fainting spell. If you feel it is urgent, **DO NOT WAIT for the doctor or nurse to get back to you, CALL 911 immediately.**

Although good nutrition will not relieve pain, it promotes healing by strengthening the body.

### Inspiration

Do all the good you can  
By all the means you can  
In all the ways you can  
In all the places you can  
At all the times you can  
To all the people you can  
As long as ever you can  
~John Wesley

# Recognizing Pain or a Worsening Condition



Older adults tend to wait to report pain until the intensity is unmanageable. Don't assume that the person in your care doesn't have pain if he doesn't mention it. Ask periodically if anything hurts. Pay attention to the answer. Many elderly persons may simply say "It's just sore." At times, it is difficult to pin down a specific physical cause for pain. But that does not lessen the suffering. Pain is an individual experience that is tied to both *physical* and *mental* states. Fatigue, depression, and anxiety make pain harder to tolerate. Even noise can contribute to pain. (Lying in bed does not lessen pain, although it may appear that the person is comfortable and relaxed.) Pain is classified in 2 different ways:

**Acute**—short-term pain from illness or injury, which can be managed with prescribed narcotics and subsides when the injury heals

**Chronic**—pain that begins with an illness, is long term and is controlled with medications

It can be difficult to figure out whether someone with dementia is in pain, and what is causing the pain. People with dementia may not be able to tell you in words that they are in or even where the pain is. Sometimes they can be in great pain, but unable to communicate this directly. Some cues to look for are:

- |                                 |  |
|---------------------------------|--|
| crying or moaning               | rubbing or protecting one part of the body |
| decreased activity level        | trouble sleeping                           |
| a stiffened upper or lower body | increased agitation, aggressive behavior   |
| pacing or rocking               | increased confusion                        |

Each person has his own *pain signature*. Because you know this person, you can recognize when a change in behavior occurs and perhaps when that change indicates pain.

**Source: *The Comfort of Home for Alzheimer's Disease***

## 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  
**Contact:** Sally Berzinski - 656-2245

### Diabetes Support Group –

**When:** 1st Tuesday of every month  
**Time:** 6:30pm - 7:30pm  
**Where:** United Hospital - KMH Campus  
Community Education Room  
**Contact:** Marian Hinder - 652-7124

### National Alliance for the Mentally Ill

**When:** 2nd & 4th Thursday of each month  
**Time:** 6:30pm  
**Where:** St. Paul's Lutheran Church  
39th Avenue & 88th Street, Kenosha  
\*\*Use East Entrance.  
**Contact:** 262-652-3606, leave a message.

### 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  
**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.

**Date/Time:** Wednesday, August 19th, from 1pm - 3pm.

**Locations:** Kenosha Senior Center, 2717 67th Street, Kenosha.

**OR**

**Date/Time:** Tuesday, September 22nd, from 10am - 12pm.

**Location:** Kenosha County Center, Hwys. 50 & 45, Room B, Bristol.

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



### Understanding Alzheimer's Disease and Related Dementia

Paulette Kisse, CWS, Regional Services Manager with the Alzheimer's Association SE Chapter will present this workshop, which will:

- Help people understand Alzheimer's Disease and Dementia.
- Learn how to identify the warning signs and potential risk factors.
- Learn how to obtain a thorough diagnosis.
- Identify how Alzheimer's progresses and what treatments are available.

**Date/Time:** Monday, September 21st from 7pm - 8:30pm.

**Location:** Westosha Community Center, 19200 93rd Street, Bristol, WI.

Please call Kathy Hinks at 262-605-6646 or 1-800-472-8008, by September 14th for respite reservations, if needed.



## **Helpful Websites**

National Alliance on Mental Illness

**[www.nami.org](http://www.nami.org)**

Offers a variety of materials and local referrals for treatment and support on its website or by calling 800-969-6642.

Strength for Caring

**[www.strengthforcaring.com](http://www.strengthforcaring.com)**

Family caregiving information from Johnson & Johnson.

Covers financial, medical concerns along with caregiving tips.

*~Just A Thought ~*

*Courage is being scared to death—and saddling up anyway.*

*~John Wayne*