

Caring Concepts

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Caregiving and Depression

Every caregiver experiences a variety of emotions as they strive to meet the needs of their loved one. Taking care of another person can be difficult, and even the most competent, dedicated caregivers sometimes experience frustration and sadness. For some, though, those feelings can become overwhelming, causing the symptoms of clinical depression. More complex than simple feelings of sadness, depression can deplete your energy and make even the simplest daily tasks seem daunting. You may feel exhausted and require more sleep than normal, or you may experience insomnia, and find it difficult to relax and wind down at the end of the day. Many individuals lose interest in the activities they once enjoyed, and some

find it difficult to make even simple decisions. It is not uncommon for individuals with depression to even experience physical symptoms like digestive issues and headaches

Too often, individuals view these symptoms as a sign of weakness. They may try to ignore their discomfort, and hope that it will simply improve with time. In fact, depression is a signal that some element in your life is out of balance and in need of attention. Only by acknowledging these signals, and addressing that imbalance, is it possible to treat, and effectively manage depression. There are a variety of ways to help reduce stress and relieve the pressures that can cause depression. Sometimes

the remedy can be as simple as getting a bit of



physical activity or reaching out for the loving support of friends or family. But for some, the problem requires professional help in the form of medication or talk therapy. Either way, it is important to remember that you are not alone, and that reaching out for help and support is a sign of strength and self-awareness. By taking care of your own emotional well-being you can ensure that you are available to care for your loved one for many years to come.

If you, or someone you know is a caregiver in need of support, LTCA of Enid Area Agency on Aging is here to help!

**Call Kathy Miller
Caregiver Coordinator at
580-234-7475**



Caregiver's Bill of Rights

Caregiving is not easy. The responsibilities and emotional stress can cause you to forget to take care of yourself. It is important to remember that caregiving is only one aspect of who you are and what your life is about. When the pressure of caring for another person's needs gets overwhelming, it can help to remind yourself that your needs are important too! The most effective caregivers invest in their own physical and emotional well-being by acknowledging their own needs and limitations.

Caregiver's Bill of Rights:

I have the right to:

- Take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.
- Seek help from others even though my loved one may object. I

know the limits of my own endurance and strength.

- Maintain facets of my life that do not include the person I am caring for. I know that I do everything I can for my loved one, and I am entitled to do some things for myself.
- Get angry, feel depressed, and experience other difficult emotions.
- Reject any effort to manipulate me through guilt, anger or depression.
- Take pride in what I am accomplishing and applaud the courage and effort it takes to continue meeting the needs of my loved one.
- Receive consideration, affection, forgiveness and acceptance from my

loved one as long as I offer these qualities in return.

- Protect my individuality and my right to make a life for myself. This will sustain me when my loved one no longer requires my help.
- Expect and demand that, as new strides are made in finding resources to aid and assist individuals who are physically or mentally impaired in our country, similar strides will be made to provide help and support to caregivers.

Asserting these rights may not be easy. As with any endeavor, it takes effort and commitment to ensure that those around you respect the healthy boundaries that you set. But it is worth the effort and will only serve to make you a better caregiver.

Thinking about retiring????



RETIREMENT FAIR

Saturday, March 10, 2018

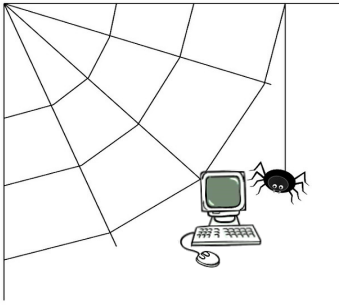
Montgomery Hall on the Enid NOC Campus

2402 E. Maine

Hosted by OHAI/Senior Life Network/Rural Health Projects

LTCA of Enid Area Agency on Aging

Webster's Corner



Technology places a wealth of information at our fingertips via the internet. Caregivers and their families can find a variety of services and resources on the web, and in the coming months, we will be scouring the internet for the best resources we can find to make your caregiving responsibilities a little easier.

Like any powerful tool, using the internet comes with some degree of risk. Unfortunately, not every internet resource is reputable, and not every website is safe. Here are a few tips to help make sure your web-surfing stays safe, and your personal information remains secure:

Passwords: Make sure your

passwords are long—at least 8 characters—and avoid using names, or words that can be found in the dictionary.

Utilize numerals and special characters like #, @, or &, as well as both upper and lowercase letters.

Privacy Settings: Social networking sites have settings that let you control who sees what you post, so learn how to use them effectively. Facebook, for example, has extensive controls that allow you to post only to friends, your friends and their friends, or everyone on Facebook. You can also limit specific posts to smaller groups, like only family members or specific people. It is also important to remember that smart phones have privacy settings as well, that restrict who has access to your location, contacts and other information.

Dealing with Spam: Unsolicited emails can be an annoying addition to your inbox, and while they may not necessarily be dangerous, it can be difficult to make

them stop. Make sure you are using the spam filter that is provided by your email service. If you are not sure how it works, go to ConnectSafely.org/seniors for information on how to use the spam filters on most of the popular, web-based email services like Gmail, Yahoo Mail and AOL. It is also important to remember to never click on the links provided in unsolicited emails, as they could link to sites that scam people or download malicious software to your computer.

Reporting Abuse: We have all heard the stories about children facing cyber bullies, but seniors are vulnerable to this abuse as well. If you receive any communication via email or social networking that is abusive, threatening, overtly angry or accusatory in any way, do not respond to it and reach out for help from someone you trust. Don't try to handle a potentially volatile situation on your own.



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

--Rosalynn Carter

Sweet and Greet Events

2018

Mark your calendar today!

Wednesday, February 21, 2018 When Caring at Home is No Longer an Option	Wednesday, March 21, 2018 End of Life Documents: Being Prepared
Presented by Cathy Sullens of the Alzheimer's Association	Presented by Stacey Boyles of Legal Aid

LONG TERM CARE
AUTHORITY OF ENID
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*Meaningful support for
family caregivers*



Peer support a valuable tool for caregivers

When developing a strategy for coping with any difficult situation, building a network of social support can be a key component. For caregivers, this can be especially important. Unfortunately, when caring for a loved one who is ill or disabled, it can be difficult to get out and engage in social activities, and far too often, family and friends are reluctant to stop by for fear of upsetting an important daily routine. Together these factors combine to create a perfect storm of isolation that can lead to loneliness

and depression.

Peer support groups, however, can help caregivers to find help and encouragement, in a community of people who understand the unique rewards and challenges of the difficult role they fulfill. Furthermore, participants are able to gain insight from shared experiences, and develop the kind of relationships that help form a safety net of emotional support.

Family caregivers too often feel that they have no choice but to "go it alone". But help and sup-

port are available. The LTCA of Enid AAA Caregiver Support Group meets monthly at the Bass Pavilion in Enid, on the third Tuesday of each month, at 2:00p.m.. Caregivers are invited to stop in and share their experiences, talk through their challenges, and build relationships with others who really understand the important work they do. For more information, call Kathy at the Area Agency on Aging, 580-234-7475.

