



SUCCESSFUL CAREGIVING WEBINAR

WELCOME!

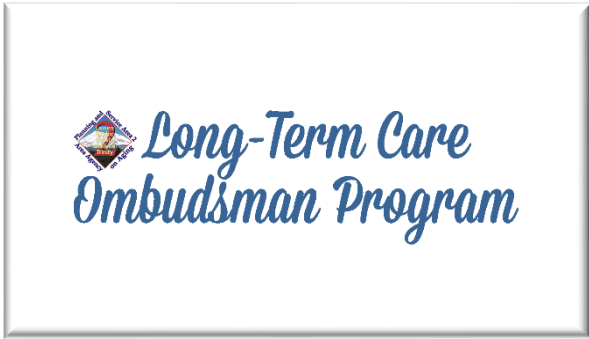
We'll get started shortly.



Joanne McCarley, CMC, BSW
President/Executive Director
ShiningCare, Inc.

This webinar is brought to you by ShiningCare in partnership with PSA 2 Area Agency on Aging, the Long-Term Care Ombudsman Program, HICAP/State Health Insurance Assistance Programs & Shasta County HHSA

We thank our partners whose generous contributions have helped to make this free webinar possible.





Before we get started, let's go over what to expect as you settle in to view from the comfort of your home or office.

1. Feel free to grab your favorite beverage or snack, as you will see us, but we can't see you.
2. Today's webinar is being recorded and we will be able to share a link with you after the event is complete. We welcome you to revisit the content yourself and share it with colleagues, friends and family
3. Since all participants are muted for this webinar, we invite you to use the Q&A tab for your questions. Please look at the Q&A tab on your screen. This is where you can ask your questions.
4. If your questions were not addressed by the panel due to time limitation you may contact us at ShiningCare at a later time, we will be happy to help you get your question answered.

To ask a question: Type your question into the Q&A tab. Click Send.

Note: Check Send Anonymously if you do not want your name attached to your question in the Q&A.





Joanne McCarley, CMC, BSW
President/Executive Director
ShiningCare, Inc.

Caregiving is vital in the provision of safety and health of older adults, especially those with dementia.

The noble role of caregiving is vital, and impacts an extremely large number of people. Here are the facts:

- Our country is experiencing an unprecedented explosion in the number of older adults who will be living at home with physical or cognitive impairments. The need to provide adequate care to these vulnerable people is a major challenge facing our society on many levels.
- Family caregivers are vital to the safety, health and well-being of a fast-growing population of older adults.
- Caregivers now encompass more than 1 in 5 Americans, as caregiving needs rise with an aging population.
- Over 78 million people dedicate their time as caregivers for family or a friend in need and more than 11 million are care giving while still caring for children at home.
- One in five Americans provide unpaid care for loved ones, and of those, over a million are young people between the ages of 8 to 18.
- Although caregiving is a very rewarding experience, most caregivers also experience a significant decline in their own health and well-being.
- The strength, endurance and sacrifice it takes to be a caregiver cannot be overlooked.

KUDOS TO CAREGIVERS! WE APPLAUD YOU.





Joanne McCarley, CMC, BSW
President/Executive Director
ShiningCare, Inc.

ShiningCare's mission is to give compassionate support, expert guidance and assistance to at risk elders, disabled adults, as well as their loved ones to maintain safety and wellness.

We can assist your family, providing you and your loved one with the support needed to safely stay at home, or suggest alternatives as needed, to make sure your loved one is safe and comfortable.

Today you will learn helpful tips and tools help to anticipate, avert, and respond to caregiving challenges, especially those that typically arise during the course of dementia.

It is our hope that this webinar will bring encouragement along with useful information and tools for successful caregiving.





Family Caregiver Resources

Questions? Call Us!

866-495-1641 (toll-free)

Helpful tips for family caregivers in Shasta, Siskiyou, Tehama and Trinity Counties

Learn more at CaregivingCompass.org

“Should we bring Dad home?”

In the context of COVID, many families are wondering if an older relative would be better off moving out of their assisted living, memory care, or skilled nursing facility. It's not an easy question to answer.



The advantages of facility living. Facilities have staff on site 24/7 to assist with residents' needs. They can provide meals and a comforting routine. Staff coordinate readily with medical personnel. Support can be ramped up as needed. With COVID protocols in place, there are usually limited opportunities for residents to engage with people they know.

The disadvantages. Living in any group setting is simply going to mean more potential exposure from other residents and from caregiving staff. Certainly safety measures can be implemented to reduce the risk: mandatory masks and testing, limiting access to only essential personnel. But these are not a guarantee. And they have their own set of drawbacks.

Issues to consider about relocation.

- **Exposure to COVID.** If members of your household are going to work or school, will your loved one truly have less exposure than in a facility?
- **Caregiving support.** If your relative moves in with you, what level of support can you realistically offer? If into an apartment, do you have a home care agency lined up to help? Can they provide 24/7 care (the safest)? What are the agency's COVID protocols? You don't want caregivers bringing the virus into the home.
- **Cost.** What is the expense relative to the cost of facility living? Is this sustainable?
- **Social isolation.** Loneliness, boredom, and depression are devastating. Persons with dementia are declining rapidly under isolation, and deaths are increasing. (Weight loss, falls, and sudden frailty are signs of a big problem.) Assess your relative's ability to connect with others in the facility as compared to the proposed new situation. Which is better?
- **What if your loved one gets sick?** How will you care for them? What if you get sick?

This is a difficult decision. You need to reflect upon the pros and cons of each venue with a realistic accounting of resources and capabilities. And consider implications for the future—when your relative's needs may increase and/or the threats of COVID decrease.



"My first instinct is to bring Dad to my house. But I'm not sure that's realistic. Or sustainable. There's a lot to consider."

**(530) 232-5543,
OR TOLL-FREE
(866) 495-1641**

ShiningCare supports older adults and their families in Shasta, Siskiyou, Tehama and Trinity Counties.

Give us a call at (530) 232-5543, or toll-free (866) 495-1641 to find out how we can support you.



VISIT OUR WEBSITE:
WWW.SHININGCARE.ORG




Joanne McCarley, CMC, BSW
President/Executive Director
ShiningCare, Inc.



Pre-Survey

- ▶ Please click on the chat box below. Once you've opened the chat box, click on the **pre-event survey link**.
- ▶ It will take you to the pre-test. Please answer the questions to the best of your ability. If you do not know the answer, you may mark "I'm not sure"
- ▶ **To come back to the webinar screen click on the blue video camera in your task bar below.**
- ▶ Please do not comment your answers in the chat or share them with others
- ▶ This survey helps us provide more trainings in the future



A person with dementia may be more emotionally closed than someone without dementia.

- ▶ True
- ▶ False
- ▶ I don't know

Alzheimer's Disease is present in _____ of those with dementia.

- ▶ 25-40%
- ▶ 50-75%
- ▶ 80-90%
- ▶ I don't know

It may be helpful to avoid asking people with dementia questions that rely on short term memory.

- ▶ True
- ▶ False
- ▶ I don't know

Current dementia therapy research is focusing on therapies for all of the follow except:

- ▶ Apathy
- ▶ Appetite
- ▶ Psychosis
- ▶ Sleep disturbances
- ▶ I don't know



Alzheimer's is most common among seniors
aged ____.

- ▶ 65-74
- ▶ 75-84
- ▶ 85+
- ▶ I don't know

Thank you for filling out the survey.



Becky Robinson

Becky Robinson, Regional Director of Alzheimer's Association, Northern California and Northern Nevada Chapter's Chico office, oversees the administration and management of the Alzheimer's Association in the North Valley area, which is comprised of 11 counties.

Becky leads a staff and volunteer team that provides education, information, referral, care consultation and support services for families coping with Alzheimer's disease and related dementias. Becky has worked with individuals with Alzheimer's and related dementias for more than 28 years.

She has experience facilitating support groups, counseling Alzheimer's families throughout the disease process, and presenting information on Alzheimer's disease, dementia, and caregiving. Becky received a Bachelor of Arts Degree in Recreational Therapy and Gerontology from Chico State University.



memory loss, dementia & alzheimer's disease

alzheimer's  association®

Normal or Not?

- Many people can become more forgetful as they age. How can you tell the difference between mild forgetfulness and serious memory problems?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Typical changes in memory as we age

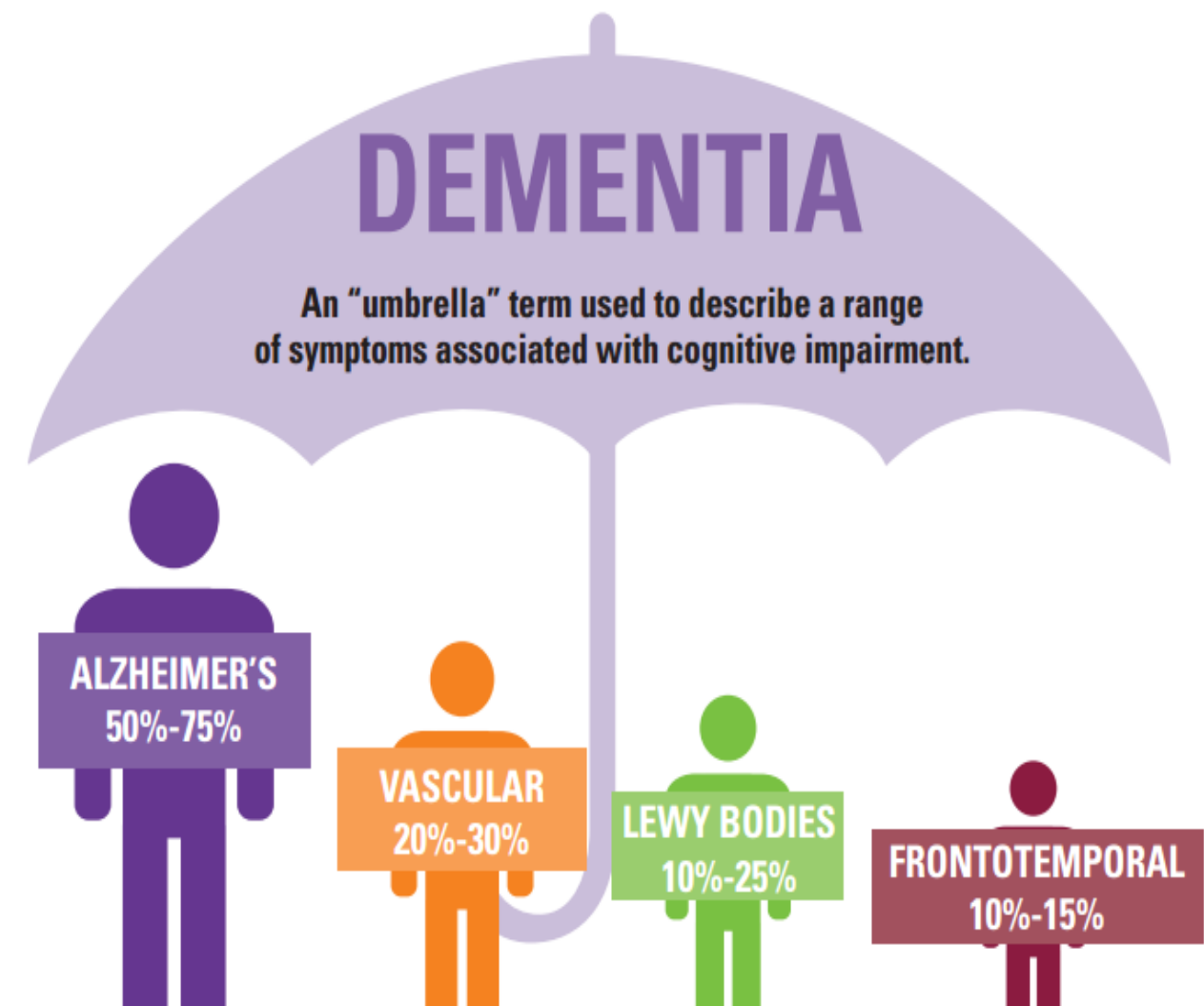
- Typical age-related changes involve:
 - Making a bad decision once in a while
 - Missing an occasional monthly payment
 - Forgetting which day it is and remembering later
 - Sometimes forgetting which word to use
 - Losing things from time to time

Problematic changes

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble with visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes and mood and personality

Dementia

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Alzheimer's is most common cause
- Mixed dementia is very prevalent
- Some causes of cognitive decline are reversible and not truly dementia

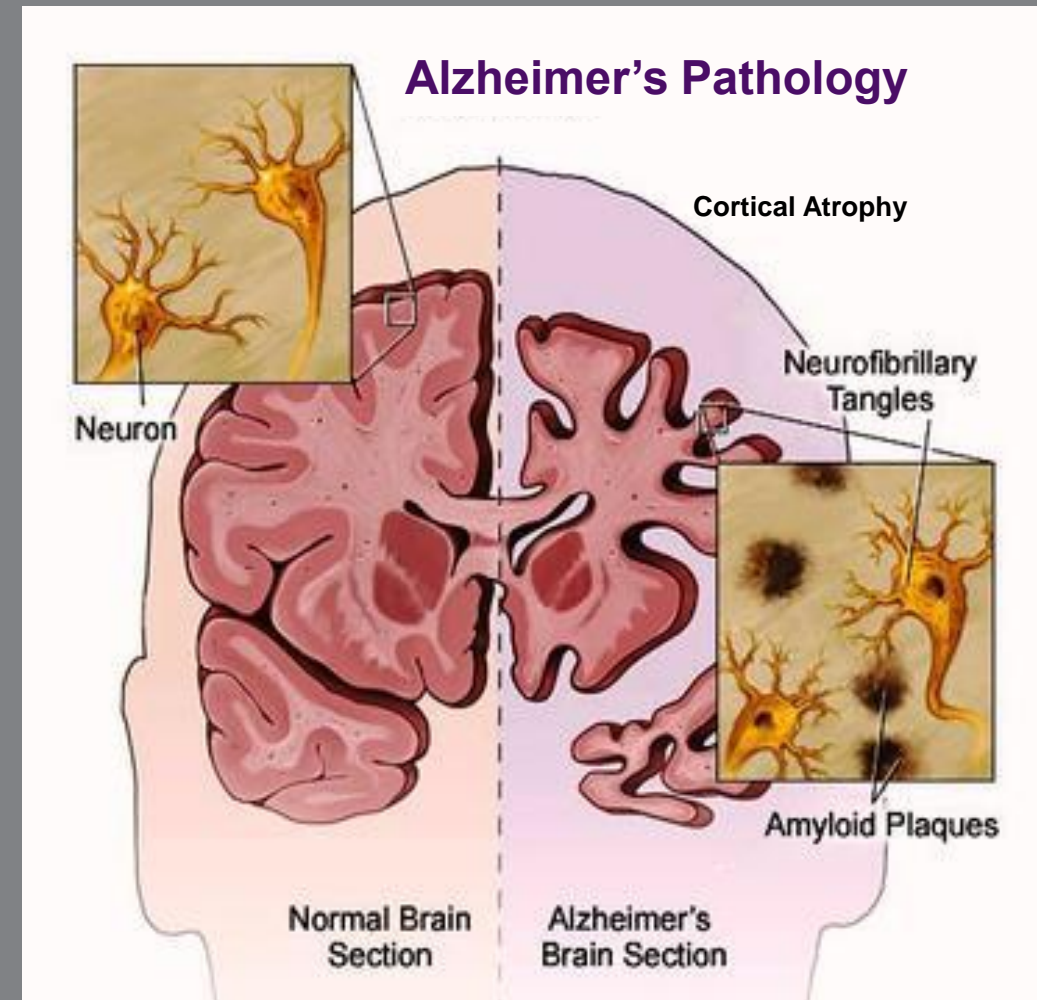
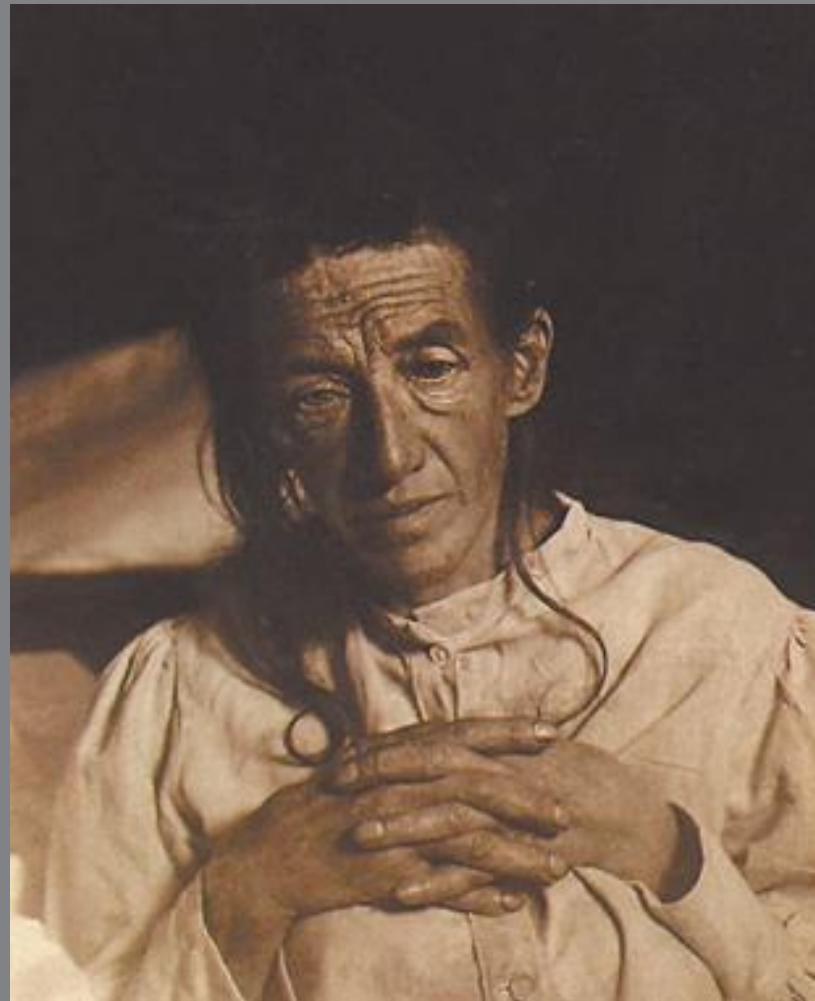


How the Brain Works

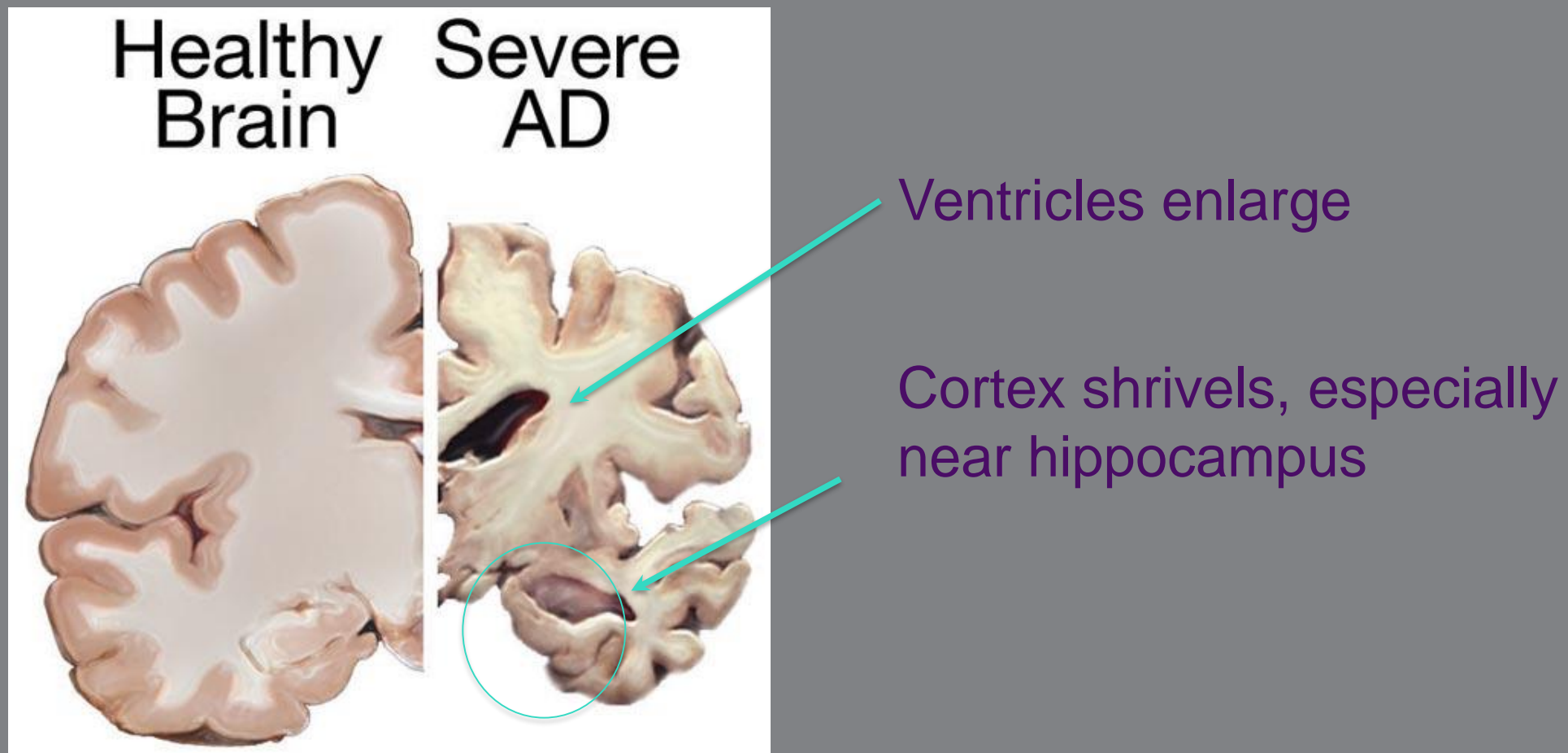
- There are 100 billion nerve cells, or neurons, creating a branching network
- Signals traveling through the neuron forest form memories, thoughts and feelings
- Alzheimer's disease destroys neurons



Hallmarks of Alzheimer's Disease



Healthy vs. Alzheimer's Brain

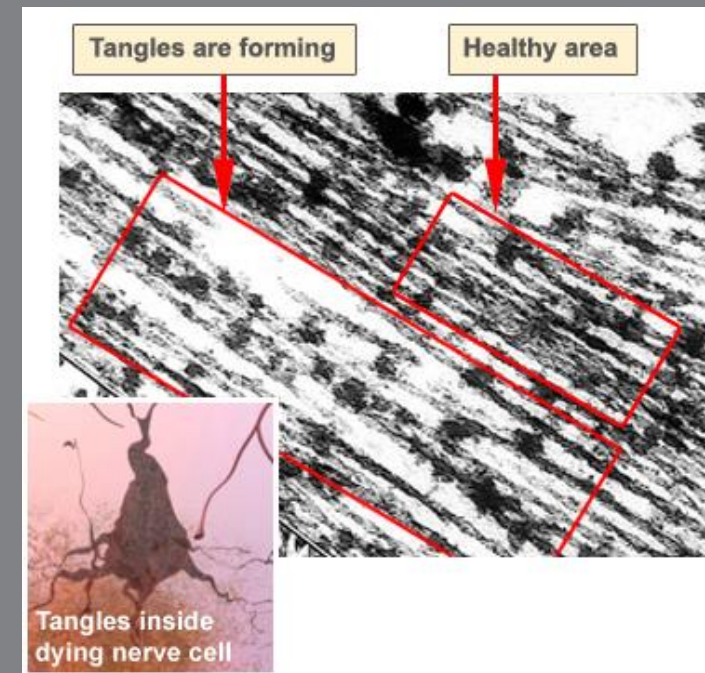


What is Alzheimer's Disease?

- Alzheimer's disease:
- Is a brain disorder
- Is a progressive disease
- Is the most common form of dementia
- Has no cure
- Is eventually fatal
- Affects over 5 million Americans

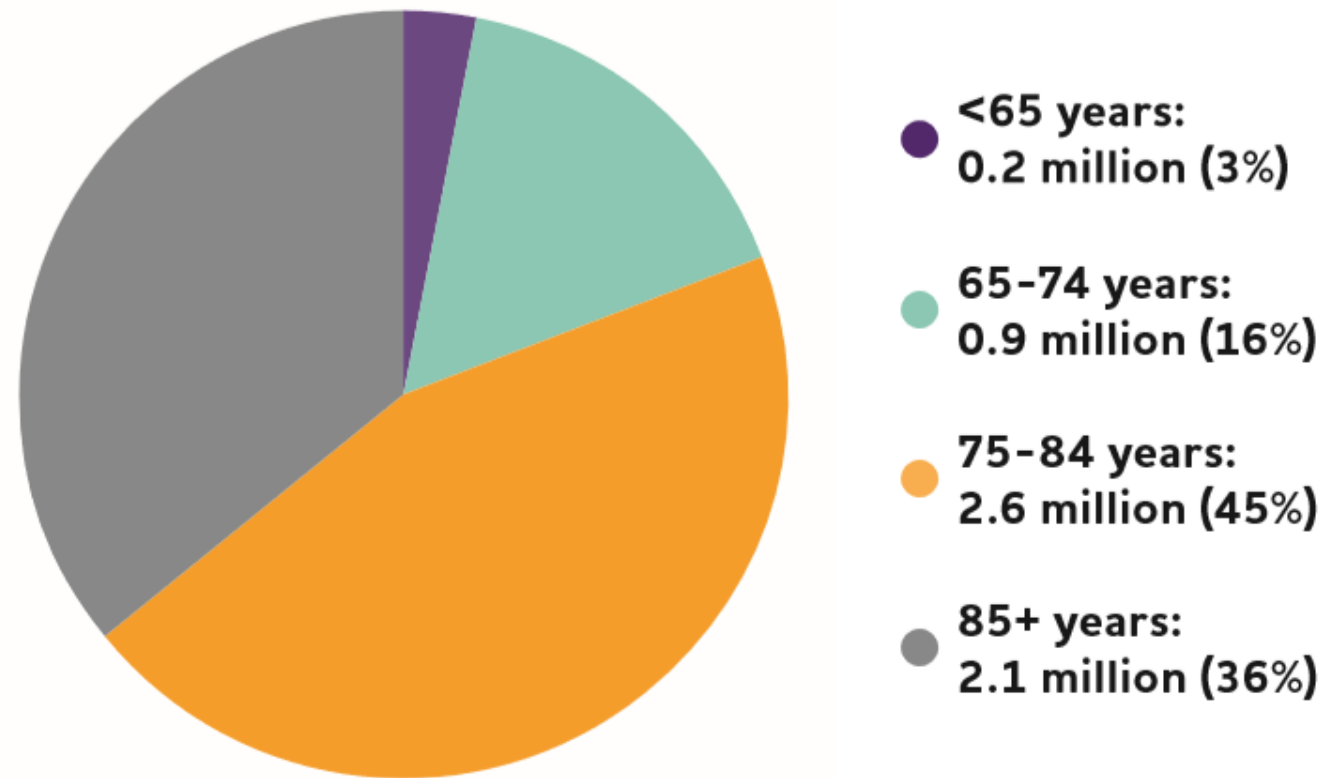
The Brain

- Scientists have identified several hallmark Alzheimer's brain abnormalities, including:
 - **Plaques**, microscopic clumps of a protein fragment called beta-amyloid
 - **Tangles**, twisted microscopic strands of the protein tau



Risk Factors

Ages of People with Alzheimer's Dementia, 2019



Created from data from Hebert et al.^{A2,51}

Alzheimer's is not typical aging

- Age
- APOE-e4 gene
- Family history
- Cardiovascular disease
- Social & cognitive stimulation
- Education
- Traumatic brain injury

FDA Approved Therapies

Cholinesterase Inhibitors Approved For

- donepezil (Aricept)
- rivastigmine (Exelon)
- galantamine (Razadyne)

All Stages

Mild - Moderate

Mild - Moderate

Glutamate Moderators

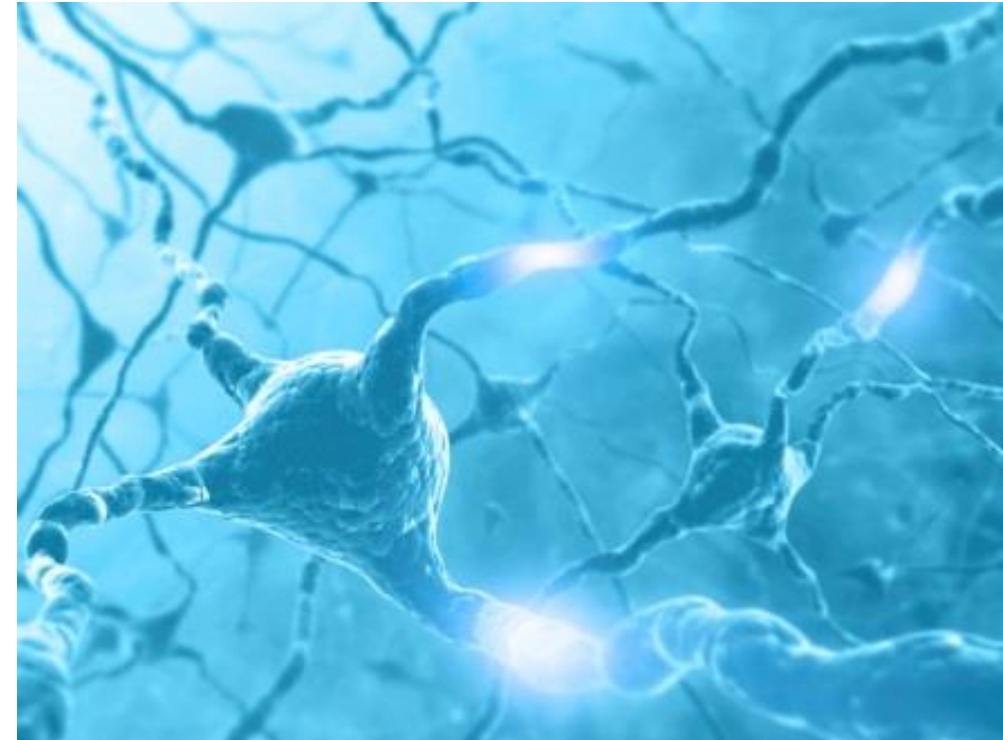
- memantine (Namenda)

Moderate - Severe

Combination

- donepezil + memantine
(Namzaric)

Moderate - Severe



Progress Toward More Effective Treatment

A future Alzheimer's therapy will likely include both lifestyle interventions and medicines

Medicines Focused on Behavioral & Psychological Symptoms of Dementia

- A major quality of life problem for people living with dementia and their caregivers
- Ongoing clinical trials focusing on therapies for:
 - **Agitation**
 - **Sleep disturbances**
 - **Psychosis**
 - **Apathy**

10 Ways to Love Your Brain



START NOW

It's never too late or too early to incorporate healthy habits.



A WORLD
WITHOUT
OUR VISION
ALZHEIMER'S
DISEASE.®

1-800-272-3900



ALZ.ORG



Maggie McNamara

When family members or friends realize that they have become caregivers, they are often overwhelmed and find themselves drowning in a sea of stress and uncertainty. As a Caregiver Advocate, Maggie's great passion is helping caregivers get the resources and emotional support they need and to help them survive the most difficult and rewarding time of their lives. She has been with Passages Caregiver Resource Center for nearly 15 years and has been providing presentations on dementia and caregiver health for more than 17 years.

Maggie earned her Bachelor's Degree in Psychology from California State University, Chico. She volunteered as a member of the Shasta County Mental Health Board, the California Association of Local Mental Health Boards and Commissions, and served as secretary of her local volunteer fire company.

Maggie has twice been a presenter at American Society on Aging/National Council on Aging Conferences. She is also a Master Trainer of Powerful Tools for Caregivers



Caregiving and Dementia

Maggie McNamara

Family Consultant/Caregiver Advocate





Caregiving

Attending to another individual's health needs

Assistance with Personal ADLs (Activities of Daily Living)

- Bathing
- Dressing
- Feeding
- Transferring from bed to chair
- Grooming
- Walking
- Using the toilet and managing incontinence

Managing Behavioral Symptoms of the Disease

- Aggressive behavior
- Wandering
- Depressive mood
- Agitation
- Anxiety
- Repetitive activity
- Nighttime disturbances

Help with Instrumental Activities of Daily Living (IADLs)

- Household chores
- Shopping
- Preparing meals
- Providing transportation
- Arranging for doctor's appointments
- Managing finances
- Legal affairs
- Answering the telephone

Caregiving

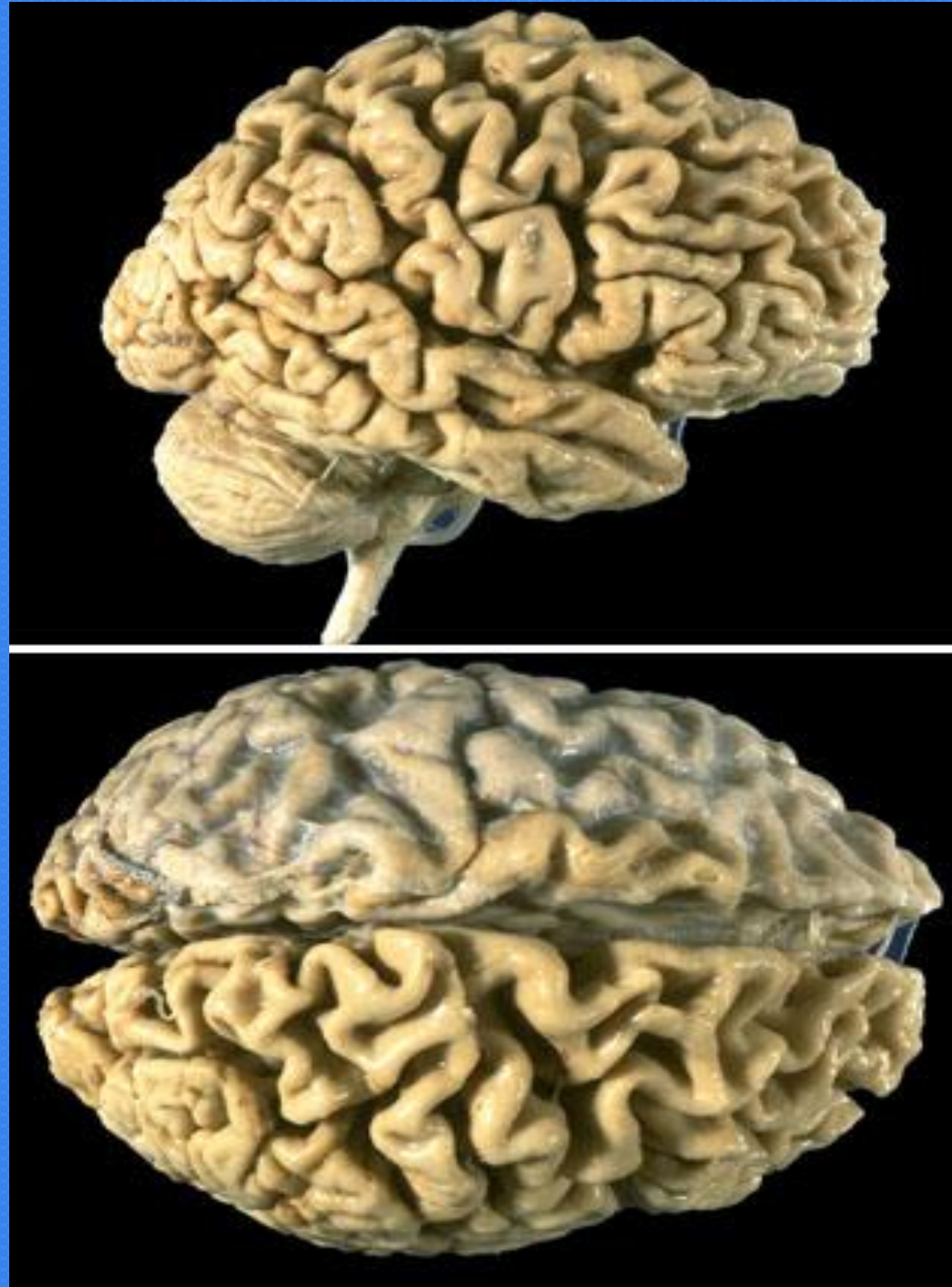
40-60%

of caregivers caring for a loved-one with dementia will die before the person with dementia

HEALTHY BRAIN

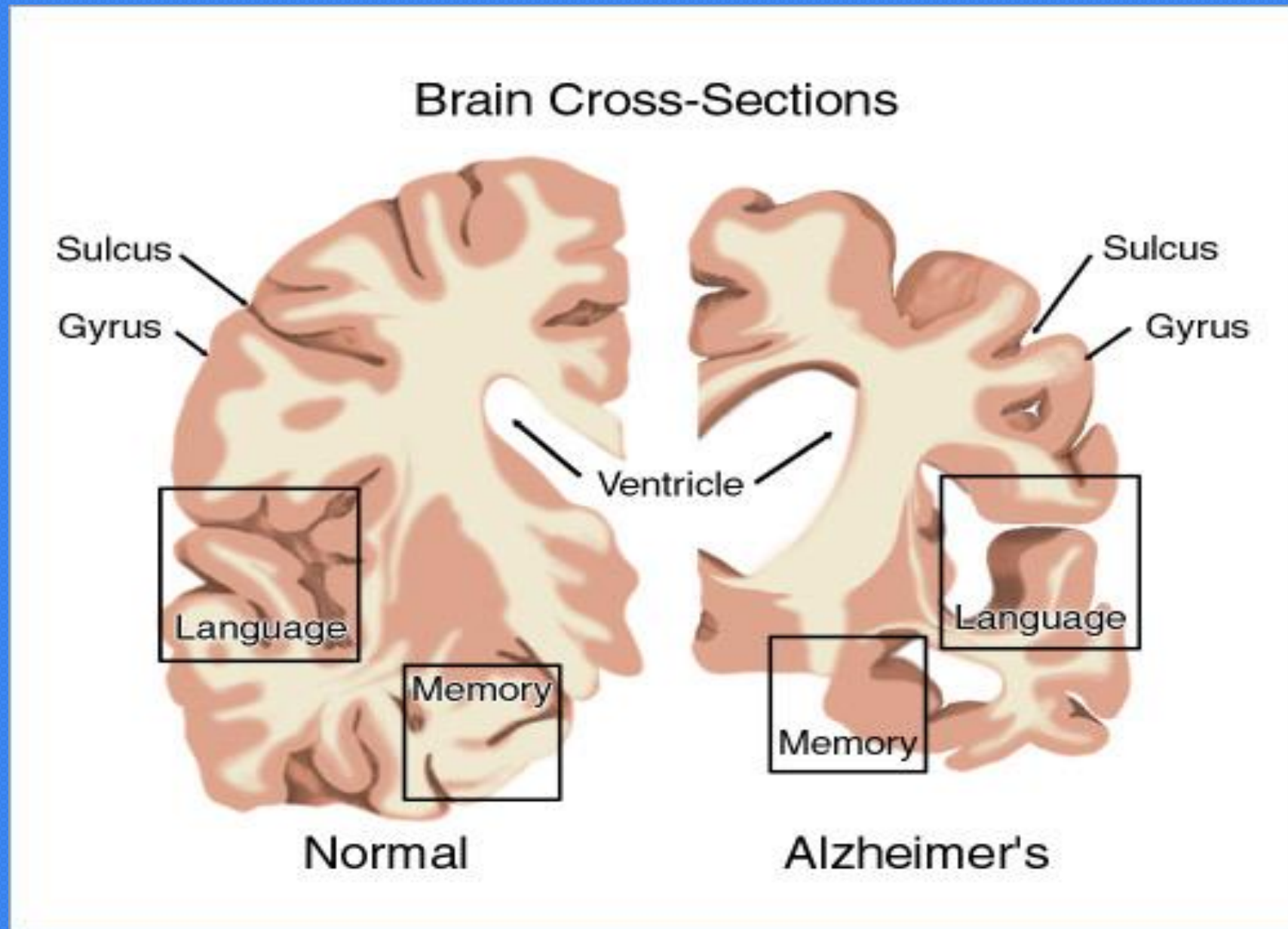


Alzheimer's Diseased Brain



Normal Brain

AD Brain





Changes and Losses in a Person with Dementia

Cognitive Changes and Losses

- ◆ Memory loss
- ◆ Language
- ◆ Change in visual perceptions
- ◆ Ability to think abstractly
- ◆ Ability to use good judgment

Cognitive Changes and Losses

- ◆ Loss of orientation
- ◆ Social withdrawal
- ◆ Decreased inhibitions
- ◆ Psychotic symptoms
- ◆ Sleep
- ◆ Sense of time
- ◆ Change in expression of sexuality and intimacy
- ◆ Loss of personality

Functional Changes and Losses

- ◆ Inability to carry out Activities of Daily Living (ADLs)
- ◆ Confusion and frustration with a task
- ◆ Loss of physical coordination
- ◆ Inability to handle finances or familiar activities

Social Changes and Losses

- ◆ Identity/history
- ◆ Ability to plan
- ◆ Friends, relationships



Abilities Retained by the Person with Dementia

- ◆ Can be more open emotionally
- ◆ Maintain special abilities – singing, etc.
- ◆ Pleasures are still pleasures – eating good food, enjoying flowers, loving animals



Abilities Retained by the Person with Dementia

- ◆ Sense of humor
- ◆ Social graces
- ◆ The caregiver and the person with dementia learn to be together in the moment.



Tips for Communicating with a Person with Dementia

Reassure, reassure, reassure

Try to remain calm

Avoid asking questions that rely on short term memory



Tips continued

Do not disagree with made-up stories

Do not try to reason with the person

Respond to the person's feelings, not their words

Use distractions



Tips continued

Give yourself permission to alter the truth or tell a “therapeutic fib”

Break down all tasks into simple steps

Respond calmly to anger

DO NOT contradict



You *can't* change the person
with dementia.

You *can* change you or your
environment.



Thanks for all you do!



CONTACT INFORMATION FOR KEYNOTE SPEAKERS AND PANELISTS



Robinson, Regional Director, Alzheimer's Association : Phone:530.895.9661



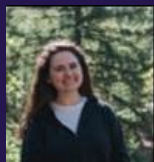
Maggie McNamara: Family Consultant & Caregiver Advocate,
Passages Caregiver Resource Center (530) 221-1900



Joanne McCarley, Executive Director, ShiningCare: (530) 232-5543



Lorene Bower, Executive Director, Oakmont of Redding: (530) 338-3990



Allison Hansen, Community Ed. Specialist, Shasta County HHSA
adhansen@co.shasta.ca.us



Dawn Pittore, Shasta County Community Health Advocate Supervisor
(530) 225-5285



Program Manager, PSA2 AAA HICAP Services Health Insurance Counseling
Advocacy (530) 530-223-0999



Post-Survey

- ▶ Please click on the chat box below. Once you've opened the chat box, click on the **post-event survey link**.
- ▶ It will take you to the post-test. Please answer the questions to the best of your ability. If you do not know the answer, you may mark "I'm not sure"
- ▶ This survey helps us provide more trainings in the future
- ▶ This concludes our webinar. Thank you for attending and completing the surveys which are vital to future webinars and services.

