



BECOME A HEALTH ADVOCATE

To get the best care for yourself and the people you love, you need to be an effective advocate. Our pamphlet: *Become a Health Advocate for Yourself and the People You Love*, shows how to be positively assertive, ask the right questions, make informed decisions and manage the illness. For a free copy call Linda at 203.458.4338.

PREPARING FOR MEDICARE OPEN ENROLLMENT

Get consumer information on choosing among Medicare, Medi-Gap and Medicare Advantage plans by calling Jane at 203.458.4529 or the state CHOICES programs at 1.800.994.9422.

LOCAL CAREGIVER EVENTS

It's tough to get out, but getting fresh info and support is worth it. Try to make one of these local caregiver events: Spaghetti & Stump the Panel, Oct. 15, Guilford; Aging is Changing, Oct. 28-30 in Westbrook; Fearless Caregiver, Nov. 13, Branford. Call JoAnn for info: 203.458.5950.

COACHING FOR ALZHEIMER'S CAREGIVERS

Coach Broyles' Playbook for Alzheimer's Caregivers offers ways to "play offense and defense" during the early, middle, and late stages of Alzheimer's. This concise, compassionate guide was written by the former athletic director of the University of Arkansas. It's a winner! Free from the Alzheimer's Association: 1.800.356.5502.

QUOTABLE QUOTE

We need to exercise in order to die young as old as possible.

- Heinz W. Lenz

STATE REVERSE ANNUITY MORTGAGE PROGRAM

The state of CT offers low interest rate mortgage loans to seniors who need cash to pay for care and/or services. You must be over 70, and have equity in your house or condo. The monthly income is tax free. Contact the CT Housing Finance Authority (CHFA): 800.571.3502.

**A publication of VNA Community Healthcare*

CAREGIVER TIPS: "LEARNING" TO ACCEPT HELP

Whether friends pitch in or you hire help, family caregivers often find it hard to let go. Here are some tips:

- Keep in mind that the *best caregiver* is a *rested caregiver*.
- Recognize that you can't do everything.
- Acknowledge your feeling that "no one provides care as well as I do" but accept the fact that others can provide *good-enough* care.
- Understand that your loved one is better off if more than one person knows the ropes.
- Write caregiving tip cards to share with helpers - list your loved one's likes and dislikes, tips for eating, medications, etc.
- Step back and let your loved one gradually build trust in others.
- Plan to get out of the house while others provide care.
- Don't succumb to guilt.
- Show appreciation for the assistance. A heartfelt "thank you" is all that is needed. Often people truly enjoy helping out.

SHOULD MOM & DAD MOVE IN?

There is a lot to consider before you make this decision. Honest reflection is necessary. Will my parent feel he/she is a burden? Is guilt the motivating factor? How will it impact my family? The success of this commitment depends on many factors. For a decision guide, call JoAnn at 203.458.5950.

FIGHT THE FLU!

Take care of yourself and your loved ones by getting a flu shot this fall. Our vaccination schedule is available at www.connecticuthomecare.com/flusched or by calling 203.458.5920.

CONTACT INFORMATION

As a caregiver, what are your concerns? Let us know by contacting Jane Olson at 203.458.4259 or email jolson@vna-commh.org

Visit www.ConnecticutHomecare.com for additional caregiver information.

The Caregivers' Corner



Eldercare questions? We're here to help!

One call, one click, get *answers*

Toll free Eldercare Helpline:

1.866.474.5230 | ConnecticutHomecare.com



753 Boston Post Rd.
Guilford, Connecticut 06437
Phone: 203.458.4200