



## Commitment to Caregiving Award

To honor the love and dedication of family caregivers, the Del Mar Caregiver Resource Center is proud to announce the **Commitment to Caregiving Award**, which honors a family caregiver who goes above and beyond their duties to care for their loved one.



The winner of this award will receive a **special prize and be recognized in our newsletter and at our Caregiver University Conference.**

To nominate a caregiver and find out more about the award, visit [www.delmarcaregiver.org](http://www.delmarcaregiver.org) or call 831-459-6639 to request a nomination form.

Caregivers must reside in Santa Cruz, Monterey, or San Benito County.

Nominations must be in by March 1, 2017.



# Getting In-Home Help

*You want it...you need it...but where to get it?*

## Home Health Care Agencies

Home Health Care Agencies are for-profit, non-profit, or governmental. They ensure quality of care by providing personal care, skilled care, and caregiver instruction and supervision.

These agencies develop a plan of service to implement the Plan of Care that matches the health, social, and financial needs of the client.

## Non-Medical In-Home Care Agencies

Sometimes a person needs help in the home doing non-medical tasks such as errands, grocery shopping, light housekeeping, or simply companionship. These agencies use employees, known as caregivers, which are bonded, screened, and fully insured. The agency assumes all the burdens of payroll taxes, worker's compensation and liability insurance, while at the same time providing only the services you desire and within a budget you can afford. Most non-medical agencies are private pay, but other payment options do exist so ask the agency you are considering.

## Before Selecting an Agency

Interview several agencies. Get references and CHECK THEM.

- ♦ Make a list of services you want—ask the agency for an estimate.
- ♦ Understand how and when you can contact the care manager.
- ♦ Does the agency send out a substitute aide/caregiver if the regular one doesn't show up?
- ♦ Will the agency replace the aide or caregiver if she is incompatible with the person in care?
- ♦ Ask about qualifications of their personnel and on-going training.
- ♦ Be aware that if a social service or personal care agency is providing care services, they may be limited in the services they can provide.



- ♦ Contact the local/state Division for Aging Services to check for complaints against an agency.

## Financing Care

Options for funding agency care range from Medicare to private pay or long-term care insurance.

## Resources

### Local Respite Registries:

Santa Cruz County: Senior Network Services  
831-462-0880

San Benito County: Jovenes de Antano  
831-627-9275

Monterey County: Central Coast Center for Independent Living, ask for Personal Assistance Services: 831-757-2968

### On-line links to Care Providers:

[www.care.com](http://www.care.com)

[www.sittercity.com](http://www.sittercity.com)

[www.thecaringspace.com](http://www.thecaringspace.com)

### Other possible respite funding sources are:

Northern California Alzheimer's Association  
408-372-9900 or email [tmikles@alz.org](mailto:tmikles@alz.org)

Area Agency on Aging at 800-510-2020

Veterans Affairs [www.va.gov](http://www.va.gov) or 800-827-1000

Help for Alzheimer's Families

[www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com)

Medi-Cal IHSS Program at [www.cms.gov](http://www.cms.gov) or your local social security office

## Saying "Yes" to Offers of Help

How do you respond when someone asks, "Is there anything I can do?" More likely than not, your response is, "Oh no, I'm okay." And when friends say "Let me know if I can help you," do you call them?

It is sometimes difficult to say we need help—so we don't. Learning to say "yes" to such offers is really a gift you give to yourself as well as to the person who offers. It's simple, really: People feel good when they do something nice for someone else. And when they help by providing respite and assistance in a caregiving situation, it's even better.

Caregivers may be reluctant to accept help, because they feel they should be able to handle everything themselves. They may feel that caring for a loved one is their responsibility—and theirs alone. Or perhaps they're afraid something will happen while they are away from their loved one. Some might think that accepting help is a sign of failure or selfishness—that you're enjoying yourself when your loved one can't any more. We often think that our loved ones can't get along without us. Or we don't want to burden others with our cares.

But the fact of the matter is that breaks and support during the caregiving journey are a must. They reduce burnout, help you to be more patient with loved ones and can even prevent premature placement in a nursing home.

As you approach your relatives and friends, remember that it is better to ask for help directly than to hint. And it's much better to do so before you are desperate (when hearing "no" would be really hard). Often caregivers don't know what to say when someone offers help. To start, you will be more successful if you match the request with a particular talent

or interest of the person who is offering. For example, if someone likes to cook, suggest meals.

Post a task list on the refrigerator or attach it to the calendar or another easily visible location. When someone asks you if they can help, refer to your list and say "YES." Let them choose what task on the list they would like to do.

You don't need to feel indebted to those who help—your sincere appreciation of their help is thanks enough. People understand that you may not be able to return the favor. Little remembrances such as flowers or sweets let people know you care. Learning to receive graciously is a talent we all need to develop.

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### *Top 10 Caregiving Resolutions*

1. Take "You" Time Every Day
2. Keep Preventive Care Appointments
3. Join a Support Group
4. Make Time to Exercise
5. Get Enough Rest
6. Be Kind to Yourself
7. Learn about Local Resources
8. Delegate
9. Give Thanks
10. Think about what your loved one would want for you

**FREE EVENT!**

*Are you caring  
for a loved one?  
You are not alone,  
join us for...*



# Hiring and Managing Home Care Workers

A CAREGIVER UNIVERSITY EVENT

**Thursday, January 26**

6:00 p.m.-9:00 p.m.

Inner Light Ministries,  
5630 Soquel Drive,  
Soquel

*Registration begins at 5:30 p.m.*

*Simultaneous Spanish translation provided.*

**Seating is limited. Register early!**

**To register:  
831-459-6639 or  
[www.delmarcaregiver.org](http://www.delmarcaregiver.org)**

Support Provided By:



**Keynote Speech: Asking for Help  
Sam Trevino, LCSW**

Panel of Local Experts to Discuss  
Hiring and Managing Home Care Workers:

- Meggie Pina, Family Consultant, Del Mar CRC
- Sara Boyns, Employment Law Attorney, Fenton & Keller
- Diana Hodge, Social Worker, County of Santa Cruz
- Francie Newfield, Community

**Presented By:**

  
**HEALTH PROJECTS CENTER**  
*Sponsor of the Del Mar Caregiver Resource Center*



## Like us on Facebook!

Follow our Facebook page for weekly updates on upcoming caregiver workshops, articles on caregiving-related issues, and upcoming events from other non-profit agencies in San Benito, Santa Cruz, and Monterey Counties.

Link:

[www.facebook.com/healthprojectscenter](http://www.facebook.com/healthprojectscenter)

For information on **upcoming events** and **news** for caregivers visit the Del Mar Caregiver Resource

Center's website at: **[www.delmarcaregiver.org](http://www.delmarcaregiver.org)**



*Includes:*

*Caregiver News Blog*

*Online Registration for Events*

*Fact Sheets*

*Support Group Lists*

*Online and Community Resources*

## Thank you to our 2016 Annual Fund Drive Donors!

Your donation goes a long way to help caregivers receive much needed support.

*Marsha Gilpatrick*

*Gwen Yeo*

*Mary Howell*

*Nedda Joy Lentini*

*Blanca Amezcua*

*Sheri Anselmi*

*Cathy Cress*

*Gary Gray*

*Glynne Barbier*

*Thomas McKay*

*Julie Lambert*

*Carol Staudacher*



## *Thank You for Helping Us Help Others*

*Donors in December:*

*Community Foundation for San Benito County*

*We would like to express our sincere thanks to our donors.*

*Your contribution helps us to help more families.*



*Health Projects Center extends heartfelt thanks for the generous support of the following funders:*

California Department of Health Care Services  
Community Foundation for Monterey County  
Stephen and Madeleine Conran Fund and the Margaret L. Musser Field of Interest Fund of the Community Foundation for Monterey County

Monterey County Area Agency on Aging  
Monterey Peninsula Foundation, host of the AT&T Pebble Beach National Pro-Am.

*These grant contributions help ensure the continuation of HPC educational programs and support services for caregivers.*

# CAREGIVER COMPASSION CIRCLE: SELF-CARE SKILLS BUILDING SUPPORT GROUP



You are invited to join together with family caregivers in a self-care support group. The Caregiver Compassion Circle will be led by Meggie Pina, Family Consultant with the Del Mar Caregiver Resource Center. Each time we meet, Meggie will lead the group in guided meditation followed by an opportunity for each caregiver to check-in and talk about their current caregiving experience. Participants will learn and practice self-care skills and create a personalized action plan .

## February 1, 2017 - Increase the Joy in Your Life

- Learn about how Positive Psychology can help you
- Assess your self-care needs
- Learn to cultivate happiness by expressing gratitude

## March 1, 2017 - Manage Your Anxiety and Stress

- Learn how anxiety and stress affect your body and mind
- Identify personal stressors, worries and fears
- Practice relaxation techniques

## April 5, 2017 - Spark Your Creativity

- Learn about the neuroscience of creativity
- Share what inspires you
- Boost your creativity with a mandala coloring activity

## May 3, 2017 - Declutter and Add Harmony to Your Home

- Bring harmony to your home by organizing
- Learn tips for decluttering
- Create effective to-do lists

## June 7, 2017 - Take Time to Rest and Self-Sooth

- Learn about the latest research on the importance of sleep
- Identify tools that can help you sleep better
- Create your own self-soothing tool box

## July 5, 2017 - Changing the Way We Care For Our Bodies

- Learn about social cognitive theory, the theory of planned behavior, and the stages of change
- Start and maintain healthy exercise and eating habits
- Learn about some of the fitness apps and trackers

**First Wednesday of every month  
6:00 - 7:30 p.m.**

**Location: Health Projects Center  
Office - 1537 Pacific Avenue, Suite  
300, Santa Cruz**

**To register call 831-459-6639 or  
[Www.delmarcaregiver.org](http://www.delmarcaregiver.org)**

**Presented By:**



DEL MAR CAREGIVER RESOURCE CENTER  
*A program of Health Projects Center*

**Support Provided By:**



*Fragrance-free event. As a courtesy to those affected,  
please attend smoke and scent free.*

# Caregiver Support Groups

**Sponsored by Del Mar Caregiver Resource Center:**

## **Caring for a Spouse or Life Partner Caregiver Support Group**

**When:** 2nd Tuesday of every month, 1:30 – 3:00 pm

**Where:** 1537 Pacific Avenue, Suite 300, Santa Cruz

**Facilitator:** Staff of Health Projects Center

**For information, call (831) 459-6639**

## **Caregiver Support & Education Group - In Spanish**

**When:** 2<sup>nd</sup> Monday of every month, 5:30 – 7:30 pm

**Where:** Quadrangle Building, 1000 South Main Street, Room 302, Salinas

**Facilitator:** Yuliana Mendoza, Family Consultant, Del Mar Caregiver Resource Center

**Co-sponsors:** Del Mar CRC & Alzheimer's Association

**For information, please call (831) 424-4359**

## **Early Stage Alzheimer's Group**

**Early Stage Alzheimer's Group**

**When:** Tuesdays, call for times

**Where:** Santa Cruz, call for location

**Facilitator:** Alzheimer's Association

**Sponsors:** Del Mar CRC, Alzheimer's Assn. Groups are held in 8-week sessions. Not a drop-in, please call to register.

**For information, please call (800) 272-3900**

**More information about support groups can be found on our website:**

[www.delmarcaregiver.org/support-groups](http://www.delmarcaregiver.org/support-groups)



**Additional support groups are offered through other agencies.**

**Alzheimer's Association:**

Monterey - 800-272-3900

Santa Cruz/San Benito - 800-272-3900

**Cabrillo College Stroke & Disability Learning Center:** Santa Cruz - 831-425-0622

**Central Coast Center for Independent Living:** Monterey, San Benito, Santa Cruz - 831-462-8720

**Community Hospital of the Monterey Peninsula:** Monterey - 831-625-4606

**Dominican Hospital:** Santa Cruz - 831-462-7700

**Hospice of Santa Cruz County** - 831-430-3078

**Jovenes de Antaño:** San Benito - 831-637-9275

**First United Methodist Church:** Watsonville - 831-662-3170

**Twin Lakes Church:** Aptos - 831 465 3368



If you can't attend a support group in person, the Alzheimer's Association offers Telephone Support Groups. Free and no phone charges.

For more information call the Alzheimer's Association's Monterey office at 800-272-3900

## **Memory Impairment Caregivers Support Group**

**\*NOTE: THIS GROUP IS NOT MEETING IN JANUARY\***

**When:** First Wednesday of each month, 6:00-7:30 pm

**Where:** Hollister Community Center  
300 West Street, Hollister

**Facilitator:** Christina Andrade, Family Consultant

**Sponsors:** Del Mar CRC, Jovenes de Antaño

**For information, please call (831) 637-9275**



**Health Projects Center**  
*Del Mar Caregiver Resource Center*  
 1537 Pacific Avenue, Suite 300  
 Santa Cruz, CA 95060

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Current Resident or:

**Health Projects Center's  
 Del Mar Caregiver Resource  
 Center is here to meet the needs  
 of family caregivers and the  
 health professionals who serve  
 them.**

For more information about free  
 and low cost services for caregivers  
 of people with brain impairment  
 please contact:

Health Projects Center  
 1537 Pacific Avenue, Suite 300  
 Santa Cruz, CA 95060  
 831-459-6639

Or visit us online at  
**[www.hpcn.org](http://www.hpcn.org)**



# CAREGIVER UNIVERSITY



**WORKSHOP**

**Understanding Alzheimer's Disease and Related  
 Neurocognitive Disorders**  
*Presented by Sam Trevino, LCSW*



**Date:** Wednesday, March 15, 2017

**Time:** 10:00 a.m. - 12:00 p.m.

**Location:** Alzheimer's Association, 21 Lower Ragsdale Drive,  
 Monterey

Register online at [www.delmarcaregiver.org](http://www.delmarcaregiver.org)  
 or by calling Health Projects Center at 831-459-6639

*Event is free!*

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