Dear All,

I hope you were able to get some well-deserved rest over the winter break. I know holiday time can be stressful for caregivers. Some of you may have felt a conflict between participating in the festivities, and caring for an elder who is no longer able to do so. Or perhaps you felt the loss of traditions and rituals once observed, or of family members and friends who have died. You may have visited an elder over the holidays, and found s/he had deteriorated. Please be gentle with yourself during this time, and try to take care of your own needs as much as possible.

In our last workshop of the semester, Caring for the Caregiver, Donna Schempp, Program Director, Family Caregiver Alliance, gave a wonderful presentation on their services, and on ways to care for yourself. Tops on her list are eat, sleep, exercise, and laugh. A summary of her workshop is listed in this newsletter.

We are offering several new workshops this spring, which are listed in the newsletter. To register for the workshops go to ICE, http://hrweb.berkeley.edu/ice/home/, and click on UCB Learning Center where you will be able to enter your Cal Net ID and pass phrase to register for workshops. The elder care workshops are listed under the category: Work Life and Wellness sub category: Health and Wellness. If you need assistance, please call CARE Services, 643-7754.

Take care,
Maureen
Caring for the Caregiver

By Donna Schempp, FCA

The Family Caregiver Alliance, http://caregiver.org/caregiver/jsp/home.jsp, is an organization that has been helping family caregivers for over 30 years.

“Family Caregiver Alliance can help caregivers with long-term planning, community resource referrals, support, legal consultations, short term counseling, respite care, educational classes, workshops and publications, as well as a caregiver retreat and a weekend camp for the care receiver. All services are free or on a sliding scale. Caregivers can call (800) 445-8106 or email info@caregiver.org for information or to speak with a family consultant.”

In her presentation, “Caring for the Caregiver,” Donna stressed four important points:

1. **IDENTIFY SELF AS A CAREGIVER**
   Many times adults, especially adult children, do not self-identify as a caregiver. Reasons may include:
   - They are not providing hands-on care
   - They identify more as an elder’s daughter or son, and not a caregiver
   - They are not the primary caregiver to an elder

2. **BECOME INFORMED ABOUT ELDER CARE**
   - Become educated about the disease whether it’s Parkinson’s Disease, diabetes, heart disease or dementia, and learn about community resources
   - Area Agency on Aging (AAA), http://www.n4a.org/, provides resources throughout the country
   - Family Care Navigator for Long Distance caregivers: http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2083
   - Consider an elder’s safety first when determining what resources an elder may need. Examples include:
     - **Safe Return:** http://www.alz.org/we_can_help_medicalert_safereturn.asp?gclid=CNS20obczZcCFQv7agodb2D_Dw
     - **Meals on Wheels:** http://www.mowaa.org/Page.aspx?pid=183
     - **Paratransit Services:** http://www.paratransit.net/home.asp
3. GET SUPPORT
The longer you are a caregiver, the more isolated you become. Learn what caregiver support groups are in your community.

- FCA has three on-line support groups: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=486
- The Elder Care Program offers a bi-weekly support group for UC Berkeley employees on campus: http://www.uhs.berkeley.edu/facstaff/care/eldercare/supportgroup.shtml and can provide information about support groups in the community.

4. GET RESPITE: TIME AWAY FROM CAREGIVING

- There is almost always one family member who is doing more than anyone else. Caregiving is a family issue.
- If there is no other family member to assist in caring, hire someone to watch elder on an evening or weekend so you can have time off.
- Caregivers need a break OTHER THAN BEING AT WORK

ELDER CARE BOOK OF THE MONTH:
by: Anne Brener, L.C.S.W.

Mourning & Mitzvah: A Guided Journal
for Walking the Mourner’s Path
Through Grief to Healing
COMMUNITY CAREGIVING EVENTS:

**Difficult Conversations about Difficult Decisions:**
A FREE Workshop on talking with a loved one about end-of-life care

* Saturday, January 31, 2009
  10:00 am—1:00 pm  
  Mt. Diablo Center for Adult Day Health Care, Pleasant Hill, CA

* Saturday, February 28, 2009
  10:00 am – 1:00 pm  
  St. Peters Community Adult Day Care Center, San Leandro, CA

For additional information and workshop registration go to:
http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1000

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**Decisions, Directions and Reflections**
If and When Do You Move Your Loved One to a Care Facility?

Saturday, February 27, 2009  
10:00 am – 1:00pm  
Pinole Senior Village Adult Care, Pinole, CA

For additional information and workshop registration go to:
http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1000

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**Families Dealing with Dementia:**
A FREE Workshop to Empower the Family in Effective Caring

Friday, January 16, 2009
9:00 am – 12:00pm
1808 Tice Valley Blvd., Walnut Creek, CA

To Register, call (925) 937-2018. **Please RSVP by 1/13/09**
Sponsored by Eldercare Services
http://eldercareanswers.com/index.html
SPRING 2009 ELDER CARE WORKSHOPS

**Memory & Executive Brain Function**  
*Tuesday, Jan 13, 12:10-1:30 pm, Tang Ed Center*  
Driving a car, managing money, and safely using the stove (IADLs) are tasks that may become difficult when there is cognitive decline. Learn how to assess when an elder’s abilities have changed, and how to intervene appropriately.  
*Bonnie Conner, PhD, Bonnie Connor Consulting*

**Hospice Care: Caring for Elders with Terminal Illnesses & Their Families**  
*Thursday, Feb. 5, 12:10-1:30 pm, Tang Ed Center*  
Hospice responds to the unique physical, mental, social and emotional needs of terminally ill patients and their families. Learn about the hospice philosophy, who is eligible, what services are provided, and who pays for care. Enroll at UCB Learning Center. 643-7754  
*Sutter VNA & Hospice*

**Alzheimer's Disease and Related Disorders: An Overview**  
*Thursday, Mar. 5, 12:10-1:30 pm, Tang Ed Center*  
Warning signs, diagnosis, treatment, risk progression, research update, successful caregiving, and community resources will be presented and discussed.  
*Alzheimer’s Association*

**Veteran's Benefits for Elders and Surviving Spouses**  
*Thursday, Apr. 2, 12:10-1:30 pm, Tang Ed Center*  
Are you aware of a tax-free long-term care pension that can help pay for assisted living costs? Come to this informative workshop and learn about the Aid & Attendance benefit.  
*Jamie Cabrera, V.P. of Heritage Financial North and local veterans advocate*

**Legal Capacity**  
*Tuesday, May 19, 12:10-1:30 pm, Tang Ed Center*  
When is an elder deemed incapable of making decisions? Who decides? What rights does a family member have? This workshop will focus on the many issues one may face when an elder can no longer make her/his wishes known.  
*Tessa ten Tusscher, Ph.D., V.P. of Clinical Services, Institute on Aging.*

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The Elder Care Program, a part of CARE Services, offers confidential, free assistance for faculty and staff who are caring for parents or other adults, or anticipate doing so in the future.

The CARE Services Elder Care counselor specializes in elder/adult care and is available to answer your questions, help set priorities, refer you to resources and support you personally.