



COMMONWEALTH of VIRGINIA
Department for the Aging

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August 10, 2010

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10-102

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: August 10, 2010

SUBJECT: Caregiving

Best Practice – Prince William County AAA

Lorraine Eckhardt, National Family Caregiver Support Program Care Coordinator at Prince William County AAA, will be introducing new programs at the agency to aid individuals in caring for their loved ones. In-home occupational therapy training for caregivers will be available from an agency contractor. The contractor, the caregiver and Prince William County AAA will develop a training plan and agreement. At the completion of the training, the care coordinator will conduct a service satisfaction review with the caregiver.

Ms. Eckhardt will also be supervising programs to provide caregivers with durable medical equipment and educational tools. For further information on these programs, please contact Lorraine Eckhardt at the Prince William County Area Agency on Aging at 703-792-6400.

Reminder – New National Family Caregiver Support Program Guidance and Virginia Caregiver Service Form from VDA

Agencies should be utilizing the National Family Caregiver Support Program Guidance marked **Revision #16 and dated May 24, 2010**. The correct Virginia Caregiver Service Form is marked **Revised 5/20/2010**. The Program Guidance and the Caregiver Service Form are available on the VDA website under provider information.

From AoA:

September Is National Preparedness Month

This September marks the seventh annual National Preparedness Month (NPM). Led by the Federal Emergency Management Agency's (FEMA) Ready Campaign in partnership with Citizen Corps and The Advertising Council, NPM is a nationwide effort encouraging individuals, families, businesses and communities to work together and take action to prepare for emergencies.

To register for membership in the NPM coalition or to learn more about the Ready Campaign, including how to make an emergency plan and items to be included in an emergency supply kit, please go to;

<http://www.ready.gov/america/npm10/index.html>

Disaster Planning Resource Tools for Older Adults and Their Caregivers

The Hartford and the MIT Age Lab have recently made available online two resources tools to help older adults and their caregivers better prepare for a natural disaster. Both are obtainable at no charge.

The booklet, ***The Calm Before the Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer's Disease and Dementia*** was developed from research conducted with family caregivers in different parts of the United States. It includes a variety of worksheets, checklists and helpful resources. To download a copy of the booklet or to order a free printed copy, please go to

<http://www.thehartford.com/calmbeforethestorm/>

The brochure, ***It Could Happen to Me: Family Conversations about Disaster Planning*** is based on research conducted with people age 50 and older in different parts of the United States, and interviews with claim adjusters from The Hartford who work with people who have experienced catastrophic losses due to natural disaster. To download a copy of the brochure or to order a free printed copy, please go to

<http://www.thehartford.com/talkaboutdisasterplanning/>

New Report on Employed Caregivers

The Center for Health Research, Healthways, Inc. has conducted a new study ***Estimating the Impact of Caregiving and Employment on Well-Being***. A survey of 243,997 Americans using the Gallup-Healthways Well-Being Index TM indicates that caregivers have lower-levels of well-being compared with non-caregivers of the same employment situations. Employed caregivers were experiencing greater well-being among caregivers. To access the study, go to: http://www.well-beingindex.com/files/20100513_CHR_CareGiving.pdf

Learning Opportunities

Training

On Friday, September 17, 2010, the Adult Care Center of the Northern Shenandoah Valley, the Shenandoah Area Agency on Aging and Valley Health Fitness & Wellness

Services will present Ms. Teepa Snow nationally recognized expert and speaker on dementia care at a training located at the National Counseling Group, Inc. at 600 Pegasus Court, Suite 100 Winchester, VA 22602. The \$20.00 fee includes lunch. Contact: 540-722-2273 for further information.

For Family Caregivers from Caregiving.com

Title: Lasting Caregiving: Embrace Your Limits
Date: Wednesday, August 25, 2010
Time: 11:00 AM – 12:00 PM CDT

The temptation of caregiving is do it all. After all, on paper, it looks like it's doable. But, the variables of a disease and aging process make it very difficult to be a lone caregiving wolf. Lasting in a caregiving role means understanding and then embracing your limits. In this 45-minute webinar, we'll help you do just that.

Reserve your Webinar seat now at:
<https://www1.gotomeeting.com/register/186173777>

National Lifespan Respite Care Conference

The 2010 conference will be held on October 24-27 at the Sheraton Baltimore City Center Hotel. The conference theme is *RESPITE: Create It!* The Maryland Respite Care Coalition along with ARCH National Respite Network and the National Respite Coalition are hosting the event. For keynote speaker, agenda and registration information go to: <http://www.respitecoalition.org>