

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Elder Emotional Abuse

Abuse can happen to anyone, but the elderly are particularly vulnerable. This is especially true if they are sick or need medical care. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. This is called *elder abuse* and it takes many forms.

Emotional or Psychological Abuse

Emotional or psychological abuse is believed to be the most common form of elder abuse. It is also the most difficult form of abuse to detect because it often lacks clear evidence. It involves threats, humiliation, fear, manipulation, or other cruel conduct that take advantage of elders' vulnerability in ways that control or humiliate.

Abuse comes with verbal or nonverbal communication such as harassment, scolding, and insults. Sometimes, elders are threatened with physical punishment or withholding basic needs; for example: denying food or making an elder wait long periods for food, medication, heat, or basic care. Other examples include placing the individual's walker, cane, glasses, dentures, or other necessary items out of reach.

Having a physical disability almost doubles a woman's risk of emotional abuse. But even grandfathers can be abused, especially if they care for grandchildren.

Often, an elder abuser is a highly stressed close relative who depends on the elder person financially, psychologically, or both. It is also known, that 95% of men who *physically* abuse their intimate partners also psychologically abuse them.

Psychologically abusive men are more likely to use weapons against their partners, have prior criminal arrests, abuse substances, and have employment problems. Women who provide the majority of the household's income are more likely to be psychologically abused.

Emotional neglect is when an elder is deprived of healthy mental well-being. Long periods of solitude and failure to provide companionship contribute to neglect—even if the senior is provided essentials such as food, water, and shelter—but no opportunity for social interaction. Controlling the senior's freedom can lead to feelings of low self-esteem and emotional pain. Psychological abuse and neglect can make clinical depression and other mental health issues worse.



Article continues
on page 2

Signs of Possible Abuse

Elderly people age 80 and older suffer abuse at a rate two to three times greater than the population as a whole. The abused senior may show some of the following signs—

- passivity, withdrawal, or increasing depression
- evasiveness or reluctance to talk openly
- avoidance of eye or verbal contact with the caregiver or family member
- cowering in the presence of the abuser; hopelessness, anxiety, or feelings of powerlessness, anxiety
- confusion that is unrelated to any medical condition
- change in sleeping or eating habits
- contradictory statements
- missing appointments
- isolation from friends or other family

When assessing whether abuse has occurred, it is also helpful to observe the interaction with caregivers or significant others involved in the elder's immediate situation. Some characteristics of those who *commit* the abuse:

- history of substance abuse or abuse of others
- exaggerated concern or lack of concern
- blaming the elder for common acts, such as incontinence
- aggressive behaviors
- treating the elder like a child or in a dehumanizing way
- not allowing the elder to be interviewed alone
- responding defensively when questioned or becoming hostile or evasive

Source: National Center on Elder Abuse; Today's Geriatric Medicine; Psychology Today

Resources to Call for Help

- ✓ The local **Adult Protective Services** agency may be able to provide some community referrals. If the person lives in a nursing home or assisted living facility, contact the Long-Term Care Ombudsman.
- ✓ Check the **Eldercare Locator** website for community services or call 1-800-677-1116.
- ✓ The **National Domestic Violence Hotline** operated 24 hours a day, 7 days a week: 1-800-799-SAFE (7233), or 1-800-727-3224 (TTY).

Taking Care of Yourself—Do You Need A Break?

Caregiver stress can trigger elder abuse. Some sources of caregiver stress include depression, lack of support from other caregivers, and a feeling that caregiving is burdensome or without emotional rewards. Adult children who have no financial resources to provide care are especially vulnerable to stress. Caregivers who are solely responsible for a senior's care may become isolated from relatives and friends. This can be dangerous because it cuts them off from the support they need to cope with caregiving. Isolation also makes it harder for other

people to intervene when a senior is being abused or neglected. If you are a caregiver and feel overwhelmed, seek therapy, help from other family members, or consider other care options for the elderly person. Many state and nonprofit agencies also offer respite services to provide family members with temporary relief from the stress of caring for a senior. Find a support group for caregivers of the elderly.

Source: <https://www.nia.nih.gov/health/elder-abuse>



Live Life Laughing!

Life is hard.

Compared to what?



Inspiration

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Angela Mayou

Memory Care

People with dementia often have depression and anxiety. Your reaction depends on how you interpret the behavior. If you can be aware of what she needs and feels or what is upsetting her, you may have an easier time responding calmly.

Caregiving in The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

*Caregiving in
The Comfort of Home®
Caregiver Series*

available from...

CareTrust Publications LLC
PO Box 10283, Portland, OR 97296
800-565-1533
or www.comfortofhome.com

Comments and suggestions welcome.

©2019 CareTrust Publications LLC.
All rights reserved. Reproduction of any component of this publication is forbidden without a license from the publisher.

Some content in this publication is excerpted from *The Comfort of Home: Caregivers Series*. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.

SAFETY TIPS— Protecting Seniors from Scams

Anyone can be taken advantage of, from anywhere, and at any age. But seniors are more likely to become the victim of exploitation and, if cognitively impaired, can be twice as vulnerable. Scammers make a special effort to lure trusting seniors; they will entice a senior with false lottery winnings, fake inheritances, illegitimate sweepstakes, or “special” opportunities to donate to their charity.

Use special caution where con artists connect with potential victims:

By way of the **phone**, asking for personal, credit card or social security information.

In the **postal mail**, offering free concert tickets or sending flyers “just for you” with special opportunities.

The **Internet** offers us the convenience of email and shopping; but keep in mind, it is a predator's tool for mining unauthorized personal information.

Door-to-door sales are still used today to steal your valuables.

Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

Elder abuse will not stop on its own. Someone else needs to step in and help. Many older people are too ashamed to report mistreatment. Or, they're afraid if they make a report it will get back to the abuser and make the situation worse. Answer True or False to the questions below.

1. *Emotional* or *psychological* abuse is believed to be the most common form of elder abuse.
T F
2. Long periods of solitude and failure to provide companionship contribute to neglect—even if the senior is provided essentials such as food, water, and shelter—but no opportunity for social interaction.
T F
3. When assessing whether abuse has occurred, it is also helpful to observe the interaction with caregivers or significant others involved in the elder’s immediate situation.
T F
4. Scammers make a special effort to lure trusting seniors; they will entice a senior with false lottery winnings, fake inheritances, illegitimate sweepstakes, or “special” opportunities to donate to their charity.
T F
5. Having a physical disability almost doubles a woman’s risk of psychological abuse.
T F
6. Caregiver stress is hard on the caregiver, but can *not* trigger elder abuse.
T F
7. Typically, an elder abuser is a highly stressed close relative who depends on the elder person financially, psychologically, or both.
T F
8. Abuse can happen to anyone and the elderly are not particularly vulnerable.
T F
9. Con artists who are looking to financially exploit a senior often use the phone asking for personal, credit card or social security information.
T F
10. Many state and nonprofit agencies also offer respite services to provide family members with temporary relief from the stress of caring for a senior.
T F

Name _____

Signature _____ Date _____

MARCH 2019 EVENTS

You are not alone ... Please join us at one of the following sessions

~ Family Caregiver Support Groups ~

ALZHEIMER'S & GENERAL SUPPORT GROUPS

WHEN: TUESDAY, March 5th
TIME: 6:00 p.m.
WHERE: Elan Assisted Living & Memory Care
ADDR: 5441 Lipes Blvd, Corpus Christi
PHONE: (361) 371-8157

WHEN: WEDNESDAY, March 6th
TIME: 10:30 a.m.
WHERE: SCC River Ridge Nursing Rehab Center
ADDR: 3922 W. River Dr. (Off FM 624), Corpus Christi
PHONE: (361) 767-2000

WHEN: THURSDAY, March 7th
TIME: 10:30 a.m.
WHERE: Rockport Nursing & Rehab.
ADDR: 1902 FM Rd 3036, Rockport
PHONE: (361) 729-9971

WHEN: WEDNESDAY, MARCH 13TH
TIME: 12:00 p.m.
WHERE: Lindale Center/ Caregiver SOS
ADDR: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343

WHEN: THURSDAY, MARCH 14TH
TIME: 3:00 p.m.
WHERE: Mirador Plaza
ADDR: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935

WHEN: TUESDAY, March 19th
TIME: 10:00 a.m. Topic: Easing the Burden of Stress
WHERE: Brookdale
ADDR: 6410 Meadow Vista, Corpus Christi
PHONE: (361) 883-3935

WHEN: WEDNESDAY, March 20th
TIME: 10:30 a.m.
WHERE: Woodridge Nursing & Rehab. Center
ADDR: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880

WHEN: THURSDAY, March 21st
TIME: 10:30 a.m.
WHERE: Ed & Hazel Richmond Public Library
ADDR: 110 N. Lamont St., Aransas Pass
PHONE: (361) 883-3935

WHEN: TUESDAY, March 26th
TIME: 4:00 p.m.
WHERE: Alice Public Library
ADDR: 401 E. Third Street, Alice
PHONE: (361) 883-3933

WHEN: THURSDAY, March 28th
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab.
ADDR: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935

WHEN: FRIDAY, March 29th
TIME: 2:00 p.m.
WHERE: The Viera Senior Living
ADDR: 3010 Airline Rd. (Airline/Saratoga), C.C.
PHONE: (361) 392-4000

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, March 26th
TIME: 10:00 a.m. -11:00 a.m.
WHERE: Greenwood Senior Center
ADDR: 4040 Greenwood Drive, Corpus Christi
PHONE: (361) 883-3935

WHAT: PARENT CAFÉ, SUPPORT GROUP
(Angie Garcia, Facilitated by Catholic Charities of Corpus Christi)

WHEN: THURSDAY, March 28th
TIME: 11 a.m. - 12:30 p.m.
WHERE: 615 Oliver Ct., Corpus Christi, 78408
PHONE: (361)884-0651, ext.287 Please RSVP. Open to all Parents, Grandparents, & Caregivers raising Grandchildren.

WHAT: (*EVENING SUPPORT GROUP

WHEN: THURSDAY, March 28th
TIME: 6:00 p.m. - 7:00 p.m.
WHERE: First United Methodist Church
ADDR: 900 South Shoreline Blvd. ,Corpus Christi
2nd floor-Rm #216 / parking & entrance behind church
PHONE: (361) 334-2255
Facilitate by: MCH Family outreach. Classes for all ages.
(* Please call if you bring your child(ren)

For Additional Information contact:
Felipa Lopez Wilmot
Family Caregiver Program Specialist
Or
Sally Edsill
NFCSP Administrative Assistant
Office: (361) 883-3935 (Felipa: Ext-5153)
(Sally:Ext-5156)



Facilitations are provided by:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of
Texas Health and Human Services



Presents

Getting Your House in Order Seminar

Topics: Elder Care Resources

Legal Planning – Powers of Attorney

Psychosocial Issues in Geriatrics

The Value of Funeral Planning

Time: 9:30 AM to 2:30 PM

Date: Saturday, March 23, 2019

Location: Arlington Heights Church of Christ

2722 Rand Morgan Rd (Fellowship Center)

Corpus Christi, Texas 78410

This seminar is free and open to the public. Please RSVP as lunch will be provided. To register or for additional information, please call Roxanne Mathis at 361-814-3600.



CONNECT, CREATE, CONTRIBUTE MAY 2019

SCHMIEDING DEMENTIA TRAINING

(*) CLASSES: Thursday, March 14th
Thursday, March 21st
Thursday, March 28th

TIME: 12:30 p.m. ~ 4:30 p.m.

WHERE: Area Agency on Aging
2910 Leopard St.
Corpus Christi, Texas 78408

(**) Pre-Register by March 7th

(**) 361) 883-3935 OR
1-800-252-9240

COURSE CONTENT INCLUDES:

- ◆ *Activities*
- ◆ *Behavior Issues*
- ◆ *Caregiver Stress and Caregiver Burnout*
- ◆ *Communication*
- ◆ *Dignity and Quality of Life*
- ◆ *End-of-Life Care*
- ◆ *Introduction to Dementia and The Virtual Dementia Tour*
- ◆ *Maintenance of Respect*
- ◆ *Nutrition and Fluid Balance*

For additional information contact:
~ **FELIPA LOPEZ WILMOT** ~
Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-252-9240
e-mail: felipa@cbcogaaa.org



Facilitation provided by the:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The Area Agency on Aging
is a program of the:



**COASTAL BEND
COUNCIL OF
GOVERNMENTS**

Are you a relative, spouse, or friend who takes care of a loved one?
You do not have to be alone in your caregiving journey!



Caregiver Support Group

**1st Tuesday
Every Month**

6:00 - 7:30 p.m.

Discover Local and Online Resources

Talk to Others Who Understand the Demands of Caregiving

Realize the Importance of Taking Care of Yourself

Learn How to Cope with the Emotional Roller Coaster

Take a Break to Socialize

RSVPs Appreciated 361-371-8157



Élan Corpus Christi
5441 Lipps Blvd., Corpus Christi, Texas 78413



CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD

“Until There’s A Cure, Take the Tour”

The Virtual Dementia Tour® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

ALTUS HOSPICE OF CORPUS CHRISTI

Invites you to participate in a FREE Community Event

THURSDAY, APRIL 4, 2019

2:00 p.m. to 6:00 p.m.

4300 South Padre Island Dr. Ste.1-1

LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!

To register or for more information call:

Katy Hernandez 361-723-1049

* The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program*.

A DEMENTIA COLLABORATIVE PROJECT SPONSORED BY:



HOSTING PARTNER:

*Retama Manor Nursing Center
Alice, Texas*



CARE PROVIDER TRAINING

A facilitation provided by:
The National Family Caregiver Support Program
a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., APRIL 10, 2019

TIME: 9:00 a.m. to 5:00 p.m.

WHERE: AREA AGENCY ON AGING

ADDRESS: 2910 LEOPARD ST., CORPUS CHRISTI

!! FREE 8 HOUR TRAINING !!

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

MODULE TOPICS:



- ◆ **Roles & Responsibilities of a Care Provider**
- ◆ **Assisting with Personal Care**
- ◆ **How to Help Someone who uses Adaptive Aide(s)**
- ◆ **Caring for Someone with Early to Mid Stage Alzheimer's**
- ◆ **Caring for Someone with Mid to Late Stage Alzheimer's**
- ◆ **Community Resources**

* Seating is limited; call to reserve your space * Certificate of completion will be awarded at end of class *

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: felipa@cbcogaaa.org

OR

~ **SALLY EDSILL** ~

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: nfcsp@cbcogaaa.org



*The Area Agency on Aging of the Coastal Bend
is funded in part by the:
Texas Health and Human Services*

*The Area Agency on Aging
is a program of the:*



STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS



*DO YOU PROVIDE CARE FOR A LOVED ONE WITH DEMENTIA?
If so, this FREE program is for YOU!*

PROGRAM FOR:

Family caregivers caring for a loved one with dementia

PROGRAM COMMITMENT:

- 9 week program
- 90 minute weekly session
- Group of up to 8 family caregivers
- Confidential & Supportive
- Trained & Caring Facilitators

All Materials Are Provided

YOU ARE NOT ALONE

- We recognize that caregiving can be very stressful
- This FREE program will teach and enhance:
 - ✓ **STRESS MANAGEMENT TECHNIQUES**
 - ✓ **RELAXATION AND COPING STRATEGIES**
- These basic skills can reduce daily stress in your life

This Stress-Busting Program is

Distributed by: **WELLMED Charitable Foundation**

~ AND ~

Developed by: **UT Health Science Center - San Antonio**

1st Session Begins: MONDAY, APRIL 1, 2019

Time: 2:00 p.m. ~ 3:30 p.m.

Where: Lindale Sr. Center / Caregiver SOS at 3133 Swantner Dr. 78404

CALL 361-232-5153 TO REGISTER

FOR ADDITIONAL INFORMATION:

(361) 883-3935 or 1-800-252-9240

FELIPA LOPEZ WILMOT ~ FAMILY CAREGIVER SPECIALIST

ext - 5153 OR felipa@cbcogaaa.org

SALLY EDSILL ~ ASSISTANT

ext - 5156 OR sally@cbcogaaa.org