



Caring for Caregivers

March 31, 2020 • Volume 1

Committed to providing compassionate services to those who are caring for loved ones.

Wow! As if caring for a loved one weren't challenging enough . . . then COVID-19 happens!

We would like to reach out to all of our family caregivers and let you know that, while we have suspended our **Family Caregiver Education Series** and **Living with Dementia** classes and support groups due to the shelter-in-place order, we are still here to support you however we can. As a result, we will be offering all of our programs and classes in an online format using a HIPAA-compliant (protected) version of the ZOOM video conferencing app.

A schedule of our upcoming classes and a link to our online registration site can be found on Page 3 of this newsletter. There you will also find a link to a ZOOM orientation. ZOOM is really easy to use, even if you're a technology beginner. You can use either your personal computer or smart phone to participate as long as you have Internet, speakers, and camera capability on your device.

Although we will miss seeing all of you in person, we are very excited about all of the possibilities this new virtual venture brings!

OUR COMMUNITY EDUCATION TEAM

Jill Smith, R.N.

Community Education Manager

Positive Approach® to Care (PAC)
Independent Trainer and Consultant

jills@HopeHospice.com

*Jill manages the **Living with Dementia Program** and provides personal consultations to families of those living with dementia.*

Debbie Emerson, M.S.

Community Health Educator

CARES® Dementia Specialist
debbiee@HopeHospice.com

*Debbie manages the **Family Caregiver Education Series**.*

OUR PROGRAMS

Family Caregiver Education Series

We offer a series of monthly classes designed to educate, support and provide resources to family members who are engaged in caring for elderly, chronically ill, and/or disabled loved ones. The classes cover a broad range of topics relevant to the caregiving journey and provide an opportunity for family caregivers to connect with others with shared experiences. Classes are taught by our team members along with professionals from the community who generously donate their time and expertise.

Living with Dementia

This specialized program provides education, support, and guidance to those family caregivers who are caring for a loved one with a dementia diagnosis. Included in the Living with Dementia program are:

- **Monthly classes** on topics specific to understanding dementia.
- **Individual consultations** by our dementia specialist, either by phone or online, to help family members better understand the specific needs of their loved one with a dementia diagnosis.

Care Partner Support Groups

Our goal is to provide a safe, supportive environment in which family caregivers can share and connect with one another. Groups are facilitated by Jill Smith and/or Debbie Emerson and local Marriage and Family Therapists who have kindly donated their time to help our family caregivers. Support groups follow our Family Caregiver Education classes. Please contact Jill Smith for information about support groups specifically for those who have loved ones with a dementia diagnosis.

HOPE HOSPICE & HEALTH SERVICES

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Hope Hospice & Health Services is a 501(c)(3) non-profit, community-led organization. These education programs are supported in part by generous donations from local organizations, businesses, and individuals. To learn more about how you can contribute, please visit HopeHospice.com/donate.

For articles and tips about family caregiving and dementia, please visit Hope Hospice's [BLOG](#).

A Message from Jill:

As you now know, due to the COVID-19 outbreak I have had to postpone many community classes and meetings in order to protect myself and each of you from the effects of the virus. This has been a very disappointing circumstance as I am quite passionate about the work I do for the many members of the Tri-Valley toward supporting folks who are dealing with diseases that cause dementia.

As I launch a new phase of the *Living with Dementia* program offered at Hope Hospice, I will be providing services such as private consultations, dementia classes and support groups all through the online technology of Zoom meetings.

My consultation services are available at this time, either by phone or online at Zoom. If you are interested in learning more about this opportunity, please contact me by email at jills@hopehospice.com.

Please remember that in order to stay well you need to avoid crowds, wash your hands often with soap and warm water, and get plenty of rest.

Take care,
Jill

Helpful websites for family caregivers:

[AARP Caregivers and Coronavirus: Dealing with Forced Isolation](#)

[Family Caregiver Organization – Resources for Caregivers and Coronavirus](#)

[Alzheimer's Association – COVID 19 Tips for Dementia Caregivers](#)

ASK YOURSELF DAILY . . .

1. What am I **GRATEFUL** for today?
2. Who am I **CHECKING IN ON** or **CONNECTING WITH** today?
3. What expectations of "normal" am I **LETTING GO OF** today?
4. How am I **GETTING OUTSIDE** today?
5. How am I **MOVING MY BODY** today?
6. What **BEAUTY** am I either creating, cultivating, or inviting in today?

A Message from Debbie:

In our classes we always stress the importance of self-care. Our mantra, "You can't care for another unless you first care for yourself," is even more important during times when our lives are further complicated by social distancing, limited mobility, and very valid health and safety concerns. Many of us feel trapped and helpless. This situation is new and there are so many unknowns. I've heard it said recently that our biggest challenge isn't caused by the virus itself, it's caused by the ensuing panic and fear. I tend to agree.

The management of this healthcare crisis may be out of our control at the moment; however, there is something that we CAN control: *How we choose to manage our fears, and how we choose to care for ourselves and our loved ones.*

I sincerely hope all of you are staying well, both emotionally and physically (they're truly dependent upon one another, especially in times of crisis!), and I look forward to connecting with you soon.

As always, take good care,
Debbie

reminder

Our hospice teams are still serving patients and families. Please call the office (925-829-8770) to schedule an in-home informational meeting or patient evaluation if you are ready to explore the possibility of hospice services for your loved one.



Upcoming Online ZOOM Classes

April 2020

So that we may continue to support the family caregivers in our community during the COVID-19 shelter-in-place order, Hope Hospice is offering its community education programs in an online format using the ZOOM videoconferencing application. We hope you will be able to join us for this online venture!

Prior to joining an online class, learn about ZOOM by watching an online tutorial: [Joining a Zoom Call for the First Time](#). Or, visit the [Zoom Help Center](#). Please be assured that Hope Hospice uses a HIPAA-compliant (protected) version of the ZOOM application.

Once you have registered for a class you will receive an email with specific instructions for joining as well as handouts for that class.

[REGISTER](#)

LIVING WITH DEMENTIA (Jill Smith)

Behavior as Communication/Dementia-Related Behaviors

As the diseases that cause dementia progress, affected persons will experience a decline in language skills. Communication becomes challenged and dementia-related behaviors, which are almost always related to unmet needs, may become a regular part of day-to-day life. This class will help caregivers learn new ways to understand and communicate with their loved ones.

April 13 (Monday) 1:00 – 2:30 p.m.

April 15 (Wednesday) 6:30 – 8:00 p.m. (Monday class repeated)

Self-Care for the Caregiver

The constant fluctuation of changing roles, uncertainty about the future, family struggles, and overall fatigue may ultimately compromise the mental and physical health of those caring for a loved one with dementia. This class will focus on stress management strategies and highlight the importance of obtaining support and utilizing resources.

April 30 (Thursday) 1:00 – 2:30 p.m. or 6:30 – 8:00 p.m.

[REGISTER](#)

FAMILY CAREGIVER EDUCATION SERIES (Debbie Emerson)

Navigating the Healthcare Environment/Advocating for Your Loved One

April 18 (Saturday) 10:00 – 11:30 a.m.

Understanding your rights and learning to communicate effectively with healthcare professionals are key to advocating for your loved ones and yourself in a complex healthcare system. Topics include organizing and managing personal health information, handling hospitalizations, and understanding the discharge process.

Classes are offered at no cost to any community members engaged in caring for elderly, chronically ill, and/or disabled loved ones. These classes are presented at no cost to family caregivers; however, donations to Hope Hospice are appreciated and allow us to offer these programs to others.

Please note that these classes are geared toward the family caregiver and are not intended for professional caregivers.