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**Detroit Area Agency on Aging**

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Contact the Detroit Area Agency on Aging for information/workshop locations 313.446.4444 ■

For advertising or story submissions, please contact Urban Aging, L3C, publisher of **Urban Aging News**, at **313.204-5140**.

# URBAN AGING NEWS

Urban Aging News

Issue 1 | Spring/Summer 2015

*Info, Insight & Inspiration for  
Metro Detroit's Maturing Adults*



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**Efficient Family Caregiving Can Be Taught and Learned Together**

By Carman R. Brandon, R.N.

I have witnessed the beauty of families who unite to care for their loved ones. The most effective families were the ones who knew how to use the special gifts and talents of each person to get things done. Unfortunately, more often than not, families don't work together and the reasons vary with each family... but they can learn how. Consider the following:

1. Who will assist with the caregiving tasks and responsibilities? List each person and arrange for everyone to meet. It can be done by phone (freeconference.com), or over a meal; whatever works best for the majority. And don't leave the young people out; they want to help, too.
2. What are the specific needs of the loved one? Know the diagnoses and the accompanying disabilities. Be realistic about their limitations. Know their doctors' names and phone numbers. Know (and have written down) all of their prescribed and over-the-counter medications.

After listing every task, you can now organize tasks into categories, i.e., grooming, shopping, monitoring. Next, allow everyone to choose their task (s) based on that which they are most skilled,



that which they would enjoy, or that which they would find most convenient. Then, working together, divide the remaining responsibilities.

Managing the finances can be a sensitive matter. Decide who the most effective money manager is. Allow your loved one to participate in financial decisions, if able. Consider seeking financial advising and legal consultation.

3. When to begin planning? Now. Write your plan on paper or develop a spread sheet. Share the plan with the entire family team. *Your goal is to alleviate stress for yourself and your loved one.*

4. You don't need to go it alone; involve others. Consult your loved one's entire clinical care team for resources to help with caregiving, and tap into the resources of community service providers as well. Extended family and trusted neighbors want to help if you would just ask.

Following a 35-year career as a registered nurse, Carmen Brandon founded FAMILY (Facilitating and Managing in the latter Years) University, L3C, to address the enormous challenge and overwhelming responsibility that families experience when caring for elderly loved ones. Contact her at:

carman@family-university.com, or (313) 334-9307. ■

*continued from page 6*

**Consider Visiting Short Term Rehabilitation Facilities Before Need Arises**

as the patient has a skilled need and continues to make progress, straight Medicare offers a 100 day skilled nursing facility benefit. Patients are required to have a three day hospital stay to invoke this benefit and no pre-authorization is required. Medicare pays for the first 20 days at 100% and days 21-100 at 80%. This co-pay is oftentimes picked up by a secondary insurance for little or no out of pocket cost, or by Medicaid which charges the patient their 'patient pay amount' that's determined by the State of Michigan.

Medicare advantage plans have a skilled nursing facility benefit for their members, but each plan is different so it is advisable to contact your insurance company to know exactly what the out of pocket cost would be.

Straight Medicaid will not cover the cost of sub-acute rehab, however, managed Medicaid plans have skilled nursing facility benefits in their plans. Learn about your benefits and use it to your advantage!

*Heather Connelly is the Regional Community Liaison for Ciena Healthcare Management. To tour one of Ciena's eight Detroit facilities, call Heather at: 1.704-526-8785, or contact the facility admission's office. ■*

# Creating Confident Caregivers®

*A program for family members caring for a person with dementia and/or memory loss*

## About the program -

Creating Confident Caregivers® uses the Savvy Caregiver Program, a university-tested program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks and led by staff trained in the program. Caregivers learn new information, skills and attitudes to manage stress and increase effective caregiving skills.

## Classes Offered NO CHARGE

Creating Confident Caregiver workshops meet once a week for six weeks

For information about workshop schedule and locations contact:

**Anita Kanakaris @ 313-446-4444, ext. 5841**  
or by email at [kanakarisa@dcaa1a.org](mailto:kanakarisa@dcaa1a.org)

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90AE0341) and the Michigan Office of Services to the Aging.



## What's In It For You?

Learn about -

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one



## Consider Visiting Short Term Rehabilitation Facilities Before Need Arises

By Heather Connelly

Consider this: Upon discharge from the hospital, you or your loved one is extremely weak due to a prolonged stay or illness and might not be able to walk, bathe, or dress themselves right away. In that situation, a sub-acute rehabilitation is one of your best options.

Sub-acute rehabilitations, or skilled nursing facilities, used to be strictly thought of as "nursing homes." And while yes, long-term care is often still offered at these centers, they also offer dedicated short-term rehabilitation units for individuals that only need a brief stay to gain balance, strength and endurance.

Today's sub-acute rehabilitation centers allow patients to recover quickly while receiving daily physical and occupational therapies, 24/7 nursing care, and support with performing basic daily tasks. In addition, many skilled nursing facilities now offer amenities from 24-hour menus and meals served restaurant style to complimentary phones and televisions, music therapy, and outings to sporting and social events. The new face of sub-acute rehabilitation is designed to keep you as active as possible, both mentally and physically, in an effort to aid the healing process.

One of the best ways to learn about the sub-acute process is to visit the skilled nursing facilities in your area and ask for a tour. It's never a bad idea to be prepared and have an idea of where you would like to go should the need arise. As long

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## Our Centenarian Cover Girl

At 100 years-old, Jessie Lee Taylor is cognitively intact, fashionable, happy, and matter-of-factly summarizing her long life as a 'good life'. Jessie longed to go to school beyond the 7th grade, but was relegated to "keeping" white children. She left rural Mississippi, however, in 1937 to join her husband James in depression-ridden Detroit. Times were hard, she remembers, but when the United States became bitterly embroiled in World War II, she was delighted to find full-time work in the factory. In 1940, her daughter was born and in 1965, Phyllis Jean, her only child, died of a heart attack at age 25, one week before her master's degree in education graduation exercises. She and James remained married until his death in 1986. Jessie had long figured out that she loved to travel and socialize, something she and James did not have in common. As life would have it, five years after his death, she met "the love of my life" Wallace who loved, as she says, "to go and do". They traveled and socialized extensively until his death in 2000. Jessie is the sole survivor of her family. She's made arrangements for a friend to bury her, and because she just didn't want to cook any more, lives in a suburban senior residence that prepares all of her meals. "I had no idea that I'd live to be 100. Didn't think about it," she says. "I guess my motto of treating people the way I want to be treated has blessed me with a long life". ■



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## Adult Day Programs Maintain Loved One's Functioning & Caregiver's Stamina



By Rachel Schreiber

The Alzheimer's Association's adult day programs in Detroit and Southfield offer individualized recreational programming designed to help adults living with the disease or a related dementia maintain their optimum level of functioning. The program also provides relief to caregivers, knowing their loved one is in a supervised and secure environment.

Alzheimer's disease cannot be slowed, prevented, nor cured and it significantly impacts the individuals living with the dis-

ease and their caregivers. More than one-third of caregivers report symptoms of depression, and nearly 60 percent rate the emotional stress of caregiving as high or very high.

Daily activities at both day programs are designed to stimulate socialization, maintain independence and promote physical activity. Each person has an individualized care plan tailored to their specific needs and interests.

"We learn what kind of work they did. What were their hobbies; we gather as much information as possible during the initial assessment, and use that information to create a person-centered plan. A lot of it is trial and error," admits Sheryl Darroch, Respite Services Manager at Alzheimer's Association, Greater Michigan Chapter.

For more information about the Greater Michigan Chapter Alzheimer's Association, or its adult day programs, contact 800-272-3900 or visit [www.alz.org/gmc](http://www.alz.org/gmc).

## MiCAFE

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### MiCAFE Works for Michigan Seniors

MiCAFE, a program of Elder Law of Michigan, is an outreach partner with the Department of Human Services and the Office of Services to the Aging. MiCAFE is designed to reach out to likely eligible seniors and meet them in the communities where they live to educate them about avail-

able benefits and help them apply. A MiCAFE-trained application assistant provides one-on-one help to complete the application for Food Assistance Program (FAP) benefits.

In FY2014, MiCAFE and its partners provided screening and/or benefit application assistance to nearly 2,400 older adults in 34 Michigan counties. Many community partners offer MiCAFE as part of a variety of services to seniors, from computer classes to congregate meals. The MiCAFE system also provides referrals

## Michigan's Sen. Stabenow Re-introduces HOPE for Alzheimer's Act

Fewer than half of people diagnosed with Alzheimer's say they were told the diagnosis, according to a just-released 2015 Alzheimer's Association report. In contrast, more than 90 percent of people with the four most common cancers (breast, colorectal, lung, and prostate) say they were told their diagnosis.

In response, Senator Debbie Stabenow (D-MI) has recently re-introduced bi-partisan legislation to do more to empower doctors, patients and families.

If the Health Outcomes, Planning, and Education (HOPE) for Alzheimer's Act becomes law, it will ensure that patients — and their families — have access to a care-planning session with their doctor. Funded through Medicare, the doctor will have the opportunity to explain the

diagnosis, offer details about treatment options and describe what medical and community services and supports are available to the patient and family.

The bill encourages diagnosis and ensures that physicians are prepared to conduct care planning and knowledgeable of available resources provided by the Alzheimer's Association and other community organizations.

Alzheimer's is growing exponentially because baby boomers are aging. Studies have shown that providing patients and families with information and support results in better outcomes for those living with Alzheimer's, including higher quality of care, increased use of needed community services, reduced patient behavioral and psychiatric symptoms, and reduced caregiver stress and depression.

The Senator urges advocates to share their stories with elected officials, particularly their U.S. House representatives, to expand the co-sponsor list. ■

to other services in the community based on the needs of the senior. Also, in some areas, seniors receive nutritional counseling.

Thousands of seniors eat better, healthier meals because of the efforts of MiCAFE partners. Yet, there are still many thousands of seniors throughout the state who may have to choose between food, medicine, and utilities or are worrying about what they will be able to eat while waiting to receive their next Social Security check.

If you or someone you know is having a hard time making ends meet, please call MiCAFE at our toll free number, 1-877-664-2233.

If you would like to become a MiCAFE Community Partner, please contact Lindsay Felsing at [lfelsing@elderlawofmi.org](mailto:lfelsing@elderlawofmi.org).

MiCAFE has a toll-free call center to provide ongoing support to senior clients and community partners:  
**877.664.2233**