

Ko'olau  
Caregiver  
Support  
Group

JULY 2008 ISSUE

# Newsletter

## KOOLAU CAREGIVERS SUPPORT GROUP

THIS NEWSLETTER  
IS PRODUCED BY  
THE CAREGIVER  
FOUNDATION  
IN CONJUNCTION  
WITH THE FIRST  
PRESBYTERIAN  
CHURCH OF  
HONOLULU

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It's that time of year again—Summer! The heat is up and the ocean beckons and families are trying to figure out how they can get a few days of rest and relaxation into a Summer vacation.

Caregivers are no exception. They too desire some time off from duties to enjoy some time at the beach, read a good book, take a trip somewhere... just be able to get away from the constant demands of family caregiving.

This month's issue of our newsletter features the topic of respite. Respite is simply the time off from normal duties that allows a person to re-charge and return to their duties rested and ready to resume their tasks.

Without respite a person becomes too tired, both physically and emotionally and often simply burns-out and can become unable to handle the pressures of caregiving.

The tragedies that are sometime heard about in caregiving situations are often the

result of burned-out caregivers who find themselves unable to continue to function effectively as caregivers and may see no escape. Actual violence towards their care receiver can occur, and more often the level of care declines to the point of neglect.

As a community, we all have a responsibility to recognize the needs of this vital service that is rendered to our elderly population primarily by family caregivers. We have to be creative and responsive in developing programs and procedures that can allow caregivers to recognize the signs of burn-out and find appropriate respite services.

Someone once said that a society can be judged by the level of care it renders it elderly. Let's make certain Hawaii is judged positively.

*Gary A. Powell*



### Next Meeting

August 7

7-9 PM

### Talk Story Time

First Presbyterian Church

Ko'olau Golf Course

Fireside Room

## Advisory Council

We welcome your recommendations for individuals to service on the Advisory Committee for the Ko'olau Caregivers Support Group. Please submit names to Gary A. Powell at 625-3782 or by email at [thecaregiverfoundation@yahoo.com](mailto:thecaregiverfoundation@yahoo.com)

Peter and Ann Millard  
Gary A. Powell  
Linda Roberts

## GIVE ME A BREAK! PLEASE?

Give me a break!

The lament of Caregiver's everywhere.

Sometimes friends and family don't really know how to help a Caregiver get a break. Caregivers need to be specific and shameless in their requests. Don't hold back when you feel overwhelmed—ask for

*"There are days when I don't feel like I know what my role in life is anymore, except that I take care of people all the time" - NPR*

help. Help others know

they can help by:

1. Giving the caregiver a short break for a doctor's appointment or to go shopping
2. Allowing the caregiver the opportunity to nap, bathe, or otherwise rejuvenate
3. A break to attend a church service or see

a movie

4. Taking a much needed vacation
5. A hair appointment or manicure
6. Scheduling elective surgery
7. Simply allowing a visit with friends or other family members

Try keeping yourself to as much of a schedule as possible that includes regular time off and time to yourself.

### WHO IS BEHIND THE KOOLAU CAREGIVERS SUPPORT GROUP?

This support group meets at the First Presbyterian Church at the Ko'olau Golf Course. It is facilitated and promoted by The Caregiver Foundation, a registered Hawaii non-profit whose mission is the establishment of Caregiver Support Groups and the production and dissemination of Caregiving educational materials.

The Group is open to anyone involved in caregiving. There are no fees. Various speakers are invited to share in areas of expertise and each meeting features a time of sharing for those who would like to share experiences or ask others for advice and help. Each meeting has a facilitator and participants are reminded that information shared at meetings is private and remains within the Group.

For more information contact Gary A. Powell at 808-625-3782 or email [thecaregiverfoundation@yahoo.com](mailto:thecaregiverfoundation@yahoo.com)

**Caregiver Support Groups provide a forum to address these and many others areas of concern for caregivers. Involve yourself in a support group and you will find your journey a little easier and the ability to care for a loved one improved.**

### SHARING THE LOAD

Being able to share experiences, heartaches, frustrations... that is what our Caregiver Support Group is all about. Learning from each other and from visiting experts combined with a safe and private setting helps make

### THE EDEN ALTERNATIVE AT HOME – CARING FOR ELDERS

Training Workshop  
Sponsored by Project Dana

“We must create a place for our elders that is much more like a garden — the Garden of Eden” thought Dr. Bill Thomas, who had observed the loneliness many of our elders experience. He and his wife Judy founded the **Eden Alternative** as a life enriching tool to improve the quality of



our elders' lives. The concepts and principles had initially applied to enriching the lives of institutionalized elders. Now, the concepts are available to those caring for elders in the home.

The goal of **Eden Alternative At Home** is to provide tools to improve the quality of life for the caregiver and for the elder being cared for at home.

The training course, sponsored by Project Dana, will be held at Mililani Hongwanji on Saturdays, September 13, 20, 27, and October 4. The sessions will be held from 8:30 a.m. to 11:30 a.m. in the temple or the education building.

Anyone interested in registering should contact Karen Oda (623-3131) or Earl Nishimoto (625-2083).

*Submitted by Lani Nedbalek*

### RESPIRE RESOURCES

- Catholic Charities— 595-0077
- Kalihi Valley Respite—848-0977
- CFS Honolulu Gerontology Program—543-8405
- Kina'Ole Estate—371-0948
- Ann Pearl Respite Services –247-8558
- Attention Plus—739-2811
- Caresource Hawaii—599-4999
- Castle Medical Center—234-7142
- Daniel's Diversified—Kokua Nurses—935-6291
- Heaven's Helpers—952-6898
- Manawa Lea Health Services—456-5608
- Hawaii Respite—957-0066
- Hawaii Respite Services—239-6098

*NOTE: KCSG does not endorse Providers— this list is for information purposes only.*

Plan Now  
Hawaii Caregivers  
Conference  
Saturday Nov. 1,  
2008  
Sheraton Waikiki 8-3  
Keynote = Dr. Bill  
Thomas  
Call—768-7709  
for more information

## RESPIRE REQUIREMENTS

Respite must not be considered a nice idea. It is an essential part of every caregiver's physical and mental health requirement. And as nice as that may sound—it is not so easy to accomplish. Respite care requires the involvement of others who are capable and willing to render aide and support and provide the opportunity for a caregiver to have a time of respite. But no respite program can work without the caregiver's participation. You must recognize that needing respite is not an acknowledgement of insufficiency but it is a commitment to being able to provide the best level of care possible.

Here are some ideas to help you formulate a respite program that can work in your unique situation:

1. Realistically analyze yourself and your ability to provide care at the level to which you are normally expected. Where do you think your "breaking point" is in this spectrum? Now think about the ideal situation for you caregiving. There is a point in-between reality and fantasy that needs to be your recognized need point for respite. This is going to be different for each caregiver depending on the level of caregiving requirements, the physical capacity for care and the emotional support being received by the caregiver.
2. Once you have identified that critical point, it is time to determine how long a respite period is appropriate. Experts recommend that respite be achieved in varying levels and lengths of time. A frequently-desired respite plan might look like this:

### A. Weekly:

4 hour block of time during which someone else is providing for all the caregiv-

ing needs and the caregiver may or may not be "in residence". This might be time for reading a good book, taking a long bath, going for a walk, - anything that is completely unconnected with caregiving services. It does not include time to do the shopping needed, time to clean the house, or time to do other tasks that are complicated by caregiving duties. Those tasks require a

different form of caregiver-support.

### B. Monthly

A weekend—or at least 2 consecutive days during which you are physically absent from caregiving duties. You may need to leave town to achieve total removal from duties and your cell phone needs to be off as well. If an emergency occurs while you are unavailable—the person(s) providing care in your absence must be empowered to deal with whatever arises. If you have another residence—this becomes your hide-a-way. If that does not remove you adequately, you might find a bed and breakfast, a reasonably priced hotel room or even some time with a friend who has some extra space. Use this time to think about yourself, treat yourself to something you cannot enjoy when involved in constant caregiving.

### C. Quarterly

This may be financially difficult for many but a 3 day weekend trip to anywhere will do wonders for you. It is just long enough to help you see the other side of reality but not so long as to require the services of a professional or other-wise very experienced caregiver to step in and allow you this time of respite.

### D. Annually

Here you have the opportunity to really take control of your caregiving life. Once-a-year, if at all possible, take a full week of off-duty time. Figure out a way to provide the care needed through professional help, church support, trained volunteers. Somehow be able to spend this time for you. You don't have to leave town but the person(s) replacing you must understand the concept of respite well-enough to allow you this time uninterrupted.

Lots of talk is given to respite and not a lot of actual support is provided. So, just like most things in life, if it is going to work you are going to have to do some initial work to set things up.

[Carepages.com](http://Carepages.com) is a good place to start if you are web-savvy. This free service allows you to set up a schedule that can be accessed by others and coordinated to spread the duties of caregiving among interested persons. Learn how to use this service.

If computers leave you baffled, go get a large block monthly calendar and list all the regular duties that occur each month. List the times that are needed for each task and leave space to identify people who are willing to help shoulder some of the work.

Whatever format you use—schedule in the respite times you are trying to establish. If others understand what your needs are, there is a much better chance of actually or having support or at least knowing specifically what you are trying to achieve. And if developing a respite plan is difficult for you, consult someone who is familiar with respite and let them help you design a plan.

## Caregiving 101



Visit ARCHIVE for past meeting notes  
WWW

Ko'olan Caregiver Support Group  
95-099 Lanaki Pl.  
Mililani, HI 96789

Pass this along to \_\_\_\_\_

## ON-LINE RESOURCES FOR CAREGIVERS

CCGS does not endorse any of these organizations.  
This information is provided for your resource use only.

### Arthritis Assistance

<http://allaboutarthritis.com>

Information about types of arthritis, pain management, treatment options, FAQs and personal tools.

### Care Giving Community

<http://www.eldersearch.com>

Support for caregivers and information available in your areas. A good site for problem solving and geriatric care.

### Benefits for Seniors

<http://www.benefitcheckup.org>

Service that identifies federal and state assistance for your particular situation.

### Senior Store

<http://www.seniorstore.com>

On-line store includes: clothing, books, video, music and nostalgia. Also featured, household items, gift baskets and more. A unique shopping site.

### Senior Housing Net

<http://www.seniorhousing.net>

A comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities and nursing homes nationwide.

### Transitions, Inc.

<http://www.asktransitions.com/index.html>

Elder Care consulting - tips and tools, family resources services.

### Administration on Aging

<http://www.aoa.dhhs.gov/aoa/webres/craig.htm>

A directory of web sites on aging.

### The Gerontology Foundation

<http://www.healthandage.com>

Interactive center between the public and the professionals.

### Access America for Seniors

<http://www.seniors.gov>

News magazine reporting on the issues of aging.

### Administration on Aging

<http://www.aoa.gov>

Sites on Adult Day Services, Ageism, Assisted Living and much more.

### Indiana Association for Home Care, Inc.

[http://www.ind-homecare.org/pages/independent\\_living.html](http://www.ind-homecare.org/pages/independent_living.html)

A Guide to Independent Living.

### Administration on Aging

<http://www.aoa.dhhs.gov/elderpage.html>

Extensive information for Older Persons and their families.

### Dr. Koop

<http://www.drkoop.com>

Former Surgeon General provides a medical community on line.

### American Association of Retired Persons

<http://www.aarp.org>

Advice from the nationally-known agency.

### Seniors Site

<http://www.seniors-site.com/index.html>

Message boards for illness, pets, drugs, housing and more.

### Life Extension Foundation

<http://www.lef.org>

Information on medical discoveries and research.

### Meals on Wheels

<http://www.projectmeal.org>

Information on the Meals on Wheels closest to your area.

### Homecare Online

<http://www.nahc.org>

Extensive guide to home care and hospices, advice on how to choose an agency.

### Elder Care Resource

[EldercareHawaii.com](http://www.eldercarehawaii.com)

Web based information portal— Tries to coordinate timely information and act as a central site for Hawaii-based Care groups.

### Senior Resources

<http://www.seniorresource.com>

Resources by state, retirement, finance, insurance and care.

### National Alliance for Care Giving

<http://www.caregiving.org>

### Care Guide

<http://www.careguide.net>

Personal care giving resource for directories, articles, newsletters, tools and more.

### Age Page

<http://www.agepage.com>

Caregiver's resource guide and lots of information.

### Senior Options

<http://www.senioroptions.com>

Free guide to senior services including living facilities, care centers, home health services, and hospices everywhere in the USA. Listed by state and city.

### Estronaut

[http://www.estronaut.com/a/elderly\\_mental\\_health.htm](http://www.estronaut.com/a/elderly_mental_health.htm)

Mental health concerns in the elderly.

### Web MD

<http://www.webmd.com>

The online doctor is IN.

**Catholic Charities Hawaii—Community Services for Hawaii.**

<http://www.CatholicCharitiesHawaii.org>