

Improving In-Home Caregiving for Older Americans

Developing New National Caregiver Standards

The nation's top experts on elder caregiving met March 29 in New York to develop recommendations for new national standards for training in-home caregivers. The event was a consensus-building conference sponsored by The Caregiving Project for Older Americans, a partnership of the Schmieding Center for Senior Health and Education and the International Longevity Center-USA.



The goal of the conference, "Developing National In-Home Caregiver Training Standards," was to reach a consensus on a plan for improving caregiving for older adults in the home setting. The primary focus was on setting standards of training and developing a career path for the new generation of home caregivers for older adults.

The blue ribbon advisory panel convened at the Harvard Club and

discussed a series of consensus recommendations that will help guide the efforts of The Caregiving Project for Older Adults in solving the nation's urgent caregiving crisis. These included direction on the creation of a set of minimum training standards for paid caregivers, the creation and testing of a model for national caregiving curricula, and the creation of a national organization for professional caregivers. Final recommendations will be reported in *ElderFocus* when completed.

The Caregiving Project for Older Americans, formed in 2006 to help renew the nation's long-term caregiving system, was made possible by a \$1,000,000 challenge grant from the Schmieding Foundation of Springdale, Arkansas. The goals of this joint venture of the



ILC-USA and SCSHE include bringing greater awareness of the caregiving crisis, developing a national systemic approach to recruiting, training, and retaining paid professional caregivers and enhancing the key role of this new generation of in-home caregivers

The co-directors of the project, Dr. Robert Butler, President and CEO of
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the ILC-USA and Dr. Larry Wright, Director of SCSHE, opened the conference with Dr. Butler pointing out that “as the American population grows older, the need for caregivers to assist older persons in their daily lives, both at home and in institutions, grows more urgent.”

Dr Wright emphasized the rapidly growing number of older adults in America, resulting in “an escalating national shortage of caregivers. Today, the available work force is often poorly trained and underpaid. That lack of formal training, standards of care, and standards of training curricula often results in an unacceptable quality of care that can be harmful to vulnerable older adults.”



The Schmieding Center has already pioneered a training curriculum and educational materials for the professional and family caregiving community in Northwest Arkansas. “This project has enabled us to take our work to a national level as we collaborate with our colleagues at the ILC-USA,” says Dr. Wright. “What we really need is respect for the caregiver and a career ladder that makes this a valued profession for those who devote themselves to the care of others.” ▀

Protect Yourself!

Identity Theft

By **Beth Vaughan-Wrobel, EdD, RN, FAAN**



Dr. Beth Vaughan-Wrobel,
Associate Director/Director of
Education, SCSHE

It's sad but true that we all need to be careful about someone stealing our identity. I think it's particularly true for older adults because seniors may tend to be more trusting and thieves tend to target them because of that—and because they believe older adults may be more affluent.



I found these tips from Arvest Bank's newsletter particularly helpful in protecting us from identity theft:

- Shred discarded personal records such as pre-approved credit card applications, preprinted checks or bank statements.
- Minimize the personal information carried in your wallet or purse. Don't carry your Social Security card or more than one or two credit cards.
- If your medical card has a Social Security card as an account number, ask to have it changed or don't carry it with you.
- Don't give out personal information over the telephone, mail or internet unless you initiate the contact.
- Order copies of your credit report annually.
- Review your bank and credit card statements monthly for unauthorized activity.
- Don't leave financial information in your vehicle.
- Pay attention to credit card bills that arrive late. A late or missing bill could mean someone has changed your billing address.
- Remove personal information from your pre-printed checks, such as driver's license and phone number.

Following such common sense advice could save you a lot of trouble! ▀



Schmieding Center
for Senior Health
and Education of
Northwest Arkansas

A Partnership of:

University of Arkansas
for Medical Sciences
Donald W. Reynolds Institute
on Aging

Area Health Education
Center – Northwest

Northwest Health System

An Amazing Experience for the Schmieding Team!

Leading a National Caregiver Training Conference

By **Larry D. Wright, MD, FACP, AGSF**

Message from
the **Director**



The consensus conference, "Developing National In-Home Caregiver Training Standards,"

held in New York in March was an amazing and humbling experience for me and for all the members of the Schmieding Center team.

There we were, with America's top experts in elder care and elder caregiving, discussing our passion—how best to meet the challenges of caregiving for older adults today and for the huge baby boomer-fueled Age Boom that's underway.



Dr. Larry D. Wright
Director, SCSHE

And not only were we there, *we made it happen!* Along with our wonderful partners in "The Caregiving Project for Older Americans," the International Longevity Center, we were the sponsors and hosted the conference. It was all made possible by the generosity of our benefactor, Lawrence Schmieding, and the Schmieding Foundation's challenge grant of

\$1,000,000 to fund the multi-year project. Mr. Schmieding is a true hero to be treasured by all older Americans and their families.

To kick off the conference, Dr. Robert N. Butler and I made opening remarks to set the tone, starting with a reminder of a well-known fact among experts: there is a caregiving crisis in America.

While the crisis is due to many factors, including demographics and longevity, the



Dr. Robert N. Butler



Dr. Larry D. Wright (left) and Dr. Robert N. Butler

bottom line is that there are increasingly too few caregivers and too many older adults needing care.

We know older adults want to stay at home and we believe it's the best solution for our country as well. But to do so means not only recruiting and retaining more paid caregivers, but more well-trained and certified in-home caregivers who have a career path with a future.

How will we do all that? We'll have to transform America's long-term care system with a single vision always before us: the well-being of older adults staying at home for life.



Dr. Larry D. Wright

Many people are working to make better home caregiving for older adults a reality and the Schmieding Center is a national leader in the task. We are very gratified to have the opportunity and we'll keep you updated on our progress. ■



Q & A: Dr. Kristin Bosc, Ph.D.

“Physical ailments can affect memory and thinking, but we can help.”

We asked Dr. Kristin Bosc, neuropsychologist at the Northwest Senior Health-Schmieding Center in Springdale, some questions we thought you might like to ask.

Q: *Thanks for talking with us, Dr. Bosc. Let's start with the obvious: What is a clinical neuropsychologist?*

A: A neuropsychologist is a licensed psychologist who specializes in brain functioning. Our expertise is in how behavior and skills are related to brain structures and systems.



Q: *Do you work with the geriatricians at the Senior Health Centers?*

A: Yes, we're both part of the team approach we use here. A geriatrician may hear complaints involving memory or thinking, such as a change in concentration, organization, reasoning, memory, language, coordination or personality. Then he or she recommend testing.

Q: *What happens then?*

A: I spend about two hours doing an evaluation and testing. I interview the patient and conduct tests, which include some paper-and-pencil testing and answering questions. We evaluate the results and then treatment may be suggested, which could include medications, behavior management, or counseling.

Q: *What would you suggest if someone notices memory problems or other changes?*

A: Don't wait. If you notice any changes in memory, thinking or behavior, see one of our geriatricians and come for testing. Lots of people wait too long because they believe that forgetting things or changes in personality are a part of

normal aging. But many times they are not.

Q: *Can you really help an older adult who is having memory or thinking problems?*

A: Yes, absolutely. We can often relieve or treat symptoms. Even with more com-



plex problems we can often stabilize behavior or slow down losses.

Q: *How long have you been in Northwest Arkansas?*

A: I came here from Ohio about two years ago. My husband and I love it. Most people don't think about our Senior Centers being one of the best settings for neuropsychology in the country. But they are. And I find it very rewarding working with older adults.

Q: *Thank you, Dr. Bosc.*

A: I'm happy to help. Hopefully, everyone 65+ will take charge and decide they want to age more successfully, both physically and mentally! ▀

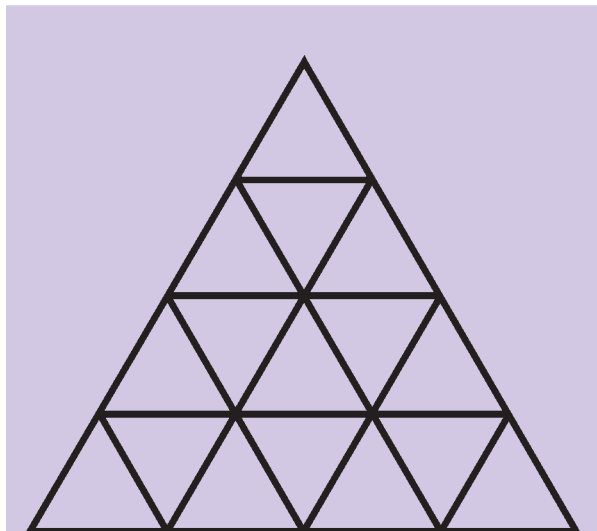


Brain Teasers Club

Want a challenge?

Stay sharp and have some fun! Use your problem-solving skills to figure out this brain teaser!

Equality Rules



How many equilateral triangles can you see in the pattern above?

Careful, optical illusion at work!

(You'll find the answer below.)

What: Brain Teasers Club


When: 2nd Monday of the month, 10:00 am-11:00 am-
Bella Vista

2nd Thursday of the month, 10:00 am-11:00 am-
Springdale

Who: Open to public and facilitated by Sherry White, BSN, RN, BC and Fink Holloway, BS.

Where: Schmieding Center

Why: *Use it, don't lose it!*

Source: Gyles Brandreth, Michael Dispezio, Katherine Joyce, Keith Kay, Charles Paraquin, "Classic Optical Illusions" Main Street: A division of Sterling Publishing Co. Inc., NY 1985 

Answer: 27 triangles total: 16 one-cell triangles, 7 four-cell triangles, 3 nine-cell triangles, and one triangle with 16 cells.

Read the Latest On Aging:

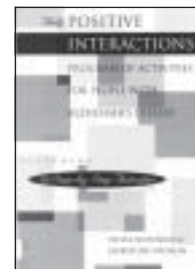
BEST NEW BOOKS



The Aging Resource Center is here to assist you with resource materials on health, aging, and home care issues, Internet access, CD-ROMs, printed literature, books, and videotapes


Positive Interactions - Program of Activities for People with Alzheimer's Disease - Sylvia Nisseboim and Christine Vroman

outline 92 step-by step activities that can be pleasant and enjoyable for the care receiver and the caregiver with an individualized approach that helps customize activities to the existing need and abilities of a person at any stage of the disease.



Ethnicity and the Dementias - Gwen Yeo and Dolores Gallagher-Thompson acknowledge the need for cultural competence in all of geriatric care, including dementia care. The book features contributions from leading clinicians and researchers on the dementia by ethnic populations and their families' response and adaptations to the challenge.

A Life Worth Living - Pearl. M Mosher-Ashley and Phyllis W. Barrett

give "alternative therapies" that health care and social work professionals may use to reduce the onset, duration and severity of depressive symptoms in older people. Revealing case studies demonstrate their success. 



The Case for Care Managers

“My Parents Aren’t Safe At Home!”

By **Carolyn Wheeler, LSW, CMC**

The ART OF Caregiving

“How do we get them to go into assisted living?” the caller from Phoenix asked a Certified

Geriatric Care Manager in Northwest Arkansas. As the spokesperson for three adult children who feared for the health and safety of their parents, she related their parents’ situation.

Fred and Allene are in their late 70’s and live in Bella Vista. Allene had been hospitalized recently. For now, she is unable to care for herself and Fred is not in good health. Also, the family believes their parent’s home is not a safe environment—it wasn’t built for people with disabilities, has only a tub/shower combination bathroom, very narrow doorways, and other safety problems. What if one or both fall? Finally, the children have concluded that their parents should either move closer to them or move into a retirement center.

While this story feels unique to a family worried about their aging parents, Care Managers hear versions of this same story daily. In this case, the Care Manager presented possible solutions to the children, including a list of retirement centers and facilities in the area. “Is there another way?”, the family asked. They knew their parents preferred to stay at home and didn’t want to force changes on them that uprooted the couple from their community and friends. But the children weren’t sure how to evaluate the amount of assistance their mother needed and they didn’t know what resources were available to help them and their parents.

The Care Manager suggested Care Management, a service which starts with a trained professional coming into the home and performing an assessment with older adult client/s in their own environment to evaluate how well


they can function at home. The results are very helpful in better planning of care needs. With their parents’ reluctant agreement, the children agreed to the in-home assessment.

In her home visit with Fred and Allene, the care manager spent time getting to know them and asked them questions about health, safety, financial, spiritual and emotional issues. She also inspected the home environment and noted many safety issues.

The Care Manager then wrote a formal report including findings and recommendations. She confirmed that the children were correct to be concerned, but that their parents could stay at home with the right help. Utilizing the new information, the Care Manager prepared a Plan of Care that recommended how best to meet the needs of the clients and alleviate the fears of their family. The solutions worked for both the family and their parents, while avoiding many of the emotionally difficult, confrontational issues.




The family then engaged the Care Manager to help put the services into place, following all state regulations. She became the expert eyes and ears of the family. By monitoring the delivery of care and the well-being of Fred and Allene, she helped assure top quality care, including the in-home hired caregivers, and provided great peace of mind for the family.

A Certified Geriatric Care Manager is often the best asset available for helping family caregivers to deal with the issues of aging. 

Friends OF THE SCHMIEDING CENTER

Center, designed to explain what the Schmieding Center does and how we make a real difference in the lives of older adults and their families.

You'll also learn how to become a Friend of the Schmieding Center and how you can share in the caring for one of our most treasured resources: older adults.

For more information about dates and times, please phone or e-mail Michelle Watson at 479-751-3043 or mwatson@scshe.uams.edu. 



"Be the change you want to see in the world."
- MAHATMA GANDHI

The Schmieding Center wants friends.



As a non-profit organization, we depend on the generous support of our friends to continue to expand our work.

We exist because of an extraordinary gift from an extraordinary man, our benefactor Lawrence Schmieding. But to continue our work into the future we will need your help to expand our efforts to assist older adults and their families in meeting the challenges of aging and caregiving.

Please consider support for the Schmieding Center. Just fill out and return the card below to receive more information about our giving programs, to receive invitations to our

"Sharing The Caring Sessions," or to make a donation.

New! "Sharing The Caring" Sessions

Ever wonder what *really* goes on at the Schmieding Center? Maybe you didn't know that our work reaches far beyond Springdale, even Arkansas, and across America.

If you're interested in what we do, what it takes to keep the Center operating, or how you can get involved, you'll want to attend our new "Sharing The Caring" Sessions. They are small, informal information gatherings held at the Schmieding

Friends *of the Schmieding Center*

NAME _____

STREET OR BOX _____

CITY _____ STATE _____ ZIP _____

PHONE (____) _____ E-MAIL _____

YES! *I am a Friend of the Schmieding Center and I want to know more about ways I can help you assist older adults and their families in meeting the challenges of aging and in-home eldercare.*

Tell me about the next "Sharing The Caring" Session.
I am interested in attending to learn more about what really goes on at the Schmieding Center.

I want to help now. Enclosed is my check for \$ _____ payable to the Schmieding Center.

Please clip and mail to: Michelle Watson • The Schmieding Center for Senior Education • 2422 N. Thompson, Suite B • Springdale, AR 72764





Schmieding Center
for Senior Health & Education
of Northwest Arkansas

2422 N. Thompson • Springdale, AR 72764

Northwest Senior Health –
Schmieding Center, Suite A
Phone: 479-750-6566 / Fax: 479-750-5251

Schmieding Center for Senior Education,
Suite B
Phone: 479-751-3043 or 1-888-866-8991
Fax: 479-751-3249

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Early Treatment Can Help!

What is Shingles?



You've heard about

shingles, but what in the world is shingles anyway?

Shingles is a disease that affects the nerves and causes pain and blisters in adults. Believe it or not, it is caused by the same virus that caused the chickenpox you had as a child. Nobody knows why, but sometimes in older adults the virus that remained in your body becomes active again and causes Shingles. You are more likely to get shingles as you approach 70 and have trouble fighting infections (even stress or a cold).

Shingles makes you feel sick and have a rash on your body or face, which usually shows up as a band on one side of the face or body

Symptoms of Shingles:

- Burning, tingling, or numbness of the skin
- Feeling sick—chills, fever, upset stomach or headache
- Fluid-filled blisters
- Skin sensitive to the touch
- Mild itching to strong pain

First comes the burning or tingling feeling on the skin, then a red rash on your body, face or neck. A few days later the rash turns into fluid-filled blisters. Most cases of shingles last from 3 to 5 weeks.

What do you do?

It is important to see your doctor no later than 3 days after the rash starts. There is no cure for shingles, but early treatment with drugs that fight the virus can help.

The older you are when you get shingles, the greater your chance of developing PHN (post-herpetic neuralgia), which can be the longest lasting and worst part of shingles. The pain of PHN can last for weeks, months, or even years. There are medicines that may help.

Source: National Institute on Aging, Age Page, "Shingles."

Help Stop Duplicate or Unwanted Mailings

To update or to remove your name and address from our mailing list, please call 1-479-751-3043 or mail a copy of the address panel to the Schmieding Center and we'll update our records. To continue to receive *ElderFocus* at a new address, please add your new contact information.

Need Help Caring for an Older Adult?

We'll provide the answers you need about eldercare, send you helpful information, and connect you with hard-to-find resources. Contact Schmieding Center for Senior Health and Education for additional information at 479-751-3043 or info@schmiedingcenter.org, or call toll-free at 1-888-866-8991.