

Alarming National Survey

Are *Your* Caregivers Trained?

Will the caregivers you hire know what to do? Most Americans who hire in-home caregivers (78%) believe they are formally trained to care for older adults, according to recent national polls. The national survey, conducted by Harris Interactive, underscores the growing misperception the American public has regarding the training of those taking care of older adults in the home.

“The public has a dangerous misperception about the amount of training these in-home caregivers are receiving. The truth is that paid caregivers today are often unskilled or poorly trained,” says Dr. Larry Wright, Director of the Schmieding Center. “Neither independent contractors who work as in-home paid caregivers nor caregivers who receive training through their for-profit agency or community program must adhere to national standards. Consequently, training is usually haphazard and spotty at best.”

In-home Caregiver Training

The survey found that among adults who have used or paid for an in-home caregiver for someone age 65 or over, 78% believed their caregiver had formal training, 14% did not know if they had received training, and 8% believed their caregiver received no training.

Prevalence of Paid In-home Caregiving

According to the survey, 8% of all Americans have used/paid for the services of a paid in-home caregiver for



someone age 65 or older in the last 12 months. Paid caregivers are involved with the care of about one-half of all elders being cared for at home. At least 44% of those who have used/paid for an in-home caregiver were paying all or some costs out-of-pocket.

National Caregiver Training Standards

Dr. Wright points out the need to raise public awareness of the growing caregiver crisis, starting with correcting the alarming misconception that most in-home caregivers are trained. “In reality, experts estimate that as few as 20% of all working caregivers have

any training at all,” Wright emphasizes. “With no national standards for training, accredited *Continued on page 2*

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training curricula, or certification of qualified in-home caregivers, older adults are increasingly at risk in their own homes.

“With the increase in life expectancy (77.9 in the United States), large numbers of older adults are living with increased chronic disease, frailty, and dementia,” explains Dr. Wright. “In-home caregivers need special training to care for the complex issues associated with caring for older adults.”

Schmieding Trained Caregivers

The Schmieding Center is working nationally through “The Caregiving Project for Older Americans” along with its partner, the International Longevity Center-USA, to develop and standardize in-home caregiver training. Much of this work had its genesis in the caregiver training program developed by the Schmieding Center in Northwest Arkansas six years ago. “The people in Northwest Arkansas have unique access to formally trained caregivers due to our on-going caregiver training program,” Wright said. “We have trained hundreds of professional caregivers, so there are Schmieding trained and certified Geriatric Home Caregivers throughout the area. Just call for the Schmieding Caregiver Directory for a complete listing of formally trained caregivers for older adults.”

The Harris Interactive Survey was conducted on behalf of “The Caregiving Project for Older Americans” earlier this year. ■

COME CELEBRATE

Grandparents Day!



Make Your Appointment To Produce Your Free Memory Video!

Grandparents Day takes place September 9, but we want you to come celebrate with us all week—September 4th through the 7th!

We're offering to produce Free Memory Videos for Grandparents all week. You must have an appointment, so call today. After all, wouldn't it be great to have a video record of your memories to share with your family?

Here's how it works:

- **Call For Your Memory Session**

Call Linda Kogelmann for your reservation at 751-3043.

- **First Come, First Served!**

Appointments will be made on the hour starting at 9 am each day, Tuesday-Friday, September 4-7, until all available time slots are booked.

- **Bring Your Own Interviewer or Come Alone**

You can bring one person to ask you questions or you can respond to a list of memory-provoking questions we will provide. (No more than 2 people will be allowed in the room during the recording session.)

- **Free Grandparents Memory Video!**

You will leave with a precious gift of your memories for your family! ■



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

Things You Should Know

Caregiving Tips for Baby Boomers and Their Aging Parents

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

Message from
the **Director**

Many Boomers are being thrust suddenly into a direct caregiving role for a parent with medical problems or functional decline and limitations. At the same time, they're getting an up-close and personal preview of their own aging. Right now, they need to know what to expect concerning caring for their parent or grandparent.

While the aging process is usually incremental, elders with multiple chronic medical conditions are susceptible to the domino effect, which is the path toward major dependency. The worst case scenario is frailty, the usual consequence of multiple factors such as loss of appetite, weight loss, diminished energy and strength, depression, and loss of the ability for self care.

To be an effective family caregiver, become well informed as quickly as possible regarding both the older individual's condition and the resources available to meet the needs of elders. It sounds easy but it's often very difficult, because in the real world every elder's disabilities are unique, and the available programs and services are uncoordinated

and different in every community.

Get a comprehensive and sensitive assessment of an older adult's health problems. Ideally, you should see a geriatrician and an interdisciplinary clinical team.

Find a Geriatric Care Manager. The right care manager can be the ideal resource for the coordination of services and resources in your community. They are especially helpful for long distance caregiving.

Beware of Caregiver Burnout. Family caregivers for older adults must take care of themselves to provide sustained caregiving for an older adult at home. Often this means getting help by hiring paid caregivers as private contractors or through home care agencies. The cost is money well spent in terms of the primary family caregiver "having a life" and keeping their energy high.

Hire Well-Trained In-home Caregivers.

Unfortunately most caregivers available for hire do not have any significant formal training. Schmieding trained caregivers are unique in America. As Certified Geriatric Home Caregivers, they are the model for the in-home caregivers we need nationally. ▀



Dr. Larry D. Wright
Director, SCSHE





Q & A: C. Hope Hartz, DNSc, APN

“Try Seeing a Nurse Practitioner; you’ll be pleased!”

We asked Dr. Hope Hartz, Nurse Practitioner at the Northwest Senior Health-Schmieding Center in Springdale and the new Director of Education at the Schmieding Center, the questions we thought you might like to ask.



Q: Hello, Dr. Hartz. Can you enlighten us as to what a Nurse Practitioner is?

A: Certainly. A nurse practitioner is a registered nurse who has completed advanced education and training in the diagnosis and management of common medical conditions, including chronic illnesses. We provide a broad range of health care services, including some of the same care provided by physicians.

Q: Where did you practice before coming here in January?

A: I was in Little Rock at the University of Arkansas for Medical Sciences Donald W. Reynolds Institute on Aging. I have been a nurse practitioner for 18 years. I am excited to be here, both as a nurse practitioner and as the new Director of Education of the Schmieding Center.

Q: You see patients both in the clinic and in nursing homes, don't you?

A: Yes. Our nurse practitioners see patients here in the clinic and in nursing homes in Washington County. As nurse practitioners, we are able to see patients in the nursing homes more frequently than the geriatricians. That often helps us diagnose acute problems earlier and avoid unnecessary hospitalizations. Of course, I also consult frequently by phone with the nurses in the long-term care facilities.



Q: And you work with the geriatricians at the Senior Health Center?


A: Yes, we're both part of the team approach we use here. I collaborate with the geriatricians and other health care professionals to treat patients. As a patient, seeing a nurse practitioner for most common medical conditions means you can receive more time and attention. Along with providing diagnosis and health management, we can prescribe most prescription drugs. The geriatricians are always available for more complex medical issues.

Q: Sounds like a really good plan for the patients.

A: It is. When patients experience the benefits of seeing a nurse practitioner, they are usually very pleased with the results.

Q: Anything else you'd like to tell our readers?

A: I am very happy to join this outstanding team of geriatric professionals. And I really want to encourage older adults to see our nurse practitioners as a part of their personal health care team!

Q: Thank you, Dr. Hartz. 

Read the Latest On Aging:

BEST NEW BOOKS



**AGING
Resource
Center**


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.

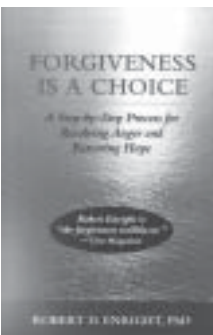
***Bedside Manners - A Practical Guide to Visiting the Ill* - Katie Maxwell** offers valuable insight into visitation, whether it be in hospitals, nursing homes, or the homes of shut-ins. The author encourages each visitor to be open, compassionate, empathetic, and sensitive to a patient's needs and conditions.



***Twice Blessed* - Laura Sowers** presents an offering to help caregivers, their loved ones, and those with end-of-life needs. The line between the caregiver and the care receiver may appear to be drawn in indelible ink, but the author dispels that illusion.



***Forgiveness Is A Choice* - Robert D. Enright, PhD** shows how forgiveness benefits the forgiver more than the forgiven. Readers are encouraged to confront and let go of their pain in order to regain their lives. 



Brain Teasers Club

Want a challenge?

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



And the Next Number Is...?

You can do this! Just figure out what the next two numbers are in this series. Don't be square! Think about it!

64, 1, 49, 4, 36, 9, 25, ____, ____


(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!* 

Answer: 16, 16. In this series the squared numbers of 1-8 are given twice, interspersing the descending order numbers with the ascending order numbers. The pattern is: 8², 1², 7², 2², 6², 3², 5², 4², 4², 5², 3², 6², 2², 7², 1², 8²

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 the Schmieding Center for Senior Health and Education for additional information by e-mail at info@schmiedingcenter.org, or call 479-751-3043, or toll-free 1-888-866-8991.



Choosing Forgiveness

Caregiving and Forgiveness....

By Carolyn Wheeler, LSW, CMC

What is forgiveness? How can forgiving someone help me? What about my feelings; aren't they valid?



Are you faced with providing care for an elderly parent or another relative who has hurt you emotionally and/or physically? You either have to put aside your feelings of hurt and anger, or you must find a way to overcome those emotions. Unfortunately, if you don't deal with the feelings, they can boil over as you go through caring for a frail older adult.

The fact is that elder abuse is on the rise, partly because many of those who have been raised in an abusive or neglectful situation are becoming the caregivers for those who abused or neglected them.



There are things you can do that will help put an end to the abuse and neglect cycle and maybe alleviate some of the unresolved anger and other emotional scars.

Try talking with professionals who deal with older adults. They know how to ask the right questions and refer you to effective assistance before old emotions can surface.

Michael D. Bourland, MD, says: "Although the family is often the source of abuse, it is still potentially the most nurturing setting for the long term care for the elderly, and attention should be given to the needs of the abusive or potentially abusive caregiver".

Choose Forgiveness or Unforgiveness?

Also, choosing to forgive can lift a huge burden if you are called upon to provide caregiving for those who abused or neglected you.



Most people say "forgiveness" makes them think of the Bible. Actually, all religions and cultures of the world value and teach forgiveness. As the philosopher Joanna North says, "When unjustly hurt by another, we forgive when we overcome the resentment toward the offender, not by denying our right to the resentment but instead by trying to offer the wrongdoer compassion, benevolence, and love; as we forgivers realize that the offender does not necessarily have a right to such a gift".

Unforgiveness has very real emotional and physical effects on the person who chooses to hold onto it. Actually, unforgiveness is often much harder on the person who holds onto it than the person who committed the original abuse. Deciding to forgive is something you do for yourself, not for the person you are forgiving. And just saying "I forgive" one time is rarely enough; it is often a very difficult process.

We must make the choice to forgive even if the person has no right to it. Webster's dictionary defines forgiveness as: "to pardon; give up resentment of; to cease to feel resentment against". It is an action word because the choice belongs to the forgiver; it is not dependent on anyone else, and it requires an action.

There are counselors in Northwest Arkansas who can help you come to the place where you can forgive. They can help you take specific steps toward reaching the goal of forgiveness. If you want to pursue forgiveness, look for a counselor who can guide you through the steps of forgiveness therapy. ■

Friends

of the Schmieding Center

Where Would We Be Without Giving?

"Be the change you want to see in the world."

– MAHATMA GANDHI

Just
imagine
how



Northwest Arkansas would look if all the buildings funded by individual donors suddenly disappeared...the hospitals, museums, universities, theatres – all gone. And what if all the organizations funded by individual contributions just vanished? No United Way...or American Cancer Society...or Schmieding Center for Senior Health and Education. What a horrible thought!

In this era of all-time high gas prices and corporate scandals, greed rather than giving, seems to garner more attention. But as we celebrate Independence Day, we can recall the last words of the Declaration of Independence that embody the generosity at the heart of our community in Northwest Arkansas: "...we pledge each other our lives, our fortunes and our sacred honor".

Please consider supporting the Schmieding Center with a gift, large or small, by filling out and returning the card to the right.


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

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. 



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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www.schmiedingcenter.org

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Why Not?

Healthy Sex After Sixty!

Healthy Aging

Good sex can help keep you

healthy! “A satisfying sex life can foster good emotional health, which in turn can promote good physical health,” says Julia Heiman, PhD, Director of the Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University.

The healthier a senior is, the more likely he or she has a healthy sex life as well, according to a sexuality survey commissioned by AARP.

Sixty-seven percent of men and 57% of women surveyed said a satisfying sexual relationship was important to their quality of life.

“People don’t lose their passion,” one senior says. “They don’t lose wanting to be held, to be touched, having physical contact with another human being.”

“There is no doubt that our bodies change as we grow older, but we do not have to be sexually impaired,”



says Kathy Bosch, University of Nebraska. “And those changes aren’t all bad! Understanding some of the natural changes that occur in the four stages of the sexual response cycle—excitement, plateau, orgasm, and resolution—will help older adults continue to have a healthy and happy sex life.”

Sexual activity involves both the mind and the body and has the

potential to be a wonderful experience when shared by adult partners who love and respect each other, regardless of their age. If you have physical or mental health problems that impair sexual performance, there are physical and mental health treatments and counseling available.

Sex after 60? Why not?

Sources: Consumer Reports, “On Health”, Volume 18 Number 12; WebMD, Inc., 2005; Kathy Bosch, “Aging Sexuality,” University of Nebraska-Lincoln Extension Publications, 2003.

Help Stop Duplicate or Unwanted Mailings

To update or 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.