Older Adults and Caregivers

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Aging Helpline 919-968-2087
Agenda

- Social Wellbeing
- Volunteer Opportunities
- Legal Wellbeing
- Medical Wellbeing
- Financial Wellbeing
- Living Environment Wellbeing
- Caregiver Wellbeing
Social Wellbeing

• Social isolation affects nearly 1 in 5 older adults with research showing it’s negative impacts comparable to that of smoking 15 cigarettes a day.

• And while social isolation is harmful for any age the effects are even more detrimental for people over the age of 50.
Combatting Social Isolation

• Check in with your loved ones
• Reach out for help
• Put it on the calendar
• Programs available
  – Telephone Reassurance
  – Friend-to-Friend
  – Seniors and Law Enforcement Together
Social Wellbeing

• Maintain connections
  – Retiring takes away a major source of social contact

• Seek out opportunities
  – New hobbies, learning opportunities

• Make meaning
  – New passion
Utilizing the Senior Center

- Classes and Educational Opportunities
  - Participating OR Leading
- Trips
- Congregate Meals
- Wellness Programs and Exercise Classes
Volunteerism

• Benefits of Volunteerism
  – Combats isolation and loneliness that can lead to depression
  – Provides sense of purpose
  – Increases self-confidence
  – Expands social connections
  – Improves physical health
Volunteer Opportunities in Orange County

• The Department on Aging Volunteer Connect 55+ division trains volunteer and offers programs to benefit older adults in Orange County.
What can I volunteer to do?

- Senior Center Support Programs
- Wellness Programs
- Chinese Connections
- Arts and Entertainment
- Volunteer Income Tax Assistance (VITA)
- Aging Well Supports
- Dementia Support Teams
- Boards and Committees
Project EngAGE

- 13-week senior leadership program, whose mission is to recruit and train Orange County older adults to become community resource leaders, and to ultimately make their communities ideal places to age.
Volunteer Opportunities Outside the Senior Centers

- Think of your previous career
- What are you passionate about?
- Have you ever been impacted by a volunteer?
Legal Wellbeing

– Wills
– Trusts
– Durable Financial Power of Attorney
– Formal Personal Care Agreements
– Representative Payee
– Know your Rights of Access to Health Information
– Connecting with an attorney who specializes in eldercare and estate planning
Medical Wellbeing

- Partnering with Healthcare Providers
- Durable Power of Attorney for Healthcare
- Living Will /Advanced Health Care Directive
- Do-not-resuscitate (DNR) order
- Medical Orders for Scope of Treatment (MOST) – more detail than DNR
- Dementia Specific Advanced Directive
- HIPAA Authorization
Information Worth Saving:
- Family health history
- Personal health history
- Doctor visit summaries/notes
- Pharmacy printouts for prescribed medication
- Test results
- Bills and insurance forms
- Hospital discharges
• Do they still need this medication?
• Does the dose need to be adjusted?
• What lifestyle changes could help?
Medical Wellbeing

• Prepare and Prevent for Emergencies
• Medical alert bracelet or wallet card
• Keep emergency phone numbers and the home’s address near all phones.
• Prepare your emergency kit (1 week supply)
• Emergency Medical Folder for 911/ER
Environmental Wellbeing

- Assess the home environment
- Consider audio and visual stimulation
- Household safety
- Fall prevention
Environmental Wellbeing

Housing
• Age –in-Place
• Independent Living
• Assisted Living
• Nursing Home
• Family Care Homes
• Memory Care Units
• Continuing Care Retirement Communities

• Options Counseling through the Dept. on Aging
• Gather information
• Visit facilities
Financial Wellbeing

Know the location of key financial documents:

- Durable Power of Attorney
- Living Will
- Will
- Trust documents
- Stock & bond certificates, brokerage account info, annuities, CDs, life insurance policies and other investments
- Social Security, pensions, 401(k) and other retirement benefits
- Tax records & forms
- Medical Bills
- Recent billing statements
- Homeowner’s insurance, deed and mortgage papers
- Automobile insurance policies and titles
- Health insurance policies, long-term disability insurance policies, Medicare records and prescription drug plan information
Financial Wellbeing

- Visit financial institutions
- Bank online
- Consolidate credit cards
- Seek a specialist
Financial Wellbeing for Caregivers

Don’t Forget Yourself:

• Family Medical Leave Act, Flex time, EAP
• How taking time away from work will impact your retirement nest egg?
• Determine sources of financial help for caring costs
Caregiver Wellbeing

Changing Relationships

• Plan something just for fun
• Ask about activities
• Let technology help
• Intimacy
• Help others to understand best ways to communicate
Caregiver Wellbeing

- Move
- Find Joy
- Rest and Sleep
- Utilize stress busters
- Get your fruits and veggies
- Nurture your Friendships
Caregiver Wellbeing

HOW to find time?!

RESPITE
Caregiver Wellbeing

What kind of Respite:

• Home Care
• Adult Day Program
• Facility Based Care

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Caregiver Wellbeing

Delegate:
• Take time to make a plan
• Find the right people to help
• Give clear instructions for desired result
• Recognize helpers may do it different
• Say Thanks

What to delegate:
• Errands
• Meals
• Grocery Shopping
• House-keeping
• Etc.
Caregiver Wellbeing

Support Groups (Currently held virtually):

- 2\textsuperscript{nd}/4\textsuperscript{th} Friday of the Month : 10:30am at Seymour
- 2\textsuperscript{nd}/ 4\textsuperscript{th} Thursday of the Month: 1pm at Passmore

Individual Support

- Clinical Social Workers at OCDoA are able to provide short term counseling
- We can also refer to community providers for long term needs
Aging Transitions Programs

- Caregiver Education Series
- Dementia: Let’s Talk About It
- Home Safety Chats
- Care Partner Collaborative
- Caregiver Day of Care
- Life after Loss Support Group
- Caring for Ourselves Support Group
Aging Transitions Services

- Individual clinical counseling provided by licensed social workers
- Consultations with certified dementia care partners
- Activity coaching
- Information and referral services
- Options counseling
Aging Transitions Team

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