

CAREGIVER NEWS

Region IV Area Agency on Aging Caregiver Newsletter

August/September 2021

C.A.P.S. Can Help

Your home holds many memories. It is also a significant financial investment. The idea of leaving the neighborhood and friends, forming new routines, and finding new medical professionals, grocery store or pharmacy can be daunting. Might it be possible to age in place?

Through a home consult, learn comprehensive solutions for a senior to stay in their home with increased independence and safety. A functional abilities consult develops new strategies for modifying daily routines and suggests home modifications.

A Certified Aging in Place Specialist (CAPS) will work with the family to identify daily routines and activities and the challenges that impact performing them. The specialist will suggest and demonstrate new techniques to make essential activities easier and safer.

-information on this page and the back cover is excerpted from Aging-

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AreaAgencyonAging.org



My Life. My Choice.

We can help you know your options and get the support you need to live as independently as possible in the setting of your choice

Call (800) 654-2810

Serving Berrien, Cass and
Van Buren Counties



Offering Choices for Independent Lives

In This Issue

- Aging in Place
- CAPS Consultant
- Free Zoom Classes
- Exercise Techniques and Benefits

... and more!

Free Zoom Classes Through RIV AAA

Diabetes PATH (Personal Action Toward Health), 6-week workshop Fridays starting August 13, 10:00 a.m.-12:30 p.m.

Caregiver Support Group Hosted in Conjunction with Caring Circle, August 17, 1:00-2:00 p.m.

Diabetes PATH (Personal Action Toward Health), 6-week workshop Tuesdays starting August 17, 1:30-2:30 p.m.

Chronic Pain PATH (Personal Action Toward Health), 6-week workshop Wednesdays starting August 18, 1:00-4:00 p.m.

Caregiver Support Group Hosted in Conjunction with Caring Circle is held every third Tuesday including August 19, 1:00-2:00 p.m.

Chronic Pain PATH (Personal Action Toward Health), 6-week workshop Thursdays starting August 19, 1:00-4:00 p.m.

A Matter of Balance, 6-week workshop Thursdays starting August 19, 1:30-3:30 p.m.

Phone, Mail and E-Scams Workshop held both In-Person at Campus for Creative Aging and via Zoom Thursday August 26, 2:30-3:30 p.m.

Cancer PATH (Personal Action Toward Health), 6-week workshop Tuesdays starting September 14, 5:00-7:30 p.m.

Caregiver Support Group Hosted in Conjunction with Caring Circle is held every third Tuesday including September 23, 1:00-2:00 p.m.

How to Register

Area Agency on Aging's Campus for Creative Aging classes are online, live! And we're ready to enjoy some time with you.

All classes are free, interactive Zoom sessions and hybrid classes available

If you need instructions to use Zoom, we can help! Let us know and we will send you easy to follow instructions.

The Campus for Creative Aging serves older adults who seek to share, expand, and unlock their capacity for creative expression, lifelong learning, personal growth, and living with purpose.

Register online at:
CampusForCreativeAging.org/Classes/

**or call Amy Nichols at
(269) 982-7748.**

Healing with Harmonies

Here are some great tips to incorporate exercise in your loved one's life:

- **Insist on Consistency.** Habitual 20-30 minute sessions of cardiovascular activity (e.g. walking, swimming) followed by a few weight-bearing exercises once a day or at least four times per week is ideal
- **Work the Legs.** "As soon as you lose your legs, you start to age quickly," is a statement heard often in therapy. Even something as simple as getting in and out of a chair repeatedly—often referred to as a "sit and stand"—can help keep your loved one's leg muscles strong.
- **Be a cheerleader.** The power of optimism makes a difference. Encourage, praise, and urge your loved one to stay fit.

- Material on page 3 excerpted from AgingCare.com article "In-Home Fitness Training Could Be Key to



Power of Motion

Exercise is an integral component to maintaining an elderly loved one's physical and mental wellbeing—not to mention their caregiver's. "Your life may depend on It."

Alzheimer's presents a different challenge. Repetition and patience are two essential training tools professionals use when working with individuals whose memory loss makes it challenging for them to remember even a simple set of exercise instructions.

Regular physical activity can even stall a senior's brain from some effects of aging. A recent study in the British Medical Journal found that aerobic exercise increased the size of the hippocampus—the area of the brain responsible for learning and memory formation—even in women in their 70's.

If you can't get your loved one moving, consider a wellness specialist. Like an in-home caregiver, hiring an exercise professional can serve the dual function of keeping them healthy, while giving you a brief break from your caregiving duties.

Region IV Area Agency on Aging
2900 Lakeview Avenue
St. Joseph, MI 49085

POSTAGE

Age in Place with Grace

Is someone you love desperately trying to age in place, but declines in health or mobility are introducing challenges that put their wishes at risk? Perhaps we can help.

Region IV Area Agency on Aging is your local aging-in-place specialist. According to the Centers for Disease Control (CDC), "Aging in place is the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income, or ability level."

Our professionals can visit the house and make recommendations for home modification, adaptations, and durable medical equipment to meet each client's unique needs and enhance their safety and independence.

We'd love to assist you. Call us today.

Contact us at:

**Info-
Line**

for

Aging and Disability

(800) 654-2810

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Area Agency on Aging**
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AreaAgencyonAging.org

Region IV Area Agency on Aging supports your caregiving and aging needs