

CAREGIVER NEWS

Region IV Area Agency on Aging Caregiver Newsletter

Expectations Post-Heart Attack

What should you expect after your loved one experiences a heart attack? Symptoms associated with heart trouble – such as chest pain, shortness of breath, leg swelling – are all abnormal after a heart attack. If your loved one experiences these symptoms, get medical attention immediately.

Fatigue is normal. The heart, a major organ, is recovering. Resume daily activities and exercise under the direction of your doctor.

Depression and anxiety are well-documented side effects of a heart attack. If depression and anxiety persist or are overwhelming, seek medical help.

Contents

- Heart Attack Recovery
- Home Safety Tips
- Talking about Estate Planning
- Free Caregiver Support with Trualta

... and more!



Your Care, Your Life, Your Choice.

As a senior adult or an adult with a disability living in Michigan, the MI Choice Waiver program gives individuals the power to make the choice about where they live. If you or a loved one has nursing home level of care needs and wants to live at home or in the setting of their choice, contact us about MI Choice.

Call our Info-Line for Aging & Disability or visit our website to see if you qualify.
 (800) 654-2810
AreaAgencyonAging.Org/My-Choice

REGIONAL

Area Agency on Aging, Inc.
 SPECIALISTS IN AGING
Offering Choices for Independent Lives

Home Safety Tips

To devise a customized solution for helping a loved one age in place, walk through their residence together and assess each room. Jot down current or potential hazards. Here are a few tips:

- Mark any steps or changes in floor level with tape or paint in a high-contrast color
- Light dark pathways or countertops with easy-to-install rope lighting. Add task lights and night lights wherever needed
- Remove all electric and cable cords that run across or near walkways
- Ensure all seating is sturdy, ideally with supportive arms to make sitting and standing easier
- Install grab bars for support while toileting and while getting into and out of the shower/bath
- Place waterproof incandescent lights in the ceiling of the shower and tub. Install motion-activated night lights along the path to the bathroom to make nighttime trips safer

Being proactive about meeting a senior's current and emerging needs will extend their independence, boost their confidence and give caregivers peace of mind.

Our specialists would be happy to help your loved one live safely and successfully in their home. Call us today to find out how to get a home safety assessment, 800-654-2810.

Appliances

OVENS

Ideally, oven controls should be placed at the front of the range to prevent reaching over the stove burners.

Knobs should be clearly labeled and easy to use.

REFRIGERATORS

A thin layer of paraffin wax or petroleum jelly can be rubbed around the gasket of a refrigerator door that is difficult to open.

SMALL KITCHEN APPLIANCES

Replace small appliances, such as coffee makers and toaster ovens, with models that have an automatic shut-off feature.



Free Caregiver Help is Here with Trualta

The National Alliance for Caregiving recently reported that approximately 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. While caregivers find their role rewarding, many find themselves undertrained and are often overwhelmed by the tasks at hand.

Understanding the need for professional resources for caregivers, Area Agency on Aging has partnered with Trualta. Trualta is a free web-based educational tool available for family caregivers that addresses real issues, provides in-depth lessons, practical steps and guided support.

The Area Agency on Aging Trualta site provides a personalized, easy to use, skills-based training platform for family members caring for loved ones. Trualta helps caregivers learn about health issues, care techniques, and ideas for supporting their loved one more confidently at home. This content is available from any computer, tablet, or smart phone and is developed by licensed professionals. Lessons are intentionally short to meet the time constraints of busy caregivers.

Trualta's topics include items such as behavioral symptom management, safety and injury prevention, pain and medication management, moving and transferring patients, nutrition and daily care, and resources that help family caregivers look after their own well-being.

This portal is available on your computer or phone 24 hours a day to give support and professional information to caregivers to help support their journey; with new content added every month. The site also suggests follow up information so that you know the next steps in your journey. To learn more visit <https://rivaaa.trualta.com/login> or call (800) 654-2810 to talk to one of Area Agency on Aging's trained specialists to get started and find other help and resources for caregivers.

TRUALTA

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Caring for your loved one but don't know where to get the information you need?

Start with this free caregiving resource

Sign up today at:
[RIVAAA.trualta.com](https://rivaaa.trualta.com)

Free caregiving resource!

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

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Talking about Future Plans

The words and phrases we use to communicate reveal a lot about a person's feelings. Estate planning and end-of-life care are difficult topics of discussion.

When death has come up in the past, does your loved one usually use the word deceased? Passed on? Met their maker? Left us? Respect their terminology. Allow your parent to protect themselves with their language, and follow their lead.

Conversations about future plans may not work the first time. Adapt your approach, research and try again. The process of hammering out the details may not be pleasant, but doing so is an invaluable gift that will benefit the entire family.

Contact us at:

**Info-Line
for
Aging and Disability
(800) 654-2810**

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

AreaAgencyonAging.org