



Wayne County Department of Aging & Youth Caregiver Support Group

Monthly Meeting: June 14, 2023

Facilitator: Evonne D. Pomerantz



Today's Meeting Agenda

- ▶ Wayne County Department of Aging & Youth Mission Statement
 - ▶ Sharing Success
- ▶ 3 Major Roles of Caregivers
 - ▶ First Role: Companion
 - ▶ Second Role: Advocate
 - ▶ Third role: Protector
- ▶ Types of Caregiving
 - ▶ Quality of Life
 - ▶ Open floor
- ▶ Next Meeting Information
 - ▶ Closing Statement



Wayne County Department of Aging & Youth Mission Statement

The Wayne County Department of Aging and Youth exists to promote the independence, dignity, health, and quality of life of Wayne County residents and their families; to identify and prioritize community needs; and to plan, fund, and administer a coordinated system of services to meet these needs.

Sharing success

Success is the accomplishment of an aim or purpose...

Let's take time to recognize progress, strengths, and positive resolutions!

"It always seems impossible until it's done." – Nelson Mandela

"It does not matter how slowly you go as long as you do not stop." – Confucius

"Satisfaction lies in the effort, not in the attainment, full effort is full victory." – Mahatma Gandhi

"If you find it in your heart to care for somebody else, you will have succeeded." – Maya Angelou





3 Major Roles of Caregivers


Being a caregiver is often one of the most important person in the life of a family member who has a disability or an illness. The caregiver is responsible for not only providing care, but also providing support and physical assistance to their loved one. Caregivers need to be strong, but flexible and they will need to make sacrifices. Caregivers come with different types of skills and experience. Some caregivers may only run errands or assist with basic chores, while others might manage medication schedules or help handle finances for those who have become less independent.

The 3 major roles of a caregiver are:

- Companion
- Advocate
- Protector

First Role: Companion

They are expected to help them live as comfortably and independently as possible. This can be extremely hard at times because it takes patience, creativity, emotional stability, and tenderness!



As a companion you take the time to play board games, cards, watch Television/movies together or take them on outings.

A companion may also provide personal care, moral support, and encouragement during stressful periods of medical rehabilitation, therapy sessions, doctor appointments or just moments in their daily life that they are combating their disability or illness.



Second Role: Advocate

They are responsible for advocating on behalf of their loved one in social services, health care, and legal settings when necessary.

The most important thing about advocating is being an effective communicator. They need to be open to listening, understanding where their loved one is coming from and know how best to get them what they need.

Advocating as a caregiver is crucial because they are the ones who make sure their loved one has all of the necessary medical care, support, and assistance they need in order to live a safe and fulfilling life.

It can be one of the most stressful roles a caregiver has to take on and will be one of the roles a caregiver will reflect on the most and “what if” themselves on.



Third Role: Protector

In this role the caregiver reflects and carries out ways to keep their loved one safe. This includes more than just protecting them from physical harm. They also need to ensure their loved one is not exposed to mental, emotional, social, spiritual, sexual or financial abuse which typically occurs from those closest to them.

The caregiver must also keep an eye on every day health by helping with food preparation, management of medications, providing physical therapy, taking them to medical appointments, and making sure to avoid further injury.

It can be a stressful role, but can also be the most rewarding when you are able to maintain a safe environment for them to live in successfully.



Types of Caregiving

There are many types of caregiving that can be hired out if you have the resources such as:

- Home health care which can include a range of responsibilities, such as nursing assistance for wound or medication management, help with bathing and dressing. Responsibilities vary and it is important for the home health care worker to be aware of your loved one's diagnosis/illness, strengths and weaknesses.
- Professional caregivers can help with tasks of daily living. Some home care agencies also offer companion services for older adults to keep them socially active in their community or stay connected to their family.
- Respite Care Service provides short-term relief for caregivers. It can be arranged for just an afternoon or for several days or weeks. Care can be provided at home, in a healthcare facility, or at an adult day center.
- After Surgery Care aka wound care is arranged prior to discharge from hospital/surgery. This nurse will visit you to make sure your wound is healing properly, does not look infected, check any drains or IVs that are left in place, follow any post-op orders that are given for blood drawing, wound care and drain care and teach a family member how to do as much of your care (that can be safely done) as possible.
- Transportation Support can come from local agencies if you or your loved one lack the ability to transport or do not have the correct type of vehicle/equipment to transport. Typically it might come with a fee. Some insurances could help with costs and they might have limits on how many a year you can utilize. Some places provide seniors/disabled vouchers so always look into local agencies nearest you to find out what is offered.



Quality of Life

The quality of life is defined as “the standard of health, comfort, and happiness experienced by an individual or groups”. People’s quality of life can be impacted by a caregiver’s abilities or inabilities. Here are some things to consider when evaluating being a caregiver or hiring help in providing caregiving:

- Their knowledge and responsibilities,
- Demonstrated skills
- Ability to provide support or encouragement
- Availability
- Personality traits (especially the need to be in control)
- Attitude toward assisting patients.

Open Floor

**THE RIGHT
PEOPLE
WILL HEAR
YOU.
EVEN IF
YOU'RE
NOT
TALKING.**

- Unknown

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Let yourself talk about what matters. This is a time to discuss something we have faced or we want to change. Change is not possible without recognizing the issues.

Here we will provide a space for healing, reflection, respectful expression of emotion, and garnering of hope for our caregiver members.

Open Floor is intended to forge connections between us and build a community where each participant has an opportunity to speak in a supportive and open environment so we may obtain suggestions, ideas or just a listening ear.



Next Meeting

When: July 12, 2023

Time: 12:30-1:30pm

Topic: Let's discuss some topics you are interested in, so that we may coordinate future meetings around those! Drop me suggestions!

Contact: (315) 946-5624 M-F 8-4pm or
Epomerantz@co.wayne.ny.us

Caregiver Affirmation

The Caregiver's Daily Affirmations

I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgment.

I make progress every day whether I see it or not.

I care for myself with dignity, love and respect.

I am not alone.

I am capable.

