



WAYNE COUNTY DEPARTMENT OF AGING & YOUTH CAREGIVER SUPPORT GROUP

Monthly Meeting: September 13, 2023

Creator: Evonne D. Pomerantz



TODAY'S MEETING AGENDA

- Wayne County Department of Aging & Youth Mission Statement
 - Sharing Success
 - Addressing 3 recent concerns from fellow Caregivers
 - Preventing Readmission
 - Preventing Pressure Ulcers
 - Helping after a Heart Attack
 - 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!

Success is No Accident

Success is Not Final, Failure is Not Fatal: it is the Courage to Continue that Counts

Don't Count the Days, Make the Days Count

Don't Wait for Opportunity, Create it

When You Feel Like Quitting, Remember Why You Started

The Real Risk is Doing Nothing



Robert Collier

BrainyQuote

3 RECENT CONCERNS FROM FELLOW CAREGIVERS

Recently I have received a few emails from fellow caregivers who are not able to make our Zoom meetings, but have been following the monthly PowerPoints that we post on our agency website.

Today we are going to address their questions which are:

1. Preventing Readmission
2. Preventing Pressure Ulcers
3. Helping after a Heart Attack

PREVENTING READMISSION

Many families enlist home care services for a loved one to prevent them from going to the hospital. Successful readmission prevention means:

- Ensure Adequate Coverage-Know when family may not be enough. Recognize when it might be time for a CAN, LPN or RN to provide regular Care.
- Improve transitional Care which may include rehabilitative, restorative, or skilled care, physical therapy, nutritional counseling and dietary planning, fall prevention, and more. These services are especially useful to patients with complex or chronic conditions
- Ensure your loved one and “helpers” understand discharge instructions. When patients and those caring for them misunderstand or forget parts of the post-care directions, it greatly increases their risk of being readmitted to the hospital in the near future
- Schedule and attend the follow ups. A recent study in JAMA found patients who followed up in 7 days had a 30-day readmission rate of 12.7%, while patients who waited longer or did not follow up had a readmission rate of 17.5%.

There isn't a silver bullet strategy to eliminate readmissions, but with thorough training, understanding and being proactive you will be on the way to improving your loved ones care and decrease their chances of being readmitted.

PREVENTING PRESSURE ULCERS

Bedsore — also called pressure ulcer and decubitus ulcer — are injuries to skin and underlying tissue resulting from prolonged pressure on the skin. Bedsore most often develop on skin that covers bony areas of the body, such as the heels, ankles, hips and tailbone. Bedsore can develop over hours or days. Most sores heal with treatment, but some never heal completely. You can take steps to help prevent bedsore and help them heal.

Warning signs are unusual changes in skin color or texture, swelling, pus-like draining, area of skin that feels cooler or warmer to the touch than other areas, tender areas

PREVENTION:

- Shift weight frequently
- Look into specialty wheelchairs that allow you to tilt in order to relieve pressure
- Select cushions and mattress that helps relieve pressure
- Adjust elevation of the bed
- Keep skin clean and dry
- Protect skin by using barrier creams, changing bedding and clothing frequently and avoiding buttons, zippers or material that irritates skin
- Inspect skin daily for warning signs before they become a problem.

HELPING AFTER A HEART ATTACK

There are actually three great steps to reference to when wanting to help somebody who has suffered a heart attack:

1. Provide emotional support. It can be an emotional burden for the person to go through a major life event. They had to go through the suffering of having an acute heart attack, some may undergo open heart surgery or a stenting procedure and then become hospitalized.
2. Engage with them about medication. After a heart attack, there are many necessary medications, and they may not have access to resources to obtain them. It is essential that the support system makes sure they have the resources to get those medications. Talk with a case manager before leaving the hospital and to have ongoing discussions with the cardiologist during follow-up appointments to ensure accessibility. Lastly, check in often to make sure they have not quit the medications.
3. Partner with them in lifestyle change. Their lifestyle has to change because something was not right before. Making a change with them such as quitting smoking, changing diet, incorporating exercise and managing stress, can encourage them. Be the example for the patient.

OPEN FLOOR



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: October 11, 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!

Contact: (315) 946-5624 M-F 8-4pm

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.

