

Wayne County Department of Aging & Youth Caregiver Support Group

Monthly Meeting: March 8, 2023

Facilitator: Evonne D. Pomerantz

Today's Meeting Agenda

- ▶ Wayne County Department of Aging & Youth Mission Statement
 - ▶ Sharing Success
 - ▶ Powerful Tools For Caregivers
 - ▶ What is It?
 - ▶ When?
 - ▶ Why?
 - ▶ 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!

To put into perspective success here are synonyms for Succeed:

- ▶ accomplish
- ▶ achieve
- ▶ benefit
- ▶ flourish
- ▶ gain
- ▶ get
- ▶ overcome
- ▶ prevail
- ▶ prosper
- ▶ realize
- ▶ thrive
- ▶ triumph
- ▶ win
- ▶ acquire
- ▶ arrive
- ▶ complete
- ▶ conquer
- ▶ earn
- ▶ fulfill
- ▶ hit
- ▶ obtain
- ▶ outwit
- ▶ possess
- ▶ reap
- ▶ receive
- ▶ recover
- ▶ score
- ▶ secure
- ▶ surmount
- ▶ vanquish
- ▶ work
- ▶ be successful
- ▶ carry off
- ▶ do the trick

Powerful Tools For Caregivers

Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as problems. They often feel they have no control over events, and that feeling of powerlessness has a significant negative impact on caregivers' physical and emotional health.

In the years since the program began, extensive research, evaluation and revision has been done to ensure its continued value and success. The class has been shown to have a positive impact on caregiver health for a diverse group of caregivers including:

- ▶ Spouses/partners
- ▶ Diverse ethnic communities
- ▶ Adult children of aging parents
- ▶ Caregivers of children with special health and behavioral needs
- ▶ Caregivers in both rural and urban communities
- ▶ Spanish and Korean speaking caregivers

What is It?

Powerful Tools for Caregivers is a row of six, 2-hour long, classes to help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role.

By taking care of your own health and well-being, you become a better caregiver. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources. The class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings
- Locate Helpful Resources
- Make Tough Decisions

When Are They?

Department of Aging & Youth is offering the next class:

Dates: Thursdays, April 13 - May 18, 2023

Times: 9:30–11:30 AM

Location: Wayne County Department of Aging & Youth
1519 Nye Rd , Suite 300 Lyons, New York 14489

To Register Call: 315-946-5624

You can also visit the following website to locate a class that works best for you, your schedule and location:

<https://www.powerfultoolsforcaregivers.org/what-we-do/>

WHY

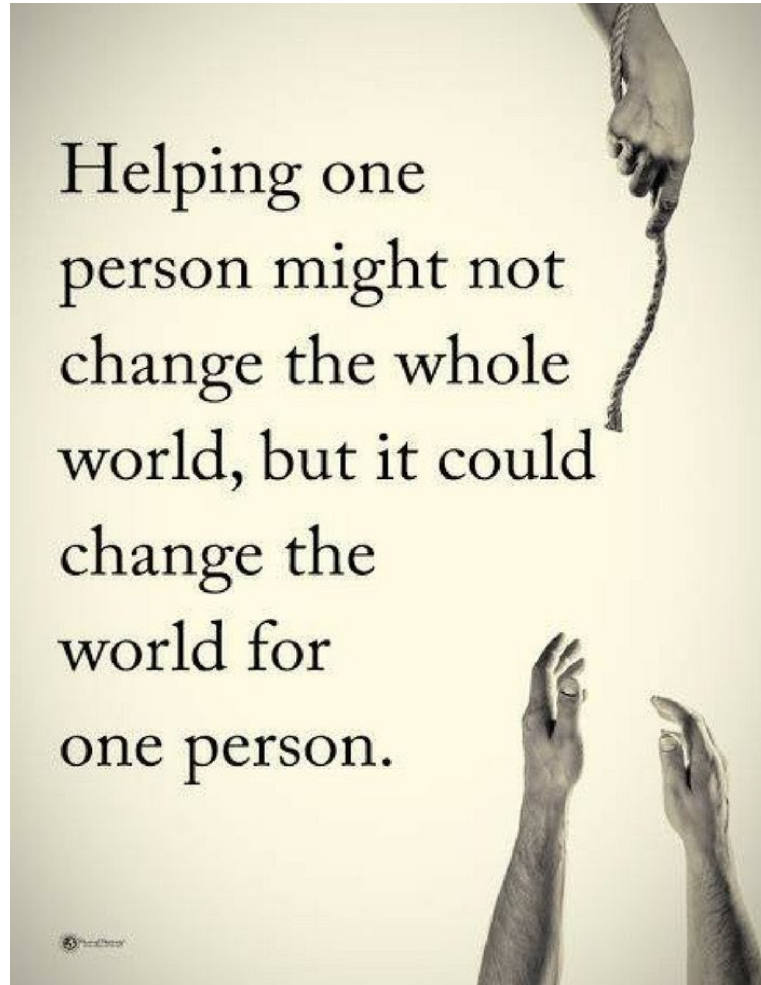
PICTURE THIS: On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Not taking care of yourself may be a lifelong pattern, with taking care of others as an easier option. As a caregiver you must ask yourself “What good will I be to the person I care for if I become ill? If I die?” Breaking old patterns and overcoming obstacles is not an easy proposition, but it can be done, regardless of your age or situation.

The first task in removing personal barriers to self-care is to identify what is in your way. For example:

- Do you think you are being selfish if you put your needs first?
- Is it frightening to think of your own needs? What is the fear about?
- Do you have trouble asking for what you need? Do you feel inadequate if you ask for help?
- Do you feel you have to prove that you are worthy of the care recipient’s affection? Do you do too much as a result?

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: April 12, 2023

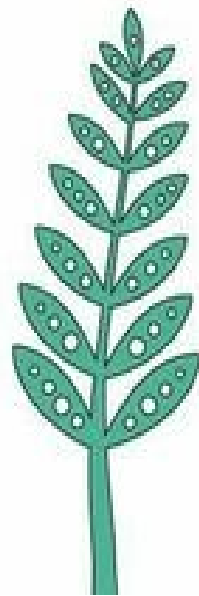
Time: 12:30-1:30pm

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

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.