



## Family Caregiver Support Program Newsletter

Winter 2012 Issue XXVI

### Caregiver's Care Line

#### Inside this issue:

**Spectrum Generations Family Caregiver Program is happy to announce the kick off of its new Caregiver's Care Line.**

Often times, caregivers are unable to leave their care recipients at home and become isolated and depressed as a result. The Caregiver's Care Line is an opportunity for these caregivers to receive much needed support by phone.

Our Family Caregiver Specialists have been working closely with a group of ten caregiver volunteers who are qualified to provide needed phone support to other caregivers in the community.

If a person is interested in this free, confidential service, they should call Spectrum Generations Family Caregiver Program at 623-0764 ext 139. After hearing their story, the Family Caregiver Specialist will carefully decide which of our caregiver volunteers might be a comfortable match for the caregiver. A first name and last initial as well as phone number will be given to the caregiver volunteer, and the connection will be made.

It is simple, it's free and we hope that the support really makes a difference to those that we serve.

#### FAMILY CAREGIVER EDUCATION & SUPPORT GROUPS

**PITTSFIELD** ~Sebasticook Valley Hospital ~ 1st Friday ~1-2 pm

**HALLOWELL** ~ Cohen Center~ 2nd Tuesday ~12-1:00 pm

**ROCKLAND** ~ SG Knox Resource Center ~2nd Wednesday~12-1:00 pm

**DAMARISCOTTA** ~ Coastal Community Center~2nd Thursday~1-2:00pm

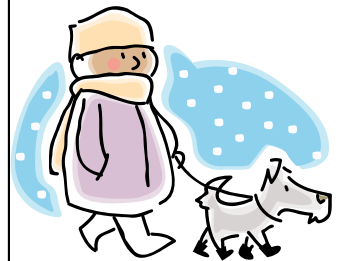
**WATERVILLE** ~ Muskie Center ~3rd Wednesday ~12-1:00 pm

**SKOWHEGAN** ~ Federated Church~ Tewksbury Hall~4th Tues.~12-1 pm

**BELFAST**~Waldo Home Health and Hospice~ 1st Thursday~12-1 pm

**BRUNSWICK**~ First Parish Pilgrim House~729-7331~Every Mon.~ 2-3pm

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Snowflakes are one of nature's most fragile things, but just look what they do when they stick together.

- Verna M. Kelly

## Have you heard.....

### About Care Managers?

By Kristin Overton,

Spectrum Generations Help at Home Program

A Geriatric Care Manager is a professional who knows how to assist families and seniors with:

- Communicating with family near or far away,
- Helping make sense of the situation and offering solutions to make it manageable again,
- Providing consultations to help prepare for the unexpected,
- Determining what care is needed to keep your loved one living independently,
- Reviewing the living arrangements for safety and making recommendations for improvement,
- Performing a benefits eligibility check,
- Coordinating care when multiple agencies, doctors, and professionals are involved,
- Acting as a go-between when there are differing family views,
- Determining options for care,
- Ensuring there isn't duplicative care,

Geriatric Care Managers provide this service for a fee which can vary from \$60-120/ hour depending on the Care Manager and their location in the state. While this is not an inexpensive option, it can be well worth the investment when you are out of energy, time, or the emotional ability to cope with the changes you and your loved one are facing. If you'd like more, no-strings attached information about Spectrum Generations Care Management program and whether we are the right Care Manager for you, please contact Pat Greenleaf at 623-0764 x 102.

### About Adult DayBreak (ADB) Programs?

By Ashley Hoffman, Waldo County

Adult DayBreak Coordinator

Adult Day Programs can make a huge difference in people's lives! Have you ever thought that your loved one is lonely, or could use some companionship? If so, ADB could be a great option for your family.

Spectrum Generations offers four Adult Day Break Programs in Central Maine: one in Waterville, Hallowell, Belfast and Skowhegan. Adult Day programs can be beneficial because they provide socialization and care as well as activities such as bingo, musical entertainment, games and meals for all or part of the day.

These services enable a caregiver to take a break from their responsibilities to their loved one and take care of themselves. This is a very important part of balancing caregiving duties with other responsibilities.

If you are interested in learning more about Adult Day Programs at Spectrum Generations, please call 1-800-639-1553. Financial assistance may be available.



# **Are you caring for a family member with dementia?**

**12 hour training program for family caregivers of people with dementia.**

**No cost to attend.**

**The Savvy Caregiver Training builds:**

- ★ **Attitude:** Develop a sense of confidence in caregiving and learn how to care for yourself.
- ★ **Skills:** Learn to easily interact and communicate with the person, as well as how to manage challenging behaviors.
- ★ **Knowledge:** Learn what dementia is and how it affects the person and their behavior.

**This training is part of a research study and caregivers need to complete a survey before and after the training to evaluate the program.**

**Upcoming trainings include:**

- ★ **The Muskie Center in Waterville beginning March 19 through April 23.**
- ★ **The Southern Midcoast Community Center in Topsham in cooperation with Respite Care, beginning May 7 through June 18th.**
- ★ **Coastal Community Center: Damariscotta beginning July 9 through August 13th.**

**All trainings are held on Mondays from 1-3pm.**

**Please call 1-800-282-0764 ext 139  
to register or for more information.**





Phone: 1-800-282-0764 ext. 139  
TTY: 1-800-464-8703  
E-mail:  
ecrawford@spectrumgenerations.org

We're on the web at  
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## Living with Intention

Intention has some of the qualities of an agenda or goal, but with a broader lens and deeper well. It's about living more by being than by doing.

Living each day with intention is to depart from that mindless way of simply doing what we've always done. It's to have a clear vision or mindset toward a new and more positive way of being or feeling and then to think, act and (most importantly) to believe that this is how it will be, or even how it can be right now.

Remember: Your mind believes what you tell it.

By the Mayo Clinic Staff