

# Caregiver Assistance News

*"Caring for You - Caring for Others"*

**Area Agency on Aging District 7, Inc.**

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, Scioto and Vinton Counties in Ohio*

**www.aaa7.org** **Helping You Age Better!**



**FEBRUARY 2017**

## Transferring Safely

If you have to help the person in your care move from place to place, be sure to: a) use the same procedure for all transfers so a routine is set up, and b) learn how to control and balance your own body. Following these important steps, you can safely control and move another person.

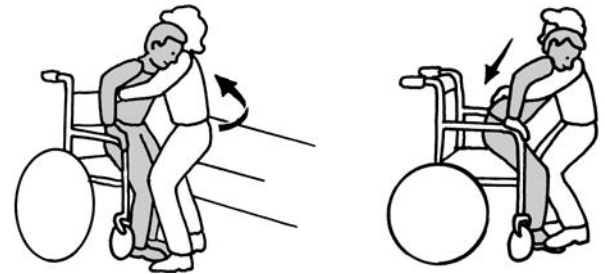
Using the wrong technique when moving a person is one of the chief causes of back strain. Back strain and back problems are common complaints among family and professional caregivers.

To reduce the risk of injury to yourself or the person in your care, you should seek training from a physical therapist. A therapist will help correct mistakes you make and can take into account special problems. To determine the best procedure for you to use, the therapist will consider the physical condition of the person in your care and the furniture and room arrangements in the home.

### Moving a Person

When you move someone—either in bed or out of bed—remember these tips:

- Plan the move and know what you can and cannot do.
- Let the person do as much work as they are capable of.
- Avoid letting the person put their arms around your neck or grab you.
- Use a transfer belt to balance and support the person.
- Place transfer surfaces (wheelchair and bed) close together.
- Check the wheelchair position, that the brakes are locked, and armrests and footrests swung out of the way.
- Let the person look to the place where they are being transferred.
- If the person is able, place their hands on the bed or chair so that they can assist in the movement. If the person has had a stroke or is afraid, have them clasp their hands close to their chest.
- Ask the person to push rather than pull on the bed rails, the chair, or you.
- Work at the person's level and speed, and check for pain.
- Avoid sudden jerking motions.
- Never pull on the person's arms or shoulders.
- Have the person wear shoes with good treads or sturdy slippers.



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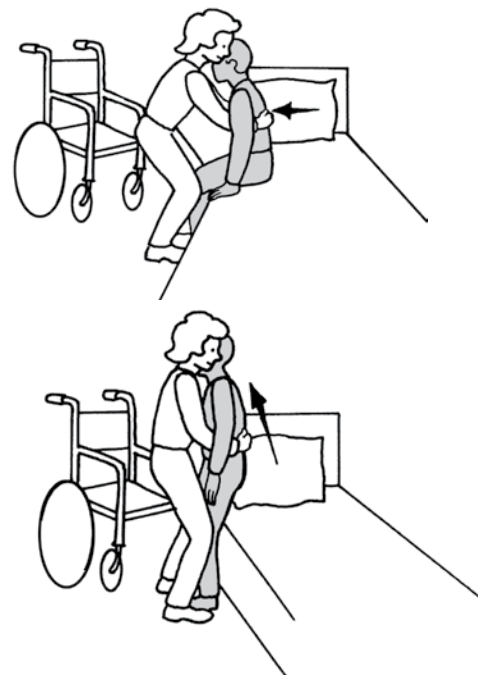


## Transferring Safely...continued from Page 1

### Helpful Caregiver Advice for Moving a Person

These pointers are for the caregiver only.

1. Tell the person what you are going to do.  
Before starting a move, count with the person, "1-2-3."
2. To feel in control, get close to the person you are lifting.  
While lifting, keep your back in a neutral position (arched normally, not stiff), knees bent, weight balanced on both feet. Tighten your stomach and back muscles to maintain a correct support position.
  - Use your arms to support the person.
  - Let your legs do the lifting.
3. Pivot (turn on one foot) instead of twisting your body.  
Breathe deeply.  
Keep your shoulders relaxed.



When a lot of assistance is needed with transfers, tie a strong belt or a transfer belt around the person's waist and hold it as you complete the transfer.

### Encourage Independence

Let the person assist as they are able. It's okay for the person to stand up partly and sit back down.

### When You Suspect a Broken Bone After a Fall

- If the person cannot move or use the injured limb, keep it from moving. Do not straighten an injured or deformed arm or leg.
- Support the injured part above and below the site of the injury by using folded towels, blankets, pillows, or magazines if the person cooperates.
- If the person is face down, and breathing is adequate, leave the person in the same position.
- Keep the person warm with a blanket and make the person as comfortable as possible.
- Call 911.

alzheimer's  association®

#### Gallia County

A representative from the Alzheimer's Association will be at the Holzer Thaler Building (beside Fruth Pharmacy on Jackson Pike) the third Wednesday of every month from 9:00 am - 2:30 pm . Please call (740) 710-1821 to make an appointment.

#### Jackson County

Lunch and Learn (for Professionals - 1 CEU available) - March 14th from 12 Noon - 1:00 pm at Holzer Medical Center - Jackson. Topic: Effective Communication Strategies. Call (740) 710-1821 to register.

*"One of the best things about the future is that it only comes one day at a time." - Abraham Lincoln*

# TAKING CARE OF YOURSELF

## Funny Fact

People in good spirits let loose as many as 100 to 400 laughs a day. That's the amount of laughter associated with four-year olds. Most adults laugh zero to 50 times a day. Which category are you in?

Incorporate laughter into your day: watch a funny movie, read the comics AND choose to see the funny in life instead of the frustrating!



Source: *Laughter for the Healing Heart: A Discovery Workbook*, Lynn Shaw, MSW

## Don't Fall - Be Safe!

A safe home will have floors with carpeting that is tacked down. Thin pile carpet is easiest to walk on and best for movable assist devices. If possible, avoid carpets with "busy" patterns, install non-skid flooring, or use non-skid floor waxes.



## Turning Over in Bed

It is common for seniors or a person with a disability to have trouble turning over in bed. These tips may help:

- Ask the health care provider if medication may have to be adjusted.
- A satin sheet or piece of satin fabric tucked across the middle of the bed can make it easier for the person to turn over.
- Flannel sheets and heavy blankets can make it more difficult to turn over.



## Are you a current Medicare recipient? The Medicare Prescription Discount may help you!

Call the Area Agency on Aging District 7 (AAA7) today to see if you are eligible to receive benefits that could lower your prescription co-pays, cover all or part of your Medicare Part D monthly premiums, and eliminate the "donut hole" of coverage for your medications.

**1-800-582-7277**

TTY: 711 | e-mail: [info@aaa7.org](mailto:info@aaa7.org)

Serving 10 counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton



## Community Wellness Classes

Chronic Disease Self-Management • Diabetes Self-Management  
A Matter of Balance Falls Prevention • Tools for Caregivers

Contact us to learn more about these FREE classes!

**1-800-582-7277** or  
[info@aaa7.org](mailto:info@aaa7.org)



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## **Safety Tips - *Manage Back Injuries***

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To prevent injuries to yourself, get plenty of rest and maintain:

- Good nutrition
- Physical fitness
- Good body mechanics
- A program for managing stress

### Common Treatments for Caregiver Back Pain

If you do experience back pain:

- Apply a cold ice pack to the injured area for 10 minutes every hour (you can use a bag of frozen vegetables).
- Get short rest periods in a comfortable position.
- Stand with your feet about shoulder width apart and hands on hips, bend backwards.  
Do three to five repetitions several times a day.
- Take short, frequent walks on a level surface.
- Avoid sitting for long periods because sitting is one of the worst healing positions.

