



Upcoming Wellness Programs



Chronic Disease Self-Management in SCIOTO COUNTY

Mondays from February 3rd until March 9th • 1:00 pm - 3:30 pm

Kings Daughters Medical Center, Portsmouth

Diabetes Self-Management in VINTON COUNTY

Wednesdays from February 5th until March 11th • 1:00 pm - 3:00 pm

Vinton Green, McArthur

Chronic Pain Self-Management in PIKE COUNTY

Tuesdays from February 18th until March 24th • 9:00 am - 11:30 am

Bristol Village, Waverly

Chronic Pain Self-Management in ROSS COUNTY

Tuesdays from February 18th until March 24th • 1:30 pm - 4:00 pm

Chillicothe and Ross Public Library - Co-Sponsor

Matter of Balance Falls Management in JACKSON COUNTY

Mondays from March 9th until April 27th • 12 Noon - 2:00 pm

Seton Square, Wellston

Diabetes Self-Management in LAWRENCE COUNTY

Wednesdays from March 11th until April 15th • 1:00 pm - 3:30 pm

Proctor's Landing, Proctorville

Chronic Pain Self-Management in HIGHLAND COUNTY

Thursdays from March 19th until April 23rd • 1:30 pm - 4:00 pm

Highland County Senior Center, Hillsboro

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Our schedule is updated often - log on to our website at www.aaa7.org to see our recent Upcoming Events.

QUICK QUIZ

Caregiver Assistance Newsletter - January 2020

You may find it difficult to imagine that the words “abuse” and “neglect” could be used to describe the way you treat the person in your care—whether they are a relative or client. Most caregivers do their best, but abuse and neglect can happen. Answer True or False to the questions below

- 1. Neglect can be refusing to provide food, medicine and personal care, such as bathing or helping a person with toileting; over-medicating; or withholding eyeglasses, dentures or walking aids. T F*
- 2. Most victims of abuse are women and the most likely targets are older people who have no family or friends nearby and people with disabilities and/or dementia. T F*
- 3. If you can think of difficult behaviors as the person with Alzheimer’s way of communicating what they need and feel or what is upsetting them, you may have an easier time responding calmly. T F*
- 4. One in ten adults over age 60 are abused, neglected or financially exploited. T F*
- 5. What seems like violent behavior may be the way the person with Alzheimer’s is responding to changes in their brain or to events they do not understand. T F*
- 6. Keeping a person from seeing friends or family is not considered emotional abuse. T F*
- 7. Stealing property or tricking a senior into signing documents, such as wills, is not financial abuse if you need the money more than the senior does. T F*
- 8. There is no one to call for help if you suspect elder abuse. T F*
- 9. When a senior with dementia is getting upset, you may feel frightened and tempted to fight back. Try to stay calm and distract the person. T F*
- 10. If a person in your care is using threatening behavior, do not try to restrain the person. T F*

KEY: 1. T 2. T 3. T 4. T 5. T 6. F 7. F 8. F 9. T 10. T