

# 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!**



**AUGUST 2021**

## **Infection Control - Hygiene**

If someone in your household is an older adult or has certain underlying medical conditions, then all family members should act as if they are at increased risk for severe illness from COVID-19. Ways to protect your family members or the people in your care include:

1. Stay home as much as possible.
2. Keep social distance. Stay at least 6 feet (about 2 arm lengths) apart from others.
3. Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
4. Don't touch your eyes, nose, mouth or mask with unclean hands. Clean your hands immediately after touching your face (eyes, nose, mouth) or mask with soap and water or hand sanitizer.
5. Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.
6. Clean frequently touched surfaces and any shared items between use like tables, doorknobs, light switches, countertops, handles, desks, toilets, faucets and sinks with soap and water. Then, use a household cleaner to disinfect (kill germs) the surface. Wear gloves, if possible, when cleaning and disinfecting. Follow the cleaner or disinfectant label directions for use.
7. Create good air flow. Open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.
8. Avoid hugging, kissing, or sharing food or drinks with people at increased risk for severe illness in your household.
9. Don't have visitors unless they need to be in your home (e.g., home health nurse). If you do have visitors, before they enter your home, check yourself and others in your household for symptoms of COVID-19 and ask your visitors to do the same. Let your visitors know if you, or anyone in your home, has been exposed to COVID-19 or is sick with COVID-19. Do not allow any sick or exposed visitors to enter your home. Wear a mask, and ask visitors to wear a mask before entering your home.
10. Avoid having family members at increased risk care for others in their household. If people at increased risk must be the caregiver, those who are being cared for should stay home as much as possible.



*Source: Guidance for Large or Extended Families Living in the Same Home (cdc.gov)*

## Handwashing - Do Better Than a Quick Rinse!

Handwashing is the single most important way to prevent the spread of infectious diseases. If the person in your care has an infection, use a bottle-dispensed antimicrobial soap.



1. Rub your hands for at least 30 seconds (about the time it takes to sing “Happy Birthday” twice) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed.
3. Wash thoroughly— front and back of hands, between fingers, and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel.
6. If you use hand sanitizer, apply it now.

Source: WebMD; Centers for Disease Control

*NOTE: The CDC recommends using alcohol-based hand rubs with 60-95% alcohol in healthcare settings. Unless hands are visibly soiled, an alcohol-based hand rub is preferred over soap and water in most clinical situations due to evidence of better compliance compared to soap and water. Hand rubs are generally less irritating to hands and are effective in the absence of a sink.*

Source: CDC

## Don't Spread Illness!!

- Don't share food or drinks, cups, utensils, or towels with people who are sick.
- Don't forget to replace toothbrushes after everyone recovers. Keep a sick person's toothbrush separate from the rest of your family's.
- Don't let anyone share pillows and blankets with the sick person. They should have their own bedding in their own space in the house. Then, once they recover, wash everything they used.



## HEAP Summer Crisis Program

Eligible households can receive a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases.

*If interested or if you have questions or need an application, contact your county Community Action Agency or the AAA7 Resource Center at 1-800-582-7277.*

# Taking Care of Yourself

## Benefits of Gratitude

Being grateful may not be a science, but it has benefits you can measure:

- *Practicing gratitude regularly can increase happiness.*
- *Writing in a gratitude journal for three weeks can result in better sleep quality and duration, more energy, and more time spent exercising.*
- *Participants who kept gratitude lists were more likely to make progress toward important personal life goals than those who didn't keep a list.*



You can tap into these benefits by consciously expressing gratitude in your life in one or more of these ways:

- *Not down at least three things you are grateful for each day for 21 days.*
- *Write a "gratitude letter" to someone who has influenced your life...and send it!*
- *At least once a week, share humorous observations or incidents from your own life with a friend. Doing this helps you see more humor in your lives, which is something to be grateful for, in and of itself.*

## MemoryCare

Arguing

Instead of arguing about the "truth" with the person in care (especially if the person might be having delusions), accept what they are saying and work with them.

## Free Telephone Caregiver Support Group

**Thursday, August 19th • 1:30 pm - 2:30 pm**

If you are interested in this free support, please contact Vicki Woyan for more details.

**Call: 1-800-582-7277, ext. 215 • E-Mail: [info@aaa7.org](mailto:info@aaa7.org)**



## FREE Wellness Program Coming Up!

Telephone Chronic Pain Self-Management - Starting August 11th!

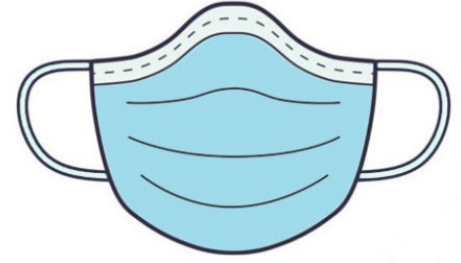
*You must pre-register at 1-800-582-7277 or [info@aaa7.org](mailto:info@aaa7.org).*

*Classes for age 60 and over who live in the following counties: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.*



# **Safety Tips - Masks Protect**

COVID-19 spreads mainly from person to person through respiratory droplets which travel into the air when you cough, sneeze, talk, shout, or sing. People who are near you may breathe these droplets in. Masks are a simple barrier to help prevent your respiratory droplets from reaching others.



You should wear a mask, even if you do not feel sick. It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart. Masks should be worn:

- By people two years of age and older.
- In public settings or on public transportation.
- When you are around people who do not live with you, including inside your home or inside someone else's home.
- Inside your home if someone you live with is feeling sick with COVID-19 or has tested positive for COVID-19.

Note: Children under age two, those with health conditions that cause trouble breathing, and individuals who can't remove a face mask without help should not wear a mask.

Source: CDC

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*Some content in this publication is excerpted from The Comfort of Home: Caregivers Series. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.*



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Facebook: [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7)

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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs.

The Agency can also be reached via e-mail at [info@aaa7.org](mailto:info@aaa7.org).