

November is National Caregiver Month

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National Family Caregiver Month is celebrated each year in November and is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.



Along with the Administration for Community Living and the Caregiver Action Network, we address the new realities family caregivers face with their loved ones during these uncertain times as we navigate through the current pandemic.

Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all of that was before COVID-19. The pandemic brings even more challenges as family caregivers handle "Caregiving in Crisis". With the stress and anxiety around COVID-19, it is important that caregivers are taking care of themselves. Read over these "10 Tips for Family Caregivers" from the Caregiver Action Network:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work, so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up-to-date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

The Area Agency on Aging District 7 (AAA7) would like to thank all family caregivers for the selfless acts you do each day. We encourage you to make caregiving for yourself a priority as a caregiver. Join us for one of our monthly Telephone Caregiver Support Groups for further help and assistance and a time to share and gain support from other caregivers. Calls take place the third Thursday of every month from 1:30 pm until 2:30 pm. In addition, the AAA7 is also looking to offer its "Powerful Tools for Caregivers" class online. The class provides support for caregivers, information about community resources, ideas to relieve stress, and ways to improve communication with healthcare providers. To register or learn more about either opportunity, please call 1-800-582-7277 or e-mail info@aaa7.org.

QUICK QUIZ

Draw a fire escape plan on paper and plan the escape around the person's capabilities. If you have practiced escape routes, your memory and instinct will help you move in the right direction. Answer True or False to the questions below.

1. *If you wake up to a fire it may be hard to see through the smoke. T F*
2. *Cook only with equipment intended for cooking, and heat your home only with equipment designed for heating. T F*
3. *If you see or smell smoke or sparks coming from any electrical appliance or outlet, shut off the main circuit breaker and call an electrician at once. T F*
4. *Smoke inhalation is the primary cause of fatality in fire-related deaths. In the majority of cases, the victims are asleep when the smoke enters their lungs. T F*
5. *During winter, anyone who wanders outdoors is at risk of hypothermia, a condition when the body temperature falls to below 95° F. T F*
6. *It is okay to allow smoking near an oxygen tank. T F*
7. *Most kitchen fires occur when cooking food is left unattended. T F*
8. *Older adults do not have a greater risk of dying in a fire than the U.S. population as a whole. T F*
9. *A fire's temperature can be 100 degrees at the floor and over 600 degrees at the ceiling. The room gets so hot that everything in it catches on fire at once. T F*
10. *Smoke alarms are very useful in detecting a fire in its early stages, allowing you adequate warning to evacuate before inhaling harmful gases. T F*

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