

The Resource Roadmap

Long Road Ahead? Stop for Fuel!

Using the Roadmap

This roadmap provides an overview of Education programs provided by Salt Lake County Aging Services.

- Education programs may be adapted and arranged in-house for individual groups by calling the phone number at the top of each catalog page.
- Classes are offered to the public throughout Salt Lake County at various locations and times.
- Current printed Roadmaps may be obtained by calling: **(801) 468-2480**
- Education programs listed in the Resource Roadmap are ***free of charge***. Individuals from other counties may attend these classes at no charge, but additional services need to be arranged through the Area Agency on Aging located in their county of residence.

Programs and services may change or update periodically to comply with state or national standards and guidelines.

Caregiver Support Education Programs and Services

(801) 468 - 3480

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Healthy Aging Education Programs

(801) 468 - 2772

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4-Part Caregiver Support Series

Call Caregiver Support at (801) 468 - 3480

4-Part Caregiver Support Series

Finding Resources

Find out about caregiver resources in Salt Lake County, Utah and through the U.S. Learn who to call, who pays, and what support is available. (1 hour session)

Managing Stress

Caregiving is a stressful full time job. It is essential to develop plans, find support and identify workable stress relievers to turn the caregiving experience into a manageable job. (1 hour session)

Coping with Dementia

Dementia is not a “normal” part of the aging process. Education, support and specific communication skills are often the key to a successful caregiving experience. (1 hour session)

Living Independent Longer

Falls account for five billion dollars in hospital bills each year. Exploitation is on the rise. Dad has just given up his driver’s license. Discuss options for keeping our frail seniors at home and independent. (1 hour session)

Note:

These four classes may be attended as a series or as individual sessions. Time limits and material depth can also be adjusted to meet the needs of the scheduling group.



“Just in Case”

Caregiver Support at (801) 468 - 3480

“Just in Case” – Emergency Preparation for Seniors and their Caregivers

Session One: Preparing for Utah Disasters

This national course identifies and discusses the types of disasters we may face in Utah. We review an emergency kit and provide information from FEMA and the Red Cross about sheltering in place, building emergency kits to last from three to seven days, and stocking those kits with items specific for caregivers and the seniors they support, such as extra medications, oxygen supplies, manual wheel chairs, and personal needs. (1.5 hour session)

What Should Be In My Kit?

We provide lists and recommendations by FEMA, the Red Cross and local agencies. We also provide purchase sheets that show where items can be purchased in the Salt Lake County area and at what cost. Most items can be found in the home and purchases are not necessary.

Session Two: Checking the Kits

Each participant brings back their lists and discusses their state of preparation. They are given a few free items to go in their kits to encourage them to continue to be prepared. Session two lasts 30 minutes to one hour depending on the size of the group.

Note:

This course is taught by both Caregiver Support and Healthy Aging Programs. If the audience is predominately caregivers or couples call 468-3480 to set up the course. If the audience is not caregiver related please call Healthy Aging at 468-2772.



Powerful Tools for Caregivers

Call Caregiver Support at (801) 468 - 3480

Powerful Tools for Caregivers

Taking Care of You

Living a fulfilling life while caring for others, understanding the role of the caregiver, and learning to plan ahead. We also discuss and identify personal stressors, causes and warning signs, and finding workable methods to reduce stress. (2 hour session)

Communicating Needs / Concerns

Communication styles, the use of “I” and “U” messages, are essential to making caregiving work for all parties involved. Learn how to handle emotionally charged conversations using DESC and Aikido communication styles. (2 hour session)

Learning From Our Emotions

Strong emotions come with long term caregiving. Discuss anger, depression, and guilt and their challenges. (2 hour session)

Mastering Caregiving Decisions

How do you get everyone involved? Holding Family Meetings, negotiating, making tough decisions, setting goals. (2 hour session)

Note:

These sessions, purchased and managed through Legacy Healthcare, are most effective when attended as a series. Time limits and material depth can also be adjusted to meet the needs of privately scheduled groups.



One Hour Presentations

Call Caregiver Support at (801) 468 - 3480

One Hour Presentations for Caregivers

Aging Services Caregiver Resources Overview

Program guidelines, resources available, who pays, waiting lists, courses, support groups and materials. Learn what the case managers and trainers can do to support your family while experiencing the role of a caregiver.

Caregiver Burnout

Emotional overload manifests itself in two ways, burnout (outward) and depression (inward). Learn to identify the warning signs and triggers for your stress and get help before it becomes burnout.

Caregiving on a Budget

Sometimes it's not about the money, but all about how wisely the money is spread around. Pooling resources and finding just the right purchased services make the caregiving experience more manageable.

Communication and Dementia

Communication techniques used with individuals whose conditions may lead to aggressive or difficult responses or behaviors. Learn to communicate backwards for forward moving results.

Finding Balance: Work and Caregiving

A working caregiver has specific needs and adjustments to make. Caregiving itself is a full time job. Find the right support network. Communicate needs to management and Human Resources to negotiate a flexible work plan.

If Guilt were a Trip I'd be a Frequent Flyer

Guilt, grieving and loss seem to be main staples in the caregiving diet. Validate the need for emotions in caregiving and work to set them aside to solve daily tasks and conflicts.

Long Distance Caregiving

Living a long way from aging family members can be stressful and difficult. What do you ask the doctor? How do you determine if dementia is setting it? How do you keep in touch with the neighbors? How do you participate from so far away? What can you do?

Managing Milestones

Facing the future while coping with a difficult diagnosis, such as dementia, figuring out where to start and what aid is available.



Books and Materials

Call Caregiver Support at (801) 468 - 3480

Books and Materials for Caregivers

Books, booklets and handouts on a number of important caregiving topics can be picked up or mailed from Caregiver Support located at 2001 S. State Street, S-1500. Donations are appreciated. Some of the books and materials available include:

55 Plus Senior Resource Directory

A Salt Lake County Aging Services resource directory for senior needs and resources. This book is also available on-line at www.55plusbook.org.

Aging in Stride

Plan ahead, stay connected and keep moving. This book contains worksheets, building blocks and information on all steps of the aging process. Christine Himes, et. al.

The Comfort of Home

This book is a guide for caregivers serving individuals who have dementia and Alzheimer's. Covers understanding the disease, coping with behavioral symptoms and tips on coping with caregiver burnout. Maria Meyer, Mary Mittleman, Cynthia Epstein, and Paula Derr.

Caring for a Person with memory Loss and Confusion

A mini-guide for the basics of home safety, communication, tasks, bathing, meal times and behaviors. Journeyworks.

Caregiver Support Monthly Newsletter

Staying in touch with what is available is essential to caregiving. The newsletter covers general caregiving topics, event and class schedules, support groups and other resources that exist in Salt Lake County.

Long Distance Caregiving

This booklet from the National Institute on Aging answers the top twenty questions for long distance caregivers.

See our website for more information and resources:

www.aging.slco.org/caregiversupport/



One-on-One Attention

Call Caregiver Support at (801) 468 - 3480

One-on-One Attention for Caregivers

Intakes

Are you the primary caregiver for an adult 60 or older? Do they need help with at least 2 activities of daily living skills? If so, call in and let the Caregiver Support Program help you assess your caregiving situation and determine what programs and services are available. Intakes can be done over the phone and take approximately 30 to 40 minutes to complete.

Consults

Qualified case managers meet with you and your family to map out your caregiving needs. They provide information and options to make the caregiving experience more manageable

Discharge Planning

When our Caregiver Support services have been completed and it is time for you to transition back to self care and / or private pay. Let us help you make sure the transition goes smoothly.

Family Meetings

Sometimes a family needs a qualified case manager to negotiate a family plan that works. We can provide family meeting handouts and worksheets or come into the home and actually help negotiate a family meeting.



Support Groups

Call Caregiver Support at (801) 468 - 3480

Support Group Luncheons for Caregivers

East Side Adult Children's Luncheon Group

Call Cynthia at 468-2489 for location and details.

Designed for adult children caring for their parents or other family care receivers. The lunch meetings are held on the East side of Salt Lake County. This group is held the 3rd Wednesday of each month, 11:30 am to 1:00 pm. Lunch is paid for by the participant.

West Side Adult Children's Luncheon Group

Call Christine at 468-2488 for location and details.

Designed for adult children caring for their parents or other family care receivers. The lunch meetings are held on the West side of Salt Lake County. This group is held the last Thursday of each month, 11:30 am to 1:00 pm. Lunch is paid for by the participant. Call Christine at 468-2488 for location and details.

Women's Luncheon Group

Call Kathy at (801) 468-3480 for location and details.

Designed for women caring for their husbands. This support group is held the 3rd Monday of each month during the lunch hour, 11:30 am to 1:00 pm. Lunch is paid for by the participant.

Men's Luncheon Group

Call Kathy at (801) 468-3480 for location and details.

Designed for men caring for wives or other family members. This support group is held the 3rd Tuesday of each month during the lunch hour, 11:30 am to 1:00 pm. Lunch is paid for by the participant.



Caregiver Websites

Call Caregiver Support at (801) 468 - 3480

Caregiver Websites

www.aging.slco.org

Salt Lake County Aging Services offers many programs and services. You may also call us at (801)468-2480.

www.aging.slco.org/caregiversupport/

Salt Lake County Caregiver Support Program calendar of events and services. Call us at (801)468-2460.

www.slco.org/calendar

Salt Lake County Events calendar (choose Senior Events)

www.aoa.gov

Dept. of Health and Human Services, Administration on Aging website.

www.eldercare.gov

Eldercare locator website—connects elders and their caregivers to services across the United States. You may also call toll free at 1-800-677-1116.

www.hs.utah.gov/service_elderly.htm

Utah Dept. of Human Services website. Locate elderly and caregiver services state-wide.

www.caringinfo.org

National Hospice and Palliative Care Organization website.

www.caregiverevents.utah.gov

Caregiver events calendar for the Utah Caregivers Coalition.

www.va.gov

United States Department of Veterans Affairs (select Utah).

Healthy Living Series

Call Healthy Aging at (801) 468 - 2772



Healthy Living Series



Living Well With Chronic Conditions Program

This program is designed to help those with chronic health conditions learn how to self manage their illness in order to live a happy and fulfilling life. Topics include: 1) dealing with difficult emotions, 2) exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) how to evaluate new treatments. Free book and relaxation CD included. **Time Frame:** Six week program, once a week for two hours.



Healthy Eating Program

This program teaches proper food intake through management of dietary patterns, self-assessments, strategies for changing behavior, and overall nutrition education. Emphasis is on heart and bone health. **Time Frame:** Program runs for six weeks, once a week for two hours.



Health Literacy Program

This program is designed to educate seniors to better navigate the healthcare system by learning how to better communicate with doctors, understand medical terms, use medications properly, and understand the world of health insurance. **Time Frame:** Program runs for three weeks, once a week for two hours.



Arthritis & Exercise Program

This program's focus is to initiate exercise programs for older adults living with arthritis. Healthy Aging will offer classes intended to teach arthritis sufferers how to incorporate an exercise routine into their daily living. **Time Frame:** On going course, join at any time.



One Hour Presentations

Call Healthy Aging at (801) 468 - 2772

One Hour Presentations

Achy Back? (Pain Management)

Pain is the body's method of indicating something is wrong. Come learn how to better recognize the source of pain, increase your personal management of pain, and learn methods for pain reduction.

Aging Relationships

Staying connected and maintaining close personal relationships is a vital part of our physical, mental, and emotional health. Researchers are beginning to better understand how some of life's closest relationships impact personal health. In this class we will learn to better understand the connection between these relationships and the changes that come with age.

The Invisible Epidemic

Could you be abusing your medications and not know it? How much alcohol do you consume in one day? This presentation discusses the invisible epidemic of substance abuse among older adults. Learn to recognize the signs and how to react to them.

Understanding Chronic Conditions

Want to learn more about a chronic condition? Classes on specific health conditions can be taught at your convenience. Class topics include: arthritis, asthma, diabetes, cancer, vision, and heart disease. These classes include an introduction to the disease and what you can do to manage the disease.

Do You Know Your Cholesterol Score?

Control your cholesterol- so it doesn't control you. It's normal to have cholesterol but too much cholesterol in the blood is a major risk for coronary heart disease or a stroke. This class will teach what cholesterol is and how to monitor it.

Fall Prevention

Increased falls among seniors are becoming a medical and money ordeal. In an effort to decrease the frequency of falls we will discuss the body's need for physical exercises. Learn helpful tips, reminders, and how you can reduce your falling risk.



One Hour Presentations

Call Healthy Aging at (801) 468 - 2772

One Hour Presentations Continued

Feeling a Little Down?

Feeling a little down in the dumps? Older adults can have down days, too. Learn how to recognize the symptoms of depression, what action to take towards it, and how to use the humor antidote.

Building a Family Health History

Have you ever wondered how your genes affect your health? Come participate in this health history class and even get started creating your own family health history as we explore this fascinating subject of genomics. You won't want to miss this one!

Health Bingo

Back by popular demand! Health Bingo is sure to be as much fun as it is educational. Come freshen up on your personal health knowledge, safety skills, and have fun!

He Who Laughs Last Lives Best

Humor helps the body heal and can help us through life's difficult situations. In this class we discuss research on humor and physical health and discuss practical ways to use humor to improve our health. This is not a stand up comedy routine, though we will have fun and laugh some.

Just in Case—Emergency Preparation for Seniors

You will gain a basic knowledge of the risks in your particular community, gather emergency supplies, and make a personal emergency plan. (See Just in Case course information under Caregiver Support above for more details.)

Sleepless Nights

Do you struggle sleeping at night? You're not alone. We will discuss the 'Sleepless American' and how to overcome it. Long, restful, and rejuvenating nights can be yours!

Sharpen Your Senses

We use all five of our senses-sight, hearing, smell, taste, and touch-to perceive and experience the world around us. As we age, these senses can diminish at varying rates. Growing data suggests that certain nutrients may play important roles in keeping your eyes, ears, nose, mouth, and skin in optimal condition. Keep your senses sharp!



One Hour Presentations

Call Healthy Aging at (801) 468 - 2772

One Hour Presentations Continued

Six Dimensions of Wellness

A state of wellness is not defined by just blood pressure and the food pyramid. There are many elements of a balanced and healthy individual. Join us as we discuss the social, vocational, intellectual, physical, emotional, and spiritual dimensions of a healthy person.

Where Did I Put My Memory?

Where did I put my memory? (Alzheimer's Prevention): There is no denying that aging affects aspects of memory. Identifying what is normal and what should be discussed with a doctor is crucial. Discover the benefits of early diagnosis, the warning signs, and strategies to prolong independence and improve quality of life.

Winterize Your Health

The winter months can be hard on your body. Learn how to prepare for those colder days as we discuss doctor check ups, health screenings, immunizations, exercise, and food intake to keep healthy during the long winter months.

Women's Health Issues

Recent research has found dramatic differences related to disease between women and men. This class will focus on gender differences related to disease symptoms and effective treatments as well as the most current information related to heart disease, stroke, breast cancer, osteoporosis, and depression among women.

Healthy Aging Websites

Call Healthy Aging at (801) 468 - 2772

Healthy Aging Websites

www.aging.slco.org/programs/healthyaging.html

Salt Lake County Healthy Aging Program.

www.mypyramid.gov

Food and Nutrition information

www.patienteducation.stanford.edu

Stanford University health promotion

www.arthritis.org

Salt Lake County Aging Services

www.reutershealth.com

Medical and healthcare news

www.ncoa.org

The National Council on Aging

www.icaa.cc

The International Council on Active Aging

www.healthyaging.net

National website on healthy aging

www.who.int

United Nations, World Health Organization

www.cdc.gov

Centers for Disease Control and Prevention.

www.alz.org

National Alzheimer's Organization