

## THE CAREGIVER SUPPORT PROGRAM

## NEWSLETTER

## Not Another Sleepless Night

by Jennifer Buckley

A typical day for a caregiver might include on-the-job stress in the morning, a rush to a doctor's appointment for your mother at lunchtime and battling bottle necked traffic in the evening only to come home and figure out what to cook everyone for dinner. By this time, your muscles feel achy and you crave the comfort and security of your bed, but when it's time to turn in, once again you can't fall asleep. Some caregivers exert enough energy during the day to power a small nuclear submarine, but sleep deprivation is a common problem among a large percentage of caregivers.

You find yourself balancing your checkbook mentally, wondering if your boss actually meant what he said and if the planet is really going to run out of clean drinking water. All the traditional sleep techniques have been exhausted: you drank warm milk, ate a bedtime snack, avoided caffeine and took a hot bath. You may have even tried counting those white puffy ranch animals, but to no avail...another sleepless night.

If common sleep inducing measures don't work for you, it's time to try some unconventional methods. Remember, as with all new ideas, keep an open mind. After all, the name of the game is falling asleep.



- A room with a view. Visualize something peaceful like dancing butterflies.
- Time to exercise. If you can't sleep, tell yourself you have to get up and go running, you'll be asleep in no time.
- Herbal nation. Try one of the many herbal teas that help you relax. They could be a safe and effective alternative to traditional sleeping pills.

Just give at least one of these non-traditional ideas a try. You are a caregiver and the last thing you need is to fight with your pillow another night. If nothing seems to be working for you, consider seeing a doctor. It could be more than just anxious thoughts keeping you from snoozing.

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- March of the toy soldiers. Fill your bathtub ankle deep with cool water and march around in it for a few minutes. it's a proven form of hydrotherapy for sleeplessness.
- You are a poet and you didn't even know it. Start writing a well-constructed poem about life in general, it is a great way to re-focus negative thoughts.
- Maid-service for a night. Get out of bed and remake it with all the military guidelines in effect: hospital corners, exact and even folds and the tightness to make a quarter bounce. Then get back in bed and your mind will feel less chaotic.
- Watch them wiggle. Wiggle your toes- keep wiggling, keep wiggling, keep wiggling, then zzzzzzzzzzzzz.
- Listen to this. download audio with the sounds of nature like water flowing, rain falling and ocean waves rolling onto shore. it's a form of audio therapy and it tends to relax you.

Looking for help?

Washington 2-1-1 connects you to community resources statewide.  
Dial the phone number 2-1-1 or go to [wa211.org](http://wa211.org)



## CSP Team Spotlight: Carla Seyler

From Carla: I am a member of the Coeur d'Alene Tribe and grew up in a town of 110 people.

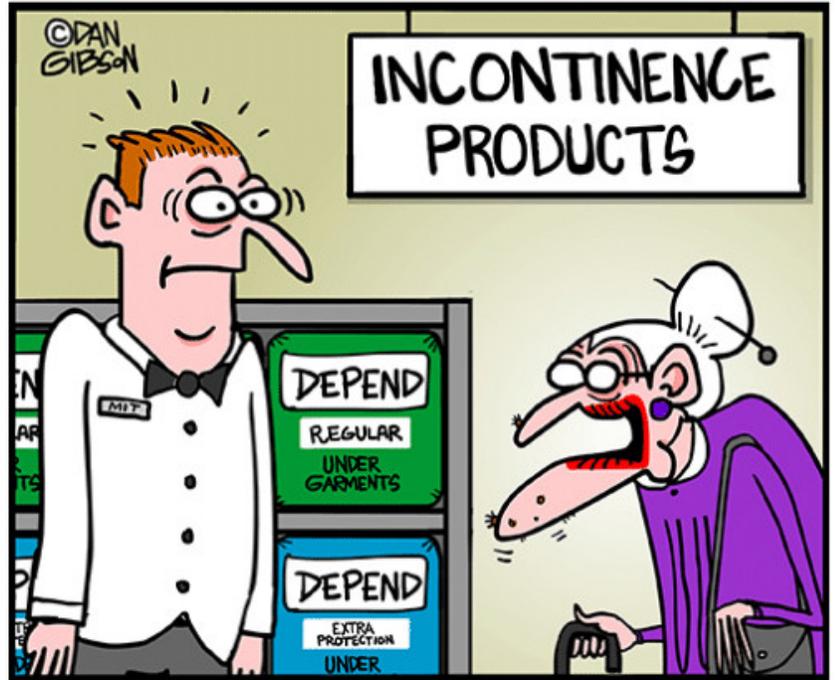
I love baking, cooking and being in water out in the sun. I like trying new things and making new friends. I love stand up comedy and laughing til my gut hurts.

I love the job that I'm doing with FBH and hearing the joy in the voices of my clients when I tell them what we can provide them with to make their lives easier. I'm super thankful for the women that I work with, they make every day in the office fun.



## Cooking Safety Tips

- Unattended cooking is the leading cause of kitchen fires; If you have to leave the room, even for a short period of time, turn off the stove.
- The best time to cook is when you are wide awake, not drowsy from medications or sleep.
- Wear short close fitting or tightly rolled clothes when cooking as loose clothing can catch fire on gas or electric stove elements.
- Keep the stove top and oven clean and free of grease and oil. Keep all flammable material away from heating elements.
- Never use the stove or oven for heating a room.
- Use a timer to check on food while you are cooking
- Make sure all burners and stove are turned off once you are finished.



Gimme the best you've got laddy! It's comedy night at the rest home and I plan on doing a lot of leakin'.

Riddle: What occurs once in a minute, twice in a moment, and never in your life?

## Powerful Tools FOR Caregivers

Caregiving for a family member or friend can be stressful— physically, emotionally, and financially.

Join a workshop for caregivers of adults with chronic conditions to learn about self-care strategies and techniques to increase relaxation and reduce stress.

## STRESS WORKSHOPS

1. Choose your session:

WEDNESDAY  
NOVEMBER 30, 2022  
3 - 4:30 P.M.

5125 N MARKET ST  
SPOKANE, WA 99217

THURSDAY  
DECEMBER 1, 2022  
9 - 10:30 A.M.

5125 N MARKET ST  
SPOKANE, WA 99217

2. Register: 509-458-7450  
Option 2

Class size is limited and registration is required.



# House Fires and Home Safety Tips

According to the National Fire Protection Association (NFPA), adults over 65 have the highest risk of death from fire, and the risk only increases with age. For those 75 and over, the risk is 2.8 times higher than the general population. What's more, many older adults have remained in the same home for an extended period of time, and electrical fires are more common in older homes with aging electrical systems.

To help keep your loved ones out of harm's way, consider the following to ensure a safer living environment:

1. Verify that the home's electrical system is in compliance with the most up to date electrical codes. Contact a licensed electrician to conduct a quick home electrical safety inspection.
  - Check that the circuit breaker panel board is properly labeled. When the power goes out in a specific section of the home, labels serve as a quick way to know which breaker to flip to restore power.
  - Consider installing a circuit breaker (arc-fault circuit interrupter) that can prevent fires by detecting a circuit breakdown and disconnect power before a fire erupts.
  - Wall outlets should include detection devices such as a ground fault circuit interrupter (GFCI), which can detect an imbalance or leakage of electrical currents that can cause lethal shock.
  - Call your electrician if you notice any of the following: frequently blown fuses or tripped circuit breakers; a tingling feeling or slight shock when you touch an appliance; outlets and/or switches that are warm or make crackling, sizzling or buzzing noises; or flickering or dimming lights.
2. Make sure the home is properly lit. Install night lights near stairways, walkways and other areas to ensure they are illuminated to avoid tripping hazards. Lamps should be easily accessible in seating areas and in bedrooms and touch-lamps are especially useful to seniors. Make sure light bulbs are the appropriate wattages for night lights and lamps, and consider using fluorescent bulbs as they consume less energy.
3. Set calendar reminders to routinely check the performance of detection devices. Press the "test" buttons on GFCIs, AFCIs and smoke detectors. You should replace smoke detectors that are more than 10 years old and replace batteries at least once a year.

For people with hearing difficulties, install smoke detectors with flashing strobe lights. Place alarms inside each bedroom, outside of each sleeping area, and on every level of your home.

4. Ensure that outlets and power cords are properly loaded. No more than two appliances should occupy a single outlet as overloaded outlets can easily overheat and start a fire. Also, check electrical cords for signs of damage and never run cords under rugs or carpets or pinch them under furniture, doors or windows.
5. Only use electric products that are certified by Underwriters Laboratories (UL). The "UL" mark indicates that the product has been tested and approved for safety. Be cautious of counterfeit electrical products, which are often sold at deep-discount stores. They may have erroneous UL labels. Look for spelling errors on the product packaging as a red flag that the product may be counterfeit.

*Riddle Answer: The thing that occurs once in a minute, twice in a moment, and never in your life is the letter "m."*

## CAREGIVER SUPPORT GROUP

When: 1st and 3rd Wednesdays of the month

Time: 2 - 3:30 PM

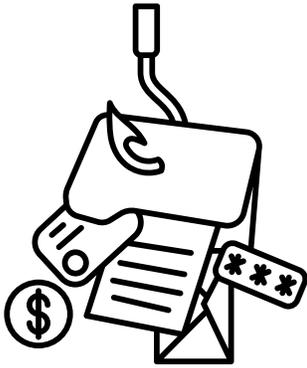
Where: 5125 N. Market Street Spokane, WA 99217

**\*Masks are required.**

For Questions: 509-458-7450 Option 2



**PROTECT  
YOURSELF  
FROM FRAUD  
AND  
IDENTITY  
THEFT**



Join AARP and the Caregiver Support Program in a **FREE virtual workshop** and learn how to spot scams and what to do if you or someone you know falls victim to scammers.

**FREE Identity Theft Workshop**

**When: October 20, 2022 at 3:00 p.m.**

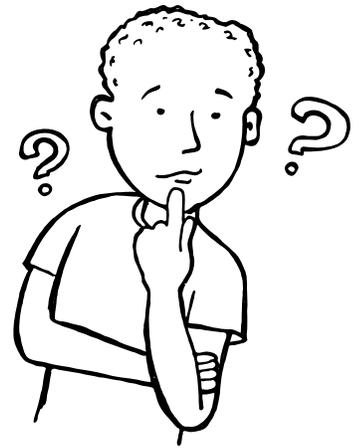
**Where: Zoom.us Meeting ID: 3611772871**

**For Questions and Registration: 509-458-7450 Opt. 2**

# Leaving Your Loved One at Home

You will no doubt have many questions to ponder as you decide upon the prospects of leaving a loved one in the early stages of dementia home alone:

- Will they attempt to go outside?
- Will they hurt themselves?
- Will they need emergency assistance?
- Will they forget that the stove is on?



This difficult question involves you the caregiver, and your loved one, who was once an independent person.

The both of you will usually disagree with the situation, as it is normal for caregivers to feel their loved one cannot be alone, while your loved one believes they are fine and healthy enough to be alone for however long. Asking other family members, healthcare professionals, and other caregivers for advice will go a long way to determining the likelihood of their safety being jeopardized when left alone.

Some important questions to consider in the decision include:

- Are they capable of calling 911 or neighbors if an emergency occurs?
- Can they distinguish friends and family from strangers if they are faced with answering the door or having someone enter the home?
- If they are hungry, can they prepare and eat a meal without your assistance?
- Is it easy for them to use the bathroom without your help, or do they require aid every time? Are there any other plans in place if they are not able to go to the bathroom without your help?
- How does their behavior and temperament change from when you leave to when you return? Do they appear angered or scared at the first sign of you leaving the house?
- In case of emergency are they able to leave the home and seek shelter outside?
- Are they aware of smoke alarms and unusual noises, which may trigger danger, or are they likely to overlook all such noises?
- Are they likely to wander off and get lost?
- Are they routinely experiencing emergencies? Do they suffer from epilepsy, or shortness of breath that may need to be monitored all the time?
- Do they get lonely easily and feel deserted by your absence?
- Can they be destructive at times of stress or sickness and cause damage to themselves and your home in the process?

Depending on your answers to these questions, your decision on the possibility of leaving your loved one home alone should be clearer. If your answers gave you a sense of dissatisfaction, it is in your best interest to find assistance through a family member or home care aide who can stay with them while you are gone. But if the answers to the questions were comforting, you may still be able to leave your loved one alone, although you must regularly check up on their progress to ensure their safety in the future. This is certainly not an easy situation for everyone but understand your own feelings when making the most sensible and safe decision for all involved.

# CAREGIVER SELF-ASSESSMENT QUESTIONNAIRE

## HOW ARE YOU?

Caregivers are often so concerned with caring for their relative's needs that they lose sight of their own well-being. Please take just a moment to answer the following questions. Once you have answered the questions, complete the self-evaluation.

### During the past week or so, I have ...

1. Had trouble keeping my mind on what I was doing .....  Yes  No
2. Felt that I couldn't leave my relative alone .....  Yes  No
3. Had difficulty making decisions .....  Yes  No
4. Felt completely overwhelmed .....  Yes  No
5. Felt useful and needed .....  Yes  No
6. Felt lonely .....  Yes  No
7. Been upset that my relative has changed so much from his/her former self .....  Yes  No
8. Felt a loss of privacy and/or personal time .....  Yes  No
9. Been edgy or irritable .....  Yes  No
10. Had sleep disturbed because of caring for my relative .....  Yes  No
11. Had a crying spell(s) .....  Yes  No
12. Felt strained between work and family responsibilities .....  Yes  No
13. Had back pain .....  Yes  No
14. Felt ill (*headaches, stomach problems or common cold*) .....  Yes  No
15. Been satisfied with the support my family has given me .....  Yes  No
16. Found my relative's living situation to be inconvenient or a barrier to care .....  Yes  No
17. On a scale of 1 to 10, with 1 being "not stressful" to 10 being "extremely stressful," please rate your current level of stress.  
\_\_\_\_\_
18. On a scale of 1 to 10, with 1 being "very healthy" to 10 being "very ill," please rate your current health compared to what it was this time last year. \_\_\_\_\_

### Valuable Resources for Caregivers

Caregiver Support Program.....509-458-7450  
 Community Living Connections .....509-960-7281  
 Home and Community Services  
 And Adult Protective Services.....509-568-3700  
 ALTCEW.....509-458-2509  
 Family Caregiver Alliance.....415-434-3388  
 Suicide and Crisis Hotline.....988

#### Self-evaluation

To determine the score:

1. Reverse score questions 5 and 15.  
(For example, a "No" response should be counted as "Yes" and a "Yes" response should be counted as "No.")
2. Total the number of "yes" responses.

#### To interpret the score

Chances are that you are experiencing a high degree of distress:

- If you answered "Yes" to either or both questions 4 and 11; or
- If your total "Yes" score = 10 or more; or
- If your score on question 17 is 6 or higher; or
- If your score on question 18 is 6 or higher

#### Next steps

- Consider seeing a doctor for a check-up for yourself
- Consider having some relief from caregiving (Discuss with the doctor or a social worker the resources available in your community.)
- Consider joining a support group

# 2022 SENIOR RESOURCE FAIR

**FREE ADMISSION!**

JOIN LOCAL BUSINESSES FROM AROUND THE COMMUNITY IN HELPING SENIORS GET THE RESOURCES THEY NEED.

SEPTEMBER 19, 2022  
10 AM - 2 PM

2426 N DISCOVERY PL  
SPOKANE VALLEY, WA 99216

**HELPING FAMILY AND INFORMAL CAREGIVERS CARE FOR THEIR LOVED ONES**

## CAREGIVER SUPPORT PROGRAM

**WE'RE HERE TO HELP YOU!**



At the Caregiver Support Program our goal is to assist unpaid caregivers in reducing their stress and to help keep loved ones healthy, safe, and at home.

Contact us to enroll and access free and low-cost supports including:

- Respite and In-Home Care
- Medical Supplies
- Counseling & Support Groups
- Home Delivered Meals

**(509) 458-7450 OPTION 2 - CAREGIVERSUPPORT@FBHWA.ORG**

The Caregiver Support Program is a program of Frontier Behavioral Health.  
Funding provided by Aging and Long Term Care of Eastern Washington.