

CAREGiver's Companion

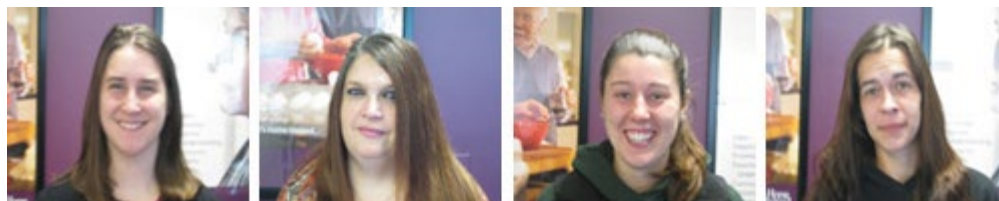
Inspiration for Home Instead CAREGivers



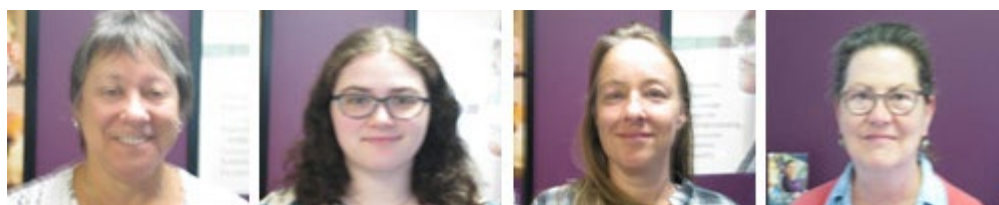
CAREGiver Monthly October 2018

A Warm Welcome to our New CAREGivers!

(names listed from left to right)



Katlyn L. - Cheryl F. - Arlie K. - Alisha B.



Sandra B. - Alta M. - Diane B. - Elaine W.



Amber R.

CAREGiver Appreciation Day
Wednesday October 31st



Stop by the office on Halloween for some Tricks or Treats if you dare.

Wear a costume and you could win a prize.

Stop by any time between 9:00am and 4:00pm

Kids Welcome

Happy Haunting

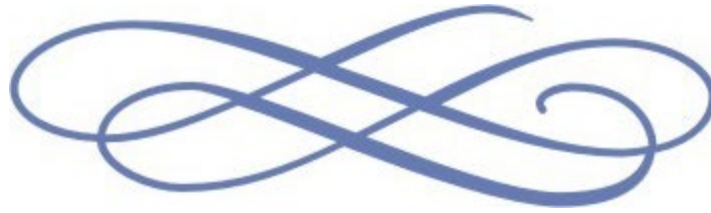


CAREGivers Celebrating their Birthdays!

October 15 Audra S.
October 16 Selena H.
October 20 Elizabeth D.
October 20 Angela O.
November 1 Sharon H.
November 7 Courtney S.
November 10 Tina J.
November 12 Megan E.
November 13 Barbara K.
November 15 Sherry C.
November 17 Alana C.
November 22 Colleen W.
November 24 Michele C.

November 27 Cheryl L.
November 30 Kathy M.

October Training Schedule



Monday, October 22nd

Hospice Training: 10:00am-1:00pm

Tuesday, October 23rd

ALZ/Dementia 1:30pm – 5:00pm

Wednesday, October 24th

PCA Training 9:00am – 4:00pm

Thursday, October 25th

PCA Training 9:00am-4:00pm

Tuesday, October 30th

ALZ/Dementia 1:30pm-5:00pm

Wednesday, October 31st

PCA Training 9:00am-4:00pm

Saturday, November 17th

PCA Training 9:00am-4:00pm

Saturday, December 8th

PCA Training 9:00am-4:00pm

Please contact Nicole Violette @ Nicole.violette@homeinstead.com with any questions. Class dates and times are subject to change based on a class size quota.



Clients Celebrating Birthdays this Month

October 20: David F. 92
November 2: Margaret K. 100
November 5: Shirley K. 72
November 19: Shirley M. 95
November 21: Allen B. 77
November 29: George C. 91

Clients who are no longer with us



Deaths in September:

Lena Beebe – 9/29/18 – *Lena passed away peacefully in her home after a long battle with cancer. An immigrant to the U.S. from Sweden, she was a hard worker, and met her husband by chance when he came to exterminate a home she was working at. They worked together and built the business stronger than ever. They both enjoyed traveling and went on many cruises and took their camper around the country. She will be greatly missed by many.*



Deaths in October:

Ruth Moynihan – 10/1/18 – *Ruth passed away peacefully surrounded by her family after a battle with ALS. She was a very accomplished woman and very involved in the community. She wrote many scholarly papers and was a great help and support to her husband in his educational endeavors also. She will be greatly missed by her many children and grandchildren.*

Earn a Referral Bonus: Help Us Recruit CAREGivers like you.



We are changing the way we award the referral bonus. Now you will still receive up to \$300.00 but in \$50.00 increments. For every 50 hours your referral works you will receive \$ 50.00 up to \$300.00.

You know what it takes to care for seniors, so we welcome your recommendations! Help us build our CAREGiver Team by recruiting your friends.

This month Amber B. received her third \$300 bonus for referring Khelley S.!

If you know of someone please ask them to fill out an application at Homeinstead.com/713/Home-Care-Jobs or contact Dana Maranos at 860-896-5295.

Thank you for your help in building our amazing CAREGiver team!



Keeping You and Your Client Safe

Did you know that 33% of seniors experience a fall annually? You play an important role in helping to keep your clients safe at home and when out in the community. This issue will address client safety concerns you can help identify and take action on, as well as

tips to consider for you to stay safe throughout your shift as a valued CAREGiversSM.

Seniors experience changes in their sensory, physical and mental abilities as they age. These changes can occur gradually or may appear very suddenly, especially if associated with an acute illness or hospitalization. Although a client may have managed very well in his own home, these changes can turn everyday tasks into hazards. You should make sure to consider the safety of a client's home or facility based on his current abilities. What new challenges does he face? Why could these challenges cause problems? As a CAREGiver, you can recognize possible situations and adapt the environment to help prevent injury and keep the client safe.

Sensory Safety

Changes in a client's ability to hear, see, smell, taste and feel can be tied to natural aging, disabling conditions or some injuries. If a client's hearing or vision is decreasing, he may be at risk of:

- Not hearing the doorbell, phone, smoke alarms or if an intruder is in the home
- Not hearing the doctor when medication dosage is discussed
- Falling or tripping on loose rugs, items on the floor or even the edge of steps
- Medication mismanagement if dosage instructions can't be read or pill colors are not seen.

If a senior's sense of smell, taste or touch are comprised, he may begin to lose his appetite and/or eat food that's spoiled or drink something that isn't considered a beverage. The loss of these senses could also cause physical harm, such as:

- Not smelling a gas leak or something that's burning
- Getting scalded in the bath or shower
- Failing to notice a cut or scrape that could lead to the risk for infection, a potential hazard for those with diabetes.

Physical Safety

Physical abilities also change with age—people aren't as strong or flexible as they used to be. And, acute conditions or accidents like a stroke or a broken hip may suddenly change a client's physical

ability to do something. When with your client, be on the lookout for the following changes:

- Unsteady gait with or without a cane or walker
- Inability or difficulty getting out of a chair or bed
- Inability to carry, lift or reach items he previously could. i.e. shopping bags or a book right next to him

Mental Safety

Aging and disease can cause changes in mental abilities in some seniors that could affect memory, judgment, understanding and communication. If a client has Alzheimer's or another form of dementia, it is important to monitor his ability to process safety decisions like those below because an inability to cast proper judgement may indicate a progression of the disease. Changes in mental abilities may impact the following safety concerns:

- May forget to turn off stove or other appliances, creating a fire risk
- May forget how to use equipment she once could use correctly
- May be unable to explain what she needs
- May have difficulty following instructions
- May wander off
- May become the victim of scams or con artists
- May forget to close or lock doors and windows

As a CAREGiver in someone else's home, there may be limits to what you can change; however, you should report your safety concerns to the franchise office immediately and work with your supervisor to advocate for changes to create a safe environment for your client.

Not only is it your responsibility to make sure your client is safe, but you must also proactively ensure you're safe when with a client. While there are many safety considerations, here are five priorities:

- Be aware of weather conditions and surroundings when driving to/from a client's home. Follow safe driving practices and always carry emergency information for yourself and client in case of an accident.

- Be alert when coming or going to a client's home. Turn lights on after dark and lock outside doors. Never leave valuables in your vehicle and be cautious when answering the front door.
- Be honest with your supervisor about concerns you may have about pets before working with clients. If a client has a pet, learn how to approach the pet when entering the home.
- Practice proper handwashing and food safety precautions to prevent infections and illness. For example, wash hands before and after touching a client, doing laundry, preparing food and handling trash. Remember to cook food to the right temperature and refrigerate leftovers right away.
- Be friendly, but use discretion when sharing personal information with the client and her family. For example, do not share your phone number or talk about your personal problems or concerns during your shift.

Thank you for your dedication to keeping clients safe and for all you do as a CAREGiver to change the face of aging.

If you'd like to share your suggestions or experiences related to client and personal safety during a shift, , email your thoughts to newsletter@homeinsteadinc.com.* We welcome additional feedback or suggestions for this newsletter as well!

Was this article helpful to you?



*Disclaimer: Please call your franchise office with specific client-related information, issues or concerns. Use newsletter@homeinsteadinc.com to publicly share ONLY newsletter feedback.

CAREGiver Spotlight: Clara Peters

Over the next few months, we'd like to introduce you to the 2018 CAREGiver of the Year finalists. Clara Peters is a CAREGiver in Albany, New York at Jim Hurley's franchise and was named the

Northeast Region 2017 CAREGiver of the Year. [Watch her story.](#)

Caring for others has been engrained in Clara since childhood. She was known to bring extra sandwiches for kids at lunch who had none or new socks for classmates in need. Clara raised five children with her first husband and worked in the medical field before retiring in 2008.

Her caregiving journey began when she moved her mother-in-law into her home and cared for her for 12 years. She and her husband divorced after 32 years of marriage and Clara married again for 17 years before her second husband passed away from lung cancer. Years later, her first husband suffered a severe stroke and Clara selflessly cared for him in the final two years of his life.

"I retired in 2008 to do what I wanted to do and I wanted to take care of people," said Clara. In 2009, she joined the Home Instead Senior Care family and has enjoyed her time as a CAREGiver. When Clara found out she was named CAREGiver of the Year for the Northeast region, she had to keep pinching herself.

"It's such an honor and a privilege. My children are very proud of me. I feel like I've accomplished something. It's so funny because I took out my yearbook, and I was going through it and I used to say how I want to take care of people. I think I have reached that life goal. I don't call it a job, I just love what I do. My clients are my friends."

[Watch Clara's story](#) and hear the wonderful compliments her clients and Key Players have to say about her.



Heart of a CAREGiver

Do you know someone who would make a great CAREGiver?

You know what it takes to care for seniors, so we welcome your recommendations! Invite that caring, compassionate individual to apply at www.homeinstead.com/713/home-care-jobs.

Contact Us

Tolland Home Instead Senior Care

(888) 576-1937

jane.downing@homeinstead.com



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This newsletter is designed ONLY for CAREGivers within the Home Instead Senior Care network. You are receiving this email because you are a valued CAREGiver and we wanted to connect you with tips & Resources



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