

CAREGiver's Companion

Inspiration for Home Instead CAREGivers



CAREGiver Monthly February 2018

A Warm Welcome to our New CAREGivers!

(names listed from left to right)



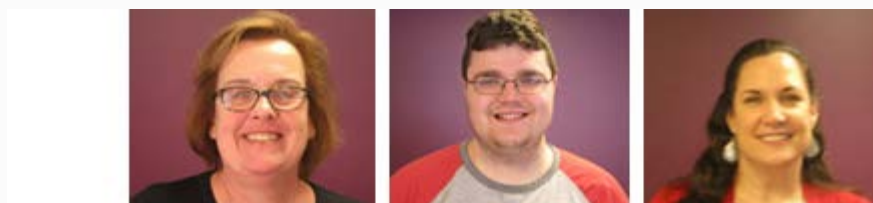
Sherry C - Megan E - Heather B - Arianna J



Carolyn K - Rita L - Darla L - Darla L



Kaylah M - Olivia R - Phyllis S - Paige R



Donna T - Brett W - Brenda W



CAREGivers Celebrating their Birthdays this Month!

February 6 – Melissa M

February 9 – Dody M

February 10 – Elizabeth L

February 14 – Debra M

February 17 – Maria G

February 23 – Elizabeth S

First Quarter CAREGiver Meeting



Thank you to all of the CAREGivers who came to our meeting on February 5th. If you were unable to attend please be sure to stop by the office to pick up handouts.

The following awards were given out:

1 Year:

Bernadette Herbert, Dody Masterson and Elaine Miller

2 Years:

Melissa Ferguson and Mary Adams

6 Years: BobbieJo Rowett

7 Years:

Penney Weaver

1 K Hours:

Elizabeth Lawrence, Dody Masterson, Shaune Rich, Nicole Santini and Norma Youhess

2 K Hours:

Amy Brown, Janet Garb, Fausto Gortaire, Selena Hinkel and Jessica Nieves

3 K Hours:

Amanda Emery

4 K Hours:

Karen Armogida and Laura Koropatkin

5 K Hours:

Gifty Osei

13K Hours:

Carole Karen

17K Hours:

Penney Weaver



Kudos to CAREGivers



Peg O called to say she loves her CAREGivers Gifty and Darla. Both are wonderful and she really appreciates all that they do for her husband Bob.

Darlene N called to say that the CAREGivers working with her husband Bob are going a great job with him. She is thrilled with how things are working out and she now has time to do the things she likes to do. Great job Claribel and Michelle.

Charolotte L is very happy with her CAREGiver Leslie. Leslie is always busy and a great help around the house.

Upcoming Training Schedule



Monday February 19: 8am – 11am, Hospice Training
Tuesday February 20: 9am – 4pm, PCA Training
Wednesday February 21: 1pm – 5pm, ALZ/Dementia Training
Tuesday February 27: 9am – 4pm, PCA Training
Thursday March 1: 9am – 12pm, Hospice Training
Friday March 2: 10am – 2pm, ALZ/Dementia Training
Tuesday March 13: 12pm – 4pm, ALZ/Dementia Training
Wednesday March 14: 9am – 4pm, PCA Training
Thursday March 15: 2pm – 5pm, Chronic Conditions
Tuesday March 20: 1pm – 4pm, Hospice Training
Wednesday March 21: 3pm – 7pm, ALZ/Dementia
Thursday March 22: 8am – 12pm, ALZ/Dementia Training
Friday March 23: 9am – 4pm, PCA Training

Class schedules are subject to change.

Please contact Nicole Violette with any questions or to sign up.



Clients Celebrating Birthdays this Month

February 4 – Vangel T

February 4 – Edgar M

February 23 – Henrietta K

Passage of Our Friends



Eleanora Schaeffer – 1/2/18 – *A lifetime resident of Stafford Springs, spent many years working as a nurses' aid at Johnson Memorial Hospital. She was a sweet lady, always ready to sit and talk with people. She used to love dancing and painting and spending time with family and friends.*

William O'Keefe – 1/17/18 – William passed away in the comfort of his home surrounded by his family. The family was very thankful for Jennifer and the knowledge that she had about end of life times, and appreciated her kindness and help. The family is having a difficult time, but are glad to know that he is at peace.

Margret McCarron – 1/18/18 – Margret was a great lady with a very interesting life. Every time I showed up at the house she would be watching old black and white movies on TCM. She would talk about the different places she traveled and people she met along the way. Bobbiejo was able to go and spend time with her the night before she passed, and the last time I visited with Margret she said, "Bobbiejo was a very special friend."

Roy Fairfield – 1/22/18 – Roy passed away in the comfort of his daughter's home surrounded by his family. He was a brilliant man who loved to read and write poetry. He was a professor for many years, and loved what he did. He will be missed by many, but his family is glad that he is finally at peace after his battle with Lewy Body Disease.

Merrilee Green-Thomas – 2/2/18 – Merrilee was well known for her love of animals, especially her Great Pyrenees, many of which she rescued. She had a happy marriage with her husband Harry, and they enjoyed traveling together to England and Wales. She was a kind and jovial lady, and will be greatly missed by all.

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



You know what it takes to care for seniors, so we welcome your recommendations! Help us build our CAREGiver Team by recruiting your friends. If we hire a CAREGiver recommended by you and that employee works 300 hours you will receive a \$300.00 bonus!

Charolotte L is very happy with her CAREGiver Leslie. Leslie is always busy and a great help around the house.

If you know of someone please ask them to fill out an application at
Thank you for your help in building our amazing CAREGiver team!

Featured Events & Announcements



Home Instead Senior Care Honored for Commitment to Older Adults

J.D. Power presented its prestigious President's Award to Home Instead Senior Care® in recognition of its commitment to caring for older adults and exceeding customer expectations. This is a huge honor that speaks volumes of the outstanding service that CAREGivers throughout the Home Instead Senior Care network provide to clients and their families every day. Congratulations and thank you for living our mission to enhance the lives of older adults!

[Read More](#)



What to Do If Your Client Exhibits Sexually Inappropriate Behavior

Recent revelations of sexual misconduct in Hollywood and beyond have focused national attention on issues like inappropriate touching and sexual bullying. As a senior care professional, you may encounter clients who engage in sexually inappropriate behavior. What should you do if you feel a client crossed the line in this respect? Let's look at the issue in more detail.

Defining “sexually inappropriate”

Not all sexual behavior by seniors may be inappropriate. Many couples enjoy a vibrant sex life well into older age. However, if a client directs sexual behavior at you verbally or physically, this crosses the boundary into inappropriate behavior. Always report such behavior to your local office.

Understanding the causes of sexually inappropriate behaviors

Inappropriate sexual behavior within older adult populations can be a possible symptom of cognitive decline, according to HelpforAlzheimersFamilies.com. Alzheimer's or related forms of dementia can cause dysfunction in regions of the brain that govern impulse control and rational thinking. This is important to remember, because it means the individual cannot necessarily

control or recognize when they're engaging in inappropriate behavior.

Clients with cognitive decline also may engage in sexually inappropriate behavior as a means to convey a legitimate non-sexual need. For example, a man with dementia may masturbate not for sexual gratification but because he has a urinary tract infection and cannot communicate the pain he is experiencing. Or, a woman may take her clothes off not for sexual reasons but because she is unable to express that she is too warm, according to HelpforAlzheimersFamilies.com.

Other medical conditions, such as delirium, also can cause a client to exhibit sexually inappropriate behavior, according to a report published in [Canadian Family Physician](#). That said, you should not try to diagnose an underlying medical reason for a client's suddenly wandering hands. Instead, you should refer the behavior to your local office. Your manager can contact the family to advise them of the situation and encourage them to have the older relative examined by a doctor to diagnose the cause of such behavior.

How to minimize inappropriate client behaviors

If it has been determined that a client engages in sexually inappropriate behaviors due to a chronic medical condition like dementia, then you can take steps to provide compassionate care while knowing the client is not trying to harass or abuse you. A few approaches to try are below. However, if you feel uncomfortable continuing to work with a client who may exhibit these behaviors, talk to your local office about the situation and ask to be removed from the assignment if necessary.

1. Determine the immediate rationale behind the behavior.

For example, if a client appears to be touching him- or herself in your presence, ask if he or she needs to go to the bathroom. If a person begins disrobing in public, ask if they are warm and assist them to remove only the appropriate layers of clothing. In general, you may try to relate the inappropriate action to a basic physiological need (such as urinating, defecating, eating or sleeping) and see if that halts the behavior.

2. **Redirect to another activity.** This dementia care technique can work for a number of behavioral symptoms, including sexual behaviors. Ignore the sexually inappropriate behavior and ask the client an unrelated question that requires mental focus to solve, such as, "Should we have sandwiches or leftovers for lunch?" By refocusing their attention on something else, clients might forget about whatever they were doing that was inappropriate.

3. **Take a matter-of-fact approach.** CAREGiversSM often must tap their professionalism to perform tasks that could be embarrassing, such as helping a client to the toilet, showering or changing adult briefs. Many CAREGivers rely on a matter-of-fact attitude to help clients retain their dignity in these situations, and you can use the same approach to cope with sexually inappropriate behaviors when you know they're caused by a disease process.

For example, if a client attempts to disrobe in public, approach the situation as if it is nothing unusual and calmly try to stop the behavior while re-directing the client's attention.

4. **Practice empathy** Try to imagine how you might feel if it were your mother or father behaving the way the client is. How would you like a care professional to respond to him or her? Now try to imagine yourself in older age behaving inappropriately—and having no control over it. How would you wish a senior care professional to treat you? A compassionate, empathetic approach in these circumstances can go a long way.

5. **Report to your local office** Coping with sexually inappropriate behavior by a client, even when you know it's not aimed at you, may be uncomfortable for you and other CAREGivers. You should always feel free to discuss your concerns with your manager.

Dealing with inappropriate behavior can be one of the more difficult aspects of professional caregiving. But by employing a few key strategies and relying on your local office staff for support, you can successfully navigate the situation with dignity and professionalism for everyone involved. For more tips and strategies to minimize sexually inappropriate behaviors due to cognitive

decline, visit [Help for Alzheimer's Families](#).

What tips on minimizing difficult behaviors can you share from your client care experiences? Email your thoughts to CAREGiversCompanion@homeinstead.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 CAREGiversCompanion@homeinstead.com to publicly share ONLY newsletter feedback.



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.apassionforcaregiving.com.

Engage with Us

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