

Institute for Disability Studies
ShareCare Notes
August 26, 2005

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NOTICE: Help us continue ShareCare Notes! We need some basic information about where you live and the type of caregiving you are doing. Please take one minute to complete this very quick survey at: <http://www.usm.edu/sharecare/sharecare.html>. All information received is treated as confidential.

1. I Need Help but I Don't Know What I Need or How to Get It!

Typically it is not an easy role, caregiving, nor is it one for which most of us are prepared. Like most people, you may have questions about how to cope with your care receiver's illnesses or disability. If you have a job and are juggling several responsibilities, or if your family member or friend needs a lot of assistance, you may need help with caregiving, too.

Where Do I Start?

- a) Evaluating your situation is the first step.
- b) Complete a checklist evaluating your situation and that of your family member
<http://www.fullcirclecare.org/caregiverissues/checklists/checklists.htm>
- c) Identify Services in your area.
- d) Use Caregiver Specialists to help. The Area Agency on Aging has a Caregiver Specialist, who can help when you call with the evaluation results.
- e) Resources to Find Help:
http://www.aoa.gov/eldfam/How_To_Find/How_To_Find.asp

2. The Brain Injury Association of America (BIAA)

BIAA is seeking participants for a study. The participants must be "caregivers and family members of persons with brain injury. . . Eligible participants CANNOT be employed by a state affiliate (of the Association), employed in a health care field, or even a volunteer board member for an affiliate." "The focus testing of our materials would require approximately an hour of time by telephone. Some individuals will be in a group discussion and some would have individual interviews." In addition, BIAA is seeking "people with brain injury who are comfortable being interviewed over the phone, are able to complete the task of giving their opinion and assessment of the materials and able to communicate these to the interviewer. These people will have individual interviews." Individuals will be

compensated \$80 for their time. The test is scheduled for September 2005. Interested individuals should respond with name, address, and phone number to Annie Starler, BIAA Administrative Assistant, at astarler@biausa.org"

3. When to Put the Brakes on Elderly Drivers

Driving skills decline with age and telling elderly drivers that it may be time to stop driving can be one of the most difficult milestones for the caregiver. For a list of physical and mental changes, a checklist on safe elderly driving, medical issues to consider, adapting to change and other forms of transportation go to:

http://www.aging-parents-and-elder-care.com/Pages/Checklists/Elderly_Drivers.html

Find driving classes for the elderly in your area:

https://locator.aarp.org/vmis/programs/dsp/course_locator.jsp

Take an on-line Driving IQ Test to see if your driving skills need brushing up:

http://www.aarp.org/families/driver_safety/

Medications and major health conditions can affect driving skills:

<http://www.fullcirclecare.org/caregiverissues/general/driving.htm#drive>
[red
http://www.aging-parents-and-elder-care.com/Pages/Age_Dementia_Symptoms.html](http://www.aging-parents-and-elder-care.com/Pages/Age_Dementia_Symptoms.html)

Vision conditions can also cause the elderly driver difficulty while driving. Central vision, peripheral vision, night vision, glare resistance or glare recovery, judgment of movement, eye movements, and visual perception are all discussed at:

http://www.dmv.ca.gov/dl/driversafety/vision_cond.htm

5. Upcoming Events

6:30 p.m. September 13, 2005. "Planning for the Future of Your Elderly Loved One" (financial planning). Parkway Heights Methodist Church, Hattiesburg

Noon, September 14, 2005. "Managing Grief and Loss" Union, Room H, The University of Southern Mississippi

See the IDS Calendar of Events for additional details and other events:

<http://www.ids.usm.edu/CalEvents/mitts.asp>

Project ShareCare, funded by the Area Agency on Aging, provides training, counseling and support groups for family caregivers in Forrest, Lamar, Marion, Perry and Jones counties.

Project ShareCare is sponsored by the Institute for Disability Studies (IDS), Mississippi's University Center for Excellence in Developmental Disabilities (UCEDD). IDS provides university training, community service activities, research, and information that promote the independence, productivity, and community inclusion of individuals with disabilities and their families. For more information about IDS, visit the Institute's Web site at www.ids.usm.edu or call 1-888-671-0051 (TTY). To make a tax-deductible gift to IDS for this and other projects, visit <http://www.ids.usm.edu/supportus.asp>.

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