

Institute for Disability Studies
ShareCare Notes
October 5, 2005

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1. Emotional Recovery (Continued)

The need is ongoing for emotional recovery; even five weeks after Katrina left her mark on us. As caregivers, our recovery is vital and our commitment is to ourselves and our loved ones. Things are slowly getting back to normal, but there is still much to be done in order to recover from this disaster. We have to remember a few important things to help us get through the rest of the recovery effort.

_First things first! Make a list and prioritize what needs to be done. Do the most critical things first. You will feel a sense of accomplishment when you check things off your list.

_Easy does it! Recognize that the recovery process from the storm will take time. Have realistic expectations of yourself and your loved ones.

_Keep a schedule! As caregivers, we have to stick to a routine in order to create normalcy for our lives. _Finally, a reminder to listen to your body. Get plenty of rest, nutrition and hydration.

Some of the other tips we've received since our last "Notes" are:

_Write a future disaster plan for your family. _Write down "Lessons from Katrina."

_Everyone is affected by the disaster; be respectful of their feelings.

_Pray and keep your hopes up.

On a lighter note:

_Take a long hot bath.

_Rock a baby.

_Go to a funny movie.

_Get your hair done at a walk-in salon.

2. Fraud Tips

The Mississippi Attorney General Jim Hood has a guideline for home repairs on his Web site. The link is <http://www.ago.state.ms.us/katrina.php>. Click the link "Consumer Tips for Hurricane Katrina". This link provides information on housing and property-related damages, as well as other related information. There is also contact information for his office if you need more assistance or want to report a suspected fraud.

3. Calming Fear

There are many rumors spreading throughout the disaster areas that instill a sense of fear with many people. For example, prior to Hurricane Rita's landfall someone in Hattiesburg spread the rumor that FEMA was shutting down the gas pumps in order to conserve fuel to send

to Texas. Immediately, people were lining up trying to get gas. Later that day we found this to be NOT true. In a time when there is so much information coming out, it is easy for people to be apprehensive and confused, which can sometimes lead to fear. It is important to remember this when we are listening to our neighbors or friends to filter the information we receive and check it out with local agencies.

4. Disaster Resource Links

On the IDS Web site (www.usm.edu/ids), there is a link with a list of disaster resources. Current FEMA locations in the area are C.E. Roy Community Center on East Fifth Street in Hattiesburg, the Graham Building in Purvis, and the Families First Resource Center, 1350-D Hwy 15 North, Richton, Miss. We are currently working on updating our resource list and hope to have copies at the next support group on October 12, 2005. Please forward information you have about community volunteer efforts that we should include. We would like to know the type of service being provided, the contact person and the length of time the services are anticipated to be offered. Email information to christylharrison@msn.com.

5. Upcoming Events

October 11, 2005 - Parkway Height Methodist Church, Hattiesburg, 6:30 p.m. Amy Wheeler will be providing information about financial planning for caregivers at the monthly Caregiver Support Group. For more information, call Margie Cox, L.C.S.W., at (601) 266-5163.

October 12, 2005 - ShareCare will be hosting "Emotional Recovery," a brown bag lunch meeting for caregivers featuring Charlotte Rahaim, L.P.C., L.M.F.T. with the Personal Growth Center. She will present ways for caregivers to assist care recipients and themselves with emotional recovery following Hurricane Katrina. In addition, Ms. Rahaim will provide personal insights as a daughter caring for her mother. The meeting will be at 12 p.m. Following the meeting, Dr. Susan Bone will be providing chair yoga for caregivers. For more information, call Christy Harrison at (601) 266-5163.

Project ShareCare, funded by the Mississippi Council on Developmental Disabilities and the Area Agency on Aging, provides counseling and networking for family caregivers of adult with disabilities and seniors.

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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