

Institute for Disability Studies
ShareCare Notes
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In this issue:

- 1. New Year Message**
- 2. Abounding Benefits**
- 3. Guidelines for Life**

1. New Year Message

Everyone at ShareCare wants to wish you a Happy New Year! This promises to be an exciting year with more caregiver support groups, workshops on caregiving related topics and potlucks for everyone to get together and mix and mingle. Our first session of our new Powerful Tools for Caregivers group will start **February 15** and run weekly (**every Thursday**) until **March 22**. Our first potluck of the year was a great success with a great turn out and wonderful food! The next potluck will meet the same day as the first Powerful Tools session, **February 15**.

We would also like to introduce a new endeavor to you. Project ShareCare Recovery Connection is just starting to get off the ground. The purpose of this new project is to provide services to survivors of Hurricane Katrina in South Mississippi who are over 50 years of age through activities such as support and psychoeducational groups. These groups will be designed to help people deal with loss, grief, and mourning which has been associated with or resulted from the Hurricane. These groups will also be beginning in February. As more specific plans become available we will let you know!

We are so excited about seeing ShareCare grow and flourish even more than it did last year. Thanks to each one of you for your help, commitment and encouragement thus far. Hopefully ShareCare Recovery Connection will be met with the same open arms. Please let us know if there are topics you would like for us to review in ShareCare Notes this year. If you have any questions about any of the support groups, potlucks or anything else, please do not hesitate to give us a call at 601.266.5163.

2. Abounding Benefits

To start this year off, we thought we would give you some information on services for our readers. Studies suggest that many seniors and people with disabilities are eligible for benefits which they may not know about and which they may not be receiving. The National Council on Aging has developed a Web resource to help with this problem. BenefitsCheckUp offers online screenings for benefits for seniors who are living with limited resources. Some of these benefits include services such as prescription drugs, energy assistance, health care, in-home services, tax relief, and educational assistance. This Web site helps you not only find benefits which are in your area and available for you, but also apply for these benefits. To find out more about this program, please visit www.benefitscheckup.org/.

Another great resource for prescription benefits is the Partnership for Prescription Assistance. You may have seen the ad online with an endorsement by Montel Williams. This organization helps patients, caregivers and doctors locate assistance programs and fill out forms online. These assistance programs can really help with the cost of prescriptions which can be of great assistance to many people. For more information on this service visit www.pparx.org.

3. Guidelines for Life

Wouldn't it be great if there were really guidelines for life? Well, MetLife is helping out a little in this area. Since You Care® are guidelines prepared by the MetLife Mature Market Institute in cooperation with the National Alliance for Caregiving and MetLife's Nurse Care Managers. These guides give good general advice on topics such as Medications and the Older Adult, Becoming and Effective Advocate for Care, Long Distance Caregiving, Hospice, Falls and Fall Prevention, Understanding Home Care Agency Options and many more. In other words, they help give guidance and advice for things that everyone will face. This is also a great resource for one-stop-shopping. Many other agencies specialize in one or two of these topics, but this one can provide information for multiple occasions. To view these guides, please visit www.maturemarketinstitute.com.