

The Institute for Disability Studies
ShareCare Notes
March 31, 2005

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1) Caring for a Loved One with Dementia

Caring for a loved one with dementia presents unique challenges involving behaviors associated with the disorder. Columnist Sue Shellenbarger describes new ways to help care for a loved one with dementia <http://www.careerjournal.com/columnists/workfamily/20041112-workfamily.html>

(Project ShareCare strongly encourages the use of “people first” language. We believe its use is important in promoting respect and dignity for all people. However, we do not edit the work of authors. Shellenbarger’s article provides a simply phrased overview of various approaches helpful to caregivers.)

2) Tips for Traveling with Someone with Dementia

Traveling with someone with dementia can be made easier by planning strategies to deal with confusion, wandering and anxiety. See http://www.caregiver.com/articles/caregiver/caregiver_traveling_tips.htm for travel tips.

3) Problem-Solving for Caregivers

Caregivers often find themselves overwhelmed in the face of problems when stress levels are high or when they lack skills to find and evaluate solutions. For helpful information on successful caregiving, including problem-solving, visit <http://www.cchs.net/health/health-info/docs/2200/2242.asp?index=9226> .

4) Caring for the Caregiver

The Rosalynn Carter Institute for Caregiving (<http://rci.gsw.edu/jjcaregivercrnr.html>) offers caregiver resources, spiritual support, message boards and encouraging stories and articles for caregivers. Visit <http://rci.gsw.edu/slmar2005.htm> for the Winds of Renewal, an uplifting story of a widow who cared for her husband for years after he survived a stroke.

5) Upcoming Events

April 7, 2005, 9 a.m. – 2 p.m., Volunteer Retreat Day-Inspire by Example: “The World of Hospice Volunteering,” and “Insights and Communication Skills for Volunteers”, an audio conference. For more information and to register by the April 1 deadline, call 702-938-3932 or email hlavine@nah.org.

April 8, 2005, 3:30 p.m., Caregiver Meeting (Alzheimer’s), Wesley Medical Center-Dogwood Room. Contact Jean Waite or Sheila Rice at 601-268-8150.

April 13, 2005, 11:45 a.m. – 1 p.m., Caregiver Brown Bag Lunch, “Effective Problem-Solving for Caregivers,” Presented by Angel Jernigan and Dustin Johnson. University of Southern Mississippi Student Union, Room H.

April 20, 2005, 12:30 p.m. – 3 p.m., “Living with Grief: Ethical Dilemmas at the End of Life,” Hospice Foundation of America’s 12th Annual Bereavement Satellite Teleconference. University of Southern Mississippi, Joseph Cook Library, Room 123. For more information, contact Susan Hubble Burchell at 601-266-5367.

April 26, 2005, 8:30 a.m – 3 p.m., Pinebelt Caregiver Resource Fair and Symposium, Forrest General Hospital Center for Healthy Living at the Family Y. For more information about registration, please call Theresia Ratliff at 601-432-6818.

April 29, 2005, 9 a.m. – 12 p.m., Senior Health Fair, First Baptist Church of Purvis Family Life Center. For more information, please call 601-268-8127.

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

King Whitney Jr.

Take care of yourselves!
Sincerely,
Angel Jernigan