

Caregiver's Holiday Guide

The Holidays can be a time when we feel pressured to do too much for too many with too few resources. Coping with the holidays can be difficult in the best of times.

Trying to cope while caring for an ill or impaired loved one is often stressful, overwhelming and depressing.

Caregivers who compare this holiday with those of their childhood or their children's childhood are susceptible to the holiday "blues". So before you let out a single "bah humbug", you need to read the **Caregivers Holiday Guide**.

The free guide compiles the advice of social workers, doctors, psychologists and most importantly experienced caregivers with tips, tricks,

tools and good old fashion advice on how to not only survive but also even enjoy the holiday season as a caregiver. They cover topics for caregivers coping with a loved one with dementia, long-distance care as well as how you can better assess a loved ones condition if you do go home for the holidays. While supplies last, the guides are free and can be obtained by calling **Leslie Ahern at Ethos 617-477-6676**.

We would like to thank www.caregiver.com who gave permission to reprint many of the articles from their website and we recommend caregivers visit the site for a wealth of caregiving information.



Ethos Volunteer Darleen Weinstein holds the Caregiver Guide to Managing Holiday Stress.



Alzheimer's and Thoughtful Giving

Gifts for people with Alzheimer's in the early stages to help them remember:

- magnetic reminder refrigerator pads
- Post-It notes
- a memory phone that can store up to eight pictures with the names and contact information of family and friends
- Automatic medication dispenser that will remind you when to take medicine.
- Night lights that come on automatically when it gets dark.

Gifts to help keep the person engaged:

- favorite musical CDs or CD with compilation of favorite tunes
- VHS/DVD collection of favorite movies
- activities such as scrapbooking or other craft projects

Gifts appreciated in the middle-to-late stages of dementia are often sensory stimulation gifts:

- scented lotions
- a fluffy bathrobe in a favorite color
- Music that has a positive impact on individuals bringing them back to the good times of their life.



Gifts for caregivers

The most thoughtful present you can give a caregiver is often your presence to listen, care and/or do some practical tasks.

Some cost-effective and truly meaningful gifts are self-made coupons for cleaning the house, cooking a meal, mowing the lawn, shoveling the driveway, and giving time off so a caregiver can do something to meet their needs.



Less Stress and More Ho Ho Ho in Your Holidays

Start your holiday season off right this year by joining Ethos for some lunch, laughs and great information on how to keep the stresses of the holidays under your control. We will talk about making the most of this holiday season without a lot of money and fuss. Bring back the traditions that are most meaningful for you. Join us



Thursday December 4, 2008 at Blake Estates, 1344 Hyde Park Ave, Hyde Park at noon. The program is free but you need to call the presenter, **Leslie Ahern, at 617-477-6676** to pre-register. Everyone who registers will get a free Caregivers Guide for Managing Holiday Stress.



The Caregiver Alliance of Suffolk County has a website which is waiting to keep you informed on all caregiver related information, support groups and activities. Visit

www.caregiveralliance.org or call Jasjot Kaur at **617-277-7416** for locations and languages of support groups.

Caregiving on Community TV

Age Wise Boston: Bridging Generations

The BNN Live cable show is on every second Tuesday of the month at 2:30 PM.



Taking Care

Family Care Advisor, **Leslie Ahern** and her husband **Paul Antokolsky** who is an elder care specialist and SHINE counselor host their one-hour

show **“Taking Care” Live every Wednesday at 6:00 PM** on Comcast channel 9 and RCN channel 15. The program is then repeated on Friday at 10:30 AM and Sunday at noon



For more information, please contact:

Leslie Ahern

Family Care Advisor

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130

617-477-6676

www.caregiveralliance.org

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Caregiver Support Groups

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting on a monthly basis. Everyone is welcome and **there is no charge**. We ask that you pre-register first.

“Smoother Sailing” Alzheimer Education Group

This free monthly group will meet on **Monday, December 1, 2008** at the Boston Center in Roslindale. Call the Family Care Advisor, **Leslie Ahern** at **617-477-6676** to pre-register. The group provides support and education about dementia and the Alzheimer’s disease process.



We will learn behavioral techniques called Habilitation therapy. We will problem solve how to manage challenges like bathing, eating, toileting and anxiety. Our goal is to make “smoother sailing” of your every day care. We also will look at therapeutic activities to brighten everyone’s day. *“While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails”.* © **Group Meets Every First Monday of the Month**

LGBT* Caregiver Support Group

Monday, December 1, 2008 from 6:00 -7:30 PM at the Ethos’ office in Jamaica Plain.

Contact: **Joanne Peskowitz** at **617-271-4182**

*Lesbian/Gay/Bisexual/Transgender

“Taking Care of Me” Support Group

The group will meet **Monday, December 15, 2008** at 6:00-7:30 PM at the Boston Center in Roslindale. Group meets every Third Monday of the Month. It is accessible to MBTA and there is free parking. Refreshments are provided. Contact: **Leslie Ahern** at **617-477-6676**.

