



Long-Term Services and Supports

# WEBINAR

A photograph of two hands shaking, overlaid with a semi-transparent blue filter. The hand on the left is younger and more robust, while the hand on the right is older and more wrinkled. The background is a solid blue color.

## Caring for Caregivers



@CMSGov

# Presenters



**Amy V. Groom, MPH**

Immunization Program  
Manager, Indian Health  
Service

CDC Field Assignee, Centers  
for Disease Control and  
Prevention

# Presenters



## **PJ Beaudry, MPH**

Director, Great Plains Tribal  
Epidemiology Center

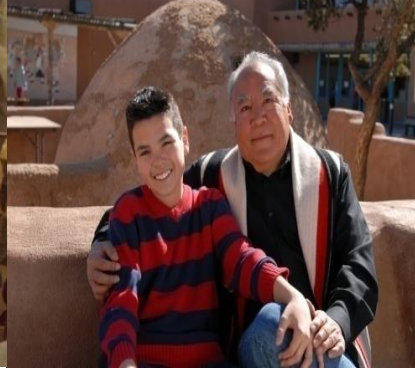
Director, STI-TP Prevention  
Initiative, Great Plains Tribal  
Chairman's Health Board

# Presenters



## **Barbara Higgins**

REACH Indian Country, Program  
Coordinator, University of  
Tennessee and Memphis Caregiver  
Center



# Preventing Influenza

Amy Groom, MPH  
IHS Immunization Program Manager






# What is influenza?

- The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus
- Influenza Symptoms
  - Fever or feeling feverish/chills
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (very tired)
  - Some people may have vomiting and diarrhea, though this is more common in children than adults.
- Most people who get influenza will recover in less than two weeks, but it can lead to hospitalization and death



# The Flu: Is it really that serious?

- 3,000 to 49,000 people die from flu-related complications each year
- More than 220,000 people are hospitalized from flu complications
- Groups at high-risk for flu-related complications:
  - Children < 5 years
  - Pregnant women
  - Older adults (50 years and older)
  - People with chronic health problems(e.g. diabetes, heart disease, and asthma)



# Flu in American Indian/Alaska Native (AI/AN) People

- Influenza is one of the leading causes of pneumonia
- Influenza and pneumonia are in the top 10 leading causes of death for AI/AN people
- AI/AN people are more likely to be hospitalized and to die from influenza-related illness than non-Hispanic white populations.
  - During the 2009 H1N1 pandemic, AI/AN people were 4 times more likely to die from H1N1 than other race/ethnic groups\*

\*Centers for Disease Control and Prevention. Deaths related to 2009 pandemic influenza A (H1N1) among American Indian/Alaska Natives - 12 states, 2009. MMWR. Morb Mortal Wkly Rep. 2009;58(48):1341---1344.





# Is there a treatment for influenza?

- Prescription medications called “antiviral drugs” can be used to treat flu illness
- Antiviral drugs work best when they are started within 2 days of getting sick
- People at high risk for complications who think they have the flu should consult their doctor to see if antiviral treatment is appropriate
  - Chronic health conditions
  - Children < 5 years
  - Adults 65 years and older
  - Pregnant women

For more information about Influenza Antiviral Treatment: <http://www.cdc.gov/flu/antivirals/whatyoushould.htm>



# How is influenza spread?

- The flu virus spreads:
  - Mainly from person to person through droplets spread by coughing, sneezing or talking
  - By touching something with flu viruses on it and then touching your mouth or nose
- **You can spread the flu before you even know you are sick**
  - You can infect others up to 1 day before you know you are sick and
  - Up to 5-7 days after becoming sick

Influenza is highly contagious.





# Preventing The Flu

- Flu vaccine is the best way to prevent influenza
  - Flu vaccine can keep you from getting sick from the flu
  - Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness
- IHS requires that all personnel working in an IHS facility receive an annual flu vaccine
  - Patient Protection

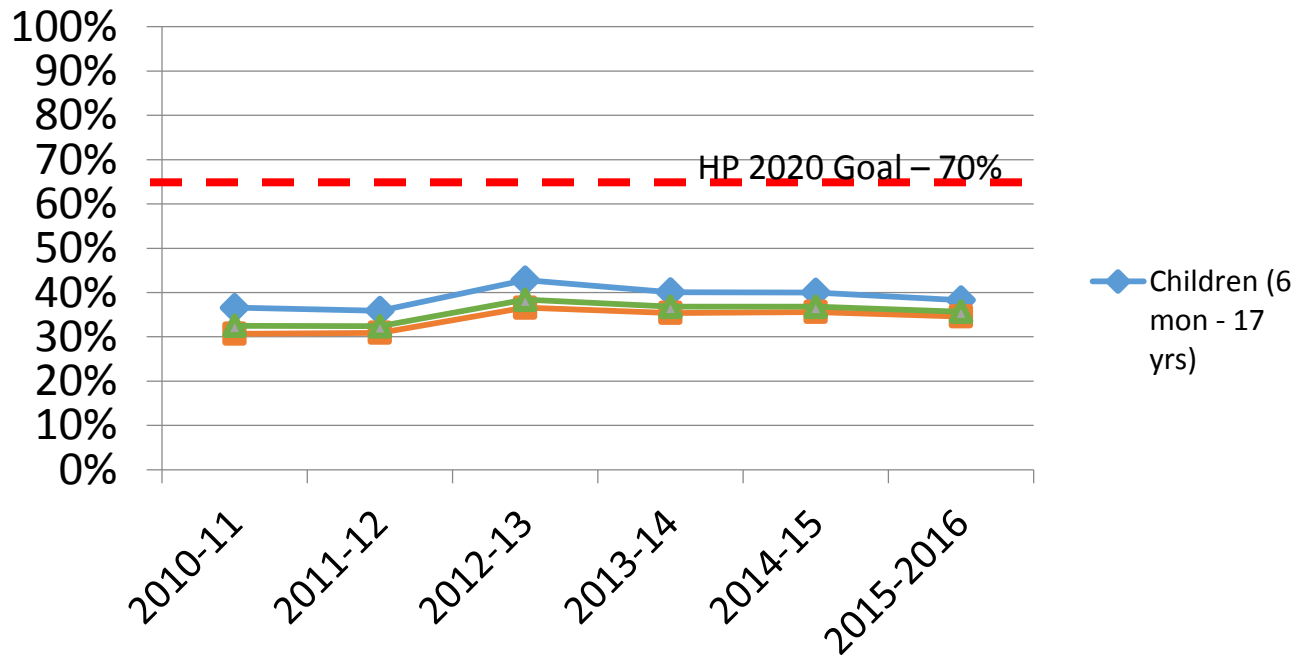
# Flu Vaccine Recommendations

- Everyone 6 months and older should get a flu vaccination every year.
- Getting a flu vaccine every year is the best way to protect against the flu.



For more information about the flu vaccine, go to [www.cdc.gov/flu](http://www.cdc.gov/flu)

# IHS Patients Flu Vaccine Coverage



Data Source: IHS Influenza Awareness System  
Data as of May 7, 2016

N (2015-2016) = 1,080,897 patients (327 facilities)



# Flu Vaccines

- There are many different strains of the flu virus, and the ones that infect people can change every year
- This is why you need to get a flu vaccine every year
- Flu vaccines contain only pieces of killed flu virus, so they **cannot give you the flu**



# Flu Vaccines are Safe


- You cannot get the flu from the flu vaccine
- The vaccine has been used for 50 years and has been given safely to hundreds of millions of people in the U.S. and around the world
- People with chronic health problems CAN and SHOULD receive influenza vaccine
  - Including people with diabetes, heart disease and asthma
- Pregnant women CAN and SHOULD receive influenza vaccine
  - Studies have shown when a pregnant woman gets her flu vaccine she passes the protection on to her baby





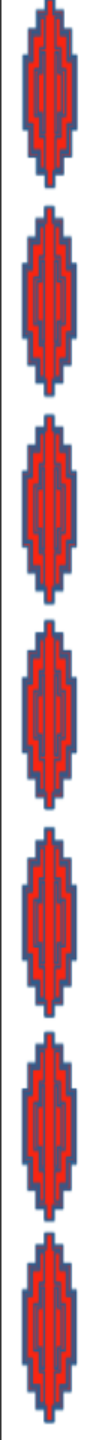
# Flu Vaccine Side Effects

- Serious side effects are extremely rare
- Most side effects are minor and resolve in 1-2 days.
  - Soreness, redness, or swelling where the shot was given
  - Fever
  - Aches
- Side effects from the vaccine are much less serious than getting the flu!



# Are there people who should not get the flu vaccine?

- Infants < 6 months cannot receive the influenza vaccine
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine should not get the flu vaccine.
- Consult with your doctor before getting vaccinated if you:
  - Have an allergy to eggs or any of the ingredients in the vaccine
  - Ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS)
  - You are not feeling well




# Can you get the flu from the flu vaccine?

- You CANNOT get the flu from the flu vaccine
- The vaccine is made up of pieces of killed (inactivated) virus.
- After vaccination, it takes 2 weeks before you are fully protected
- Don't wait to get vaccinated!

I'm perfectly healthy. I never get sick.  
I don't need the flu vaccine.

- Even healthy people can get very sick from the flu and **spread it to other people**




Life is a delicate balance.

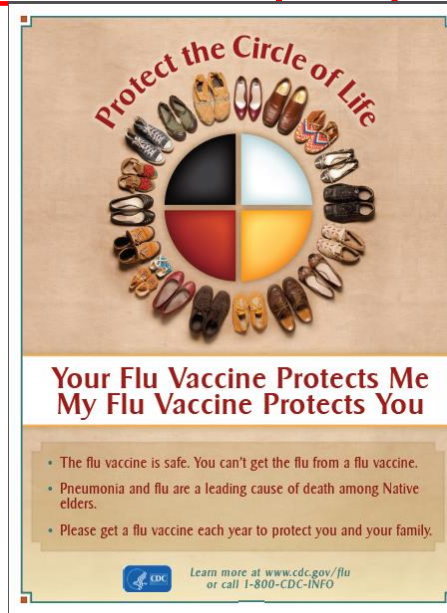
Your flu vaccine protects me.  
My flu vaccine protects you.

Even healthy people can get the flu, and it can be serious.  
Everyone 6 months and older should get a flu vaccine.

**Help protect Alaska from the flu.  
Get vaccinated.**

For more information, visit <http://www.flu.gov>


 

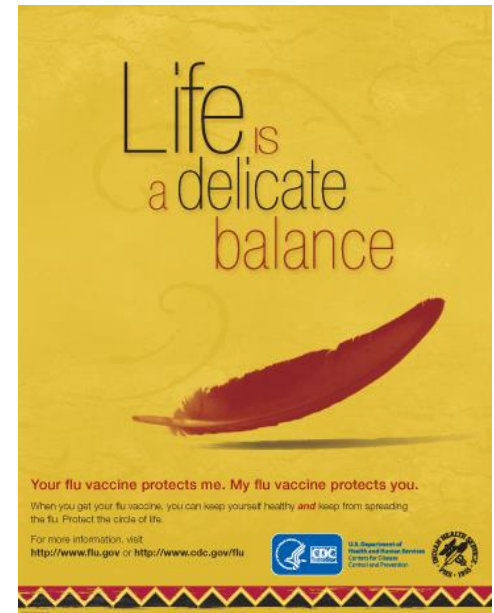


Protect the Circle of Life

**Your Flu Vaccine Protects Me  
My Flu Vaccine Protects You**

- The flu vaccine is safe. You can't get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Native elders.
- Please get a flu vaccine each year to protect you and your family.

 Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO






Life is a delicate balance

Your flu vaccine protects me. My flu vaccine protects you.

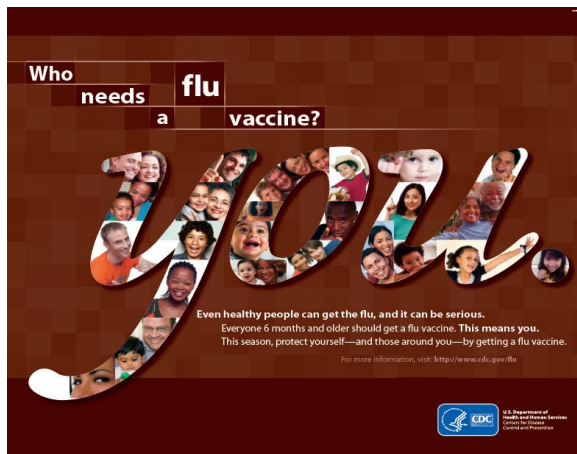
When you get your flu vaccine, you can keep yourself healthy and keep from spreading the flu. Protect the circle of life.

For more information, visit  
<http://www.flu.gov> or <http://www.cdc.gov/flu>

# Protect the Circle of Life

- Protect yourself, your family and your community.



- Get your flu vaccine today.

**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD**

**I KEEP THE CIRCLE STRONG. I GET MY FLU VACCINE. DO YOU?**

As Native American people, we need to keep our circle protected and strong. It is up to **EACH AND EVERY ONE OF US** to make sure that our loved ones are protected from the dangers of the flu.

**GET YOUR FLU VACCINE TODAY.**  
Check out [cdc.gov/flu](http://cdc.gov/flu) for more information.

The flu is a dangerous disease — it should never be taken lightly.	Getting a flu vaccine every year is the best way to protect yourself and your family from the flu.	Talk to your doctor or other provider about getting a flu vaccine today.
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**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD**  
NORTHERN PLAINS TRIBAL EPIDEMIOLOGY CENTER

1773 Royal Road, Rapid City, SD 57702 • (605) 621-1922 • (605) 621-1922 • [www.gptribo.org](http://www.gptribo.org)



*"Hecel Oyate Kin Nipi Kte -- So That The People May Live"*



# Adult Immunization Materials

PJ Beaudry, MPH – Director, Great Plains Tribal Epidemiology Center

"So That The People May Live"



"Hecel Oyate Kin Nipi Kte"



Courtesy of the Albuquerque Area Southwest Tribal Epidemiology Center

# TRIBAL EPIDEMIOLOGY CENTERS





# The Community Health Representative (CHR) & Adult Vaccination Project

## Background

- Funded by the National Vaccination Program Office
- Based upon partnerships with the Great Plains Community Health Representative Association and the National Association of Community Health Representatives, the Indian Health Service, the Office of the Assistant Secretary for Health Regions VI and VII, KAT Communications, the National Indian Health Board, and others
- Context
  - Less than ideal uptake of vaccinations among adults within many IHS regions (including the Great Plains Area) => negative health outcomes
  - Need to better engage with communities – including Tribal communities – to educate on the importance of adult vaccinations
  - Recognize that CHRs serve to: 1) influence and undertake health promotion efforts and 2) connect traditionally hard-to-reach populations with health services



# The Results

- Flu materials (video, posters) launched January 2016
- Adult vaccination materials launched August 2016
- Messaging is light, informative, and directly influenced by the results of our information-gathering efforts with CHRs
- Utilization of GoodHealth TV® and other natural sources of health and other information
- Companion materials for healthcare extenders in production to support outreach and education
- Fact sheets for adult vaccination, FAQs
- Index cards for tracking vaccinations

**MY VACCINES**  
TO KEEP TRACK OF YOUR VACCINATIONS,  
WRITE DOWN THE DATE THAT YOU RECEIVED EACH.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

INFLUENZA (FLU) – DATES (1 PER YEAR): \_\_\_\_\_

TDAP – DATE: \_\_\_\_\_ TD – (1 EVERY 10 YEARS): \_\_\_\_\_

SHINGLES/ZOSTER – DATE: \_\_\_\_\_

**PNEUMOCOCCAL** PCV13 (CONJUGATE) – DATE: \_\_\_\_\_  
PPSV23 (POLYSACCHARIDE) – DATE: \_\_\_\_\_

HPV – DOSE 1 DATE: \_\_\_\_\_ DOSE 2 DATE: \_\_\_\_\_ DOSE 3 DATE: \_\_\_\_\_

HEPATITIS A – DOSE 1 DATE: \_\_\_\_\_ DOSE 2 DATE: \_\_\_\_\_

HEPATITIS B – DOSE 1 DATE: \_\_\_\_\_ DOSE 2 DATE: \_\_\_\_\_ DOSE 3 DATE: \_\_\_\_\_

**I KEEP THE CIRCLE STRONG.  
I GET MY FLU VACCINE.  
DO YOU?**

As Native American people, you need to keep our circle strong and healthy.

Take time **EACH AND EVERY ONE OF US** to make sure that you and your loved ones are protected from the dangers of the flu.

**GET YOUR FLU VACCINE TODAY.**

Find a date and place for more information.

The flu is a common disease — I want to make sure I keep my family healthy.

Getting a flu vaccine is the best way to protect yourself and your family from the flu.

Take 15 easy steps to get your provider about getting a flu vaccine today.

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## National Vaccination Project

### Video Messaging

This promotional video, featuring Joe Creelbad of GoodHealthTV® News, focuses on the importance of annual flu vaccines for the whole family. The video will be shown on GoodHealthTV® where available, and can be accessed and shown through YouTube (below) where GoodHealthTV® is not available.



On the GPTEC website at:

[nptec.gptchb.org/national-vaccination-project](http://nptec.gptchb.org/national-vaccination-project)

[gptec.gptchb.org/national-vaccination-project](http://gptec.gptchb.org/national-vaccination-project)



# Flu Vaccination Materials



(<https://www.youtube.com/watch?v=TN77u-KXZzY>)

**ONE PROBLEM I CAN'T AFFORD TO HAVE? THE FLU. I GET MY FLU VACCINE. DO YOU?**

As Northern Plains Tribes unite to lead in response, disease prevention is strong. It's up to **EACH AND EVERY ONE OF US** to make sure that our loved ones are protected from the dangers of the flu. **GET YOUR FLU VACCINE TODAY.** Choose our tribe, get the flu vaccine today.

The flu is a dangerous disease — it should never be taken lightly.	Getting a flu vaccine every year is the best way to protect yourself and your family from the flu.	Talk to your doctor or other provider about getting a flu vaccine today.
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**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD**  
NORTHERN PLAINS TRIBAL EPIDEMIOLOGY CENTER  
PO BOX 10000 BISMARCK, ND 58106-0000 701-224-4444

"So That The People May Live"



"Hecel Oyate Kin Nipi Kte"

# Adult Vaccination Materials



(<https://www.youtube.com/watch?v=ZUxP6D7PbvQ&feature=youtu.be>)

A graphic featuring the Great Plains Tribal Chairmen's Health Board logo and the Northern Plains Tribal Epidemiology Center logo. To the right is a photograph of a male doctor in a white coat talking to a family consisting of a woman, a young child, and another woman.

**EVERYONE CAN BENEFIT  
BY GETTING VACCINATED,  
EVEN HEALTHY ADULTS.**

As Native American people, we need to  
**KEEP OUR CIRCLE PROTECTED AND STRONG.**

All adults need vaccines to help prevent getting serious diseases that could result not only in poor health, but also missed work, medical bills, and not being able to care for their families.

**TALK TO YOUR HEALTHCARE PROVIDER  
AND GET THE VACCINES YOU NEED TODAY!**  
Check out [cdc.gov/vaccines/adults/index.html](https://www.cdc.gov/vaccines/adults/index.html) for more information.

Vaccines are one of the safest ways to protect your health.

For more information, contact:

**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD  
NORTHERN PLAINS TRIBAL EPIDEMIOLOGY CENTER**

1770 Rand Road, Rapid City, SD 57702—(P) 605.721.1922—(F) 605.721.1932—[www.gplchb.org](http://www.gplchb.org)



# Vaccine Card

Promotion...

... and reminders.

**As Native American people, we need to keep our circle PROTECTED AND STRONG.**

**WE ARE VACCINATED ... ARE YOU?**

Talk to your doctor or other provider about getting vaccinated today.  
Check out [cdc.gov/vaccines/adults/index.html](http://cdc.gov/vaccines/adults/index.html) for more information.

**MY VACCINES**  
TO KEEP TRACK OF YOUR VACCINATIONS, WRITE DOWN THE DATE THAT YOU RECEIVED EACH.

**"VACCINES ARE ONE OF THE SAFEST, MOST EFFECTIVE WAYS TO PREVENT DISEASE."**  
(CDC)

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

**INFLUENZA (FLU) – DATES (1 PER YEAR):** \_\_\_\_\_

**TDAP – DATE:** \_\_\_\_\_ **TD – (1 EVERY 10 YEARS):** \_\_\_\_\_

**SHINGLES/ZOSTER – DATE:** \_\_\_\_\_

**PNEUMOCOCCAL**  
**PCV13 (CONJUGATE) – DATE:** \_\_\_\_\_  
**PPSV23 (POLYSACCHARIDE) – DATE:** \_\_\_\_\_

**HPV – DOSE 1 DATE:** \_\_\_\_\_ **DOSE 2 DATE:** \_\_\_\_\_ **DOSE 3 DATE:** \_\_\_\_\_

**HEPATITIS A – DOSE 1 DATE:** \_\_\_\_\_ **DOSE 2 DATE:** \_\_\_\_\_

**HEPATITIS B – DOSE 1 DATE:** \_\_\_\_\_ **DOSE 2 DATE:** \_\_\_\_\_ **DOSE 3 DATE:** \_\_\_\_\_



# Companion Materials for CHRs

## Vaccine Basics

### Adult Vaccine Basics



How do vaccines prevent diseases?

Vaccines work by training your body to fight off germs, viruses, or bacteria before they can make you sick. The germs that you fight are made of proteins and antibodies. Your immune system can learn to fight them off before they can make you sick. This is how vaccines work. They teach your immune system to fight off germs before they can make you sick.

Here's how it works:

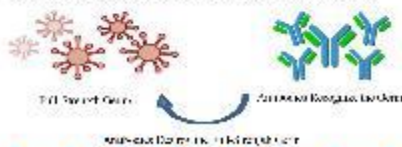
1. A vaccine helps your body learn to fight off germs before they can make you sick.



2. The weakened germs help your body learn to fight off germs.



3. Your body remembers how to fight off germs so you don't get sick.



### Addressing Barriers Answering Questions

- How vaccines work
- Why adults need vaccines
- Safety and side-effects

### Why do adults need vaccines?

- Adults are more likely to get sick from germs.
- Germs that make you sick can be more serious for adults.
- The immune system gets weaker as you get older.
- Adults are more likely to get sick from germs that are not covered by common childhood vaccines.

### Are vaccines safe?

Yes, vaccines are safe and effective.

Most adults get sick from germs that are not covered by common childhood vaccines. This is why it's important to get vaccinated.

### Can you get sick from a vaccine?

Yes, you can get sick from a vaccine. But the germs in vaccines are weakened or killed. They are not as strong as the germs that make you sick. So you are less likely to get sick from a vaccine.

### What are the possible side effects of vaccines?

Most vaccines are safe and effective. But some people can have side effects. These are usually mild and go away on their own. Some people can have more serious side effects. These are very rare.

For more information, visit <http://www.cdc.gov/vaccines/imz/immunization/>.

This material is for informational purposes only. It is not intended to be used as a substitute for professional medical advice. Always consult your healthcare provider for more information.



# Companion Materials for CHRs

## Adult Vaccine Guide

### Vaccines for Adults

	Who	When	Why	How and How Often?
<b>Influenza (Flu)</b>	Everyone 65 and older	1 each year	Helps prevent serious complications, illness, hospitalizations, nursing home admission, flu-related deaths, and people hospitalized with serious complications (e.g., pneumonia)	Prevent the spread of flu by getting the shot. It is a good idea to get a flu shot every year, starting at age 65.
<b>Tdap/T</b>	Everyone	1 time in a lifetime (Tdap) and 1 time every 10 years (T)	<ul style="list-style-type: none"> <li>• Protects against tetanus, diphtheria, and pertussis (whooping cough)</li> <li>• Protects against pneumococcal pneumonia</li> <li>• Protects against meningitis</li> </ul>	Jump to the next section, then check the table below for more details.
	Travelers	Travelers to countries with a risk of tetanus, diphtheria, and pertussis	Same as above	Same as above
<b>Zoster (Shingles)</b>	Everyone 60 and older	1 time	Helps prevent shingles, a painful rash, and long-term complications like nerve pain	Two shots, one now and one 2-6 months later
<b>Pneumococcal</b>	Everyone 65 and older	1 time	Helps prevent pneumonia, meningitis, and ear infections	One shot, one now and one 5 years later
	People with certain health conditions	1 time	Helps prevent pneumonia, meningitis, and ear infections	One shot, one now and one 5 years later
<b>HPV</b>	Men 9-26 and women 9-26	3 times over 6 months	Helps prevent cervical, anal, and throat cancers, as well as genital warts	Two shots, one now and one 6-12 months later
	Men 27-45 and women 27-45	2 times over 6 months	Helps prevent cervical, anal, and throat cancers, as well as genital warts	Two shots, one now and one 6-12 months later
<b>Hepatitis A</b>	Everyone 12 and older	2 times over 6 months	Helps prevent liver disease, liver failure, and liver cancer	Two shots, one now and one 6-12 months later
	People with certain health conditions	2 times over 6 months	Helps prevent liver disease, liver failure, and liver cancer	Two shots, one now and one 6-12 months later
<b>Hepatitis B</b>	Everyone 12 and older	3 times over 6 months	Helps prevent liver disease, liver failure, and liver cancer	Three shots, one now and two 1-2 months later

Adapted from: <https://www.cdc.gov/vaccines/imz/downloads/pdf/adult/adult-immunization-schedule.pdf>

Vaccines adults may need based upon existing health conditions, lifestyle, or job



This chart shows some common vaccines for adults but there may be vaccine(s) you need. Your healthcare provider will use the most detailed adult vaccine schedule to determine the vaccines recommended for you.

	Hepatitis A Series	Hepatitis B Series	HPV	Zoster (Shingles)	Pneumococcal	DTaP/Td
<b>Weakened immune system</b>						
<b>HPV</b>		•	•		•	•
<b>Weakened immune system (HIV)</b>				•	•	•
<b>Travel (shingles)</b>					•	
<b>Chronic liver disease (e.g., COPD or asthma)</b>					•	
<b>Diabetes type 1 or 2</b>		•			•	
<b>Chronic kidney disease or kidney failure</b>					•	
<b>Chronic liver disease</b>	•	•			•	
<b>Chronic liver failure</b>					•	
<b>People living in residential facilities (e.g., nursing home)</b>				•		
<b>Healthcare workers</b>	In addition to the vaccine, all adults aged 18 and older who work in a healthcare setting should get the Hepatitis B series. For more information, visit <a href="https://www.cdc.gov/vaccines/imz/downloads/pdf/adult/adult-immunization-schedule.pdf">https://www.cdc.gov/vaccines/imz/downloads/pdf/adult/adult-immunization-schedule.pdf</a>					

(Adapted from: <https://www.cdc.gov/vaccines/imz/downloads/pdf/adult/adult-immunization-schedule.pdf>)





# Thank you

**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD (GPTCHB)  
GREAT PLAINS TRIBAL EPIDEMIOLOGY CENTER (GPTEC)**

1770 Rand Road  
Rapid City, SD 57702

**Phone:** 605.721.1922

**Toll Free:** 1.800.745.3466

**Fax:** 605.721.1932

**Email:** [nptec@gptchb.org](mailto:nptec@gptchb.org)

**Web:** [www.nptec.gptchb.org](http://www.nptec.gptchb.org)

# REACH Into Indian Country Support for the Caregiver

**Barbara Higgins, MA**

REACH Program Coordinator/Trainer, Caregiver Center  
University of Tennessee Health Science Center  
Memphis Veterans Affairs Medical Center

*Reach Community*  
Resources for Enhancing Alzheimer's Caregivers Health—Indian Country

# Care for others begins with Self care



# Healthy Eating



# Exercise



# Sleeping



# Signal Breath

- **Step 1:** Rate your level of tension
- **Step 2:** Take a deep breath and hold it for 3 or 4 seconds
- **Step 3:** Breathe out slowly while saying a word or phrase to yourself, such as “relax,” “peace,” or “calm down.”
- **Step 4:** While exhaling, let your jaws, shoulders and arms go limp
- **Step 5:** Repeat these steps two more times
- **Step 6:** Rate your level of tension



# Positive Thinking/Mood management

The whole of science is nothing more than a refinement of everyday thinking.

Albert Einstein





# Mood Management – Cognitive Restructuring

- Managing the relationship between thoughts and feelings when the problem cannot be changed
  - Identify the situation
  - Identify current thoughts
  - Recognize current emotions/feelings
  - Challenge/replace unhelpful thoughts
  - Match milder feelings to milder thoughts



# Thought Record Example

Step 1	Step 2	Step 3	Step 4	Step 5
Situation	Current Thoughts	Current Feelings	Challenge & Replace	New Feelings
Lydia's daughter, Jane, becomes angry when anyone other than her mother provides care for her. Lydia has been asked to attend a social event but is concerned about her daughter's reaction.	Jane is being selfish and doesn't think about me. No one else will be able to give her good care. I'm never going to be able to get a break.	Frustrated. Angry. Trapped. Stressed.	Jane may be frightened that someone is going to hurt her. She may be embarrassed to have someone she doesn't know take care of her. Maybe I can get someone she likes.	Less angry. Less frustrated. Hopeful that a solution can be worked out.

You may be  
disappointed if  
you fail,  
but you are  
doomed if you  
**DON'T TRY.**

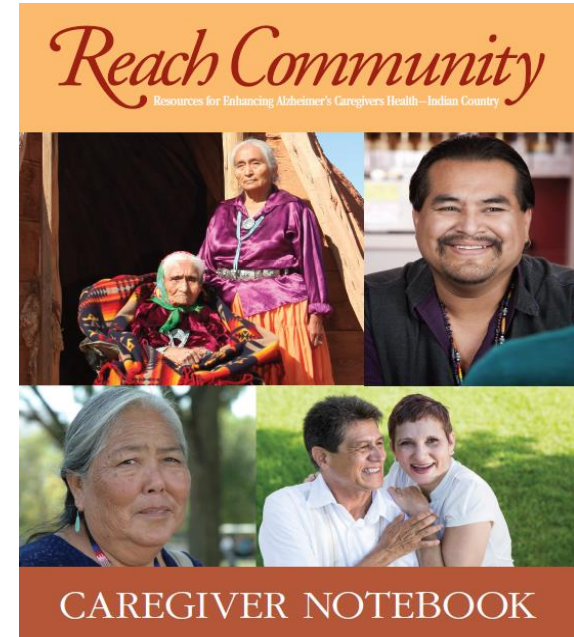
Beverly Sills

# REACH into Indian Country

- Resources for Enhancing Alzheimer's Caregivers Health in Tribal Communities (REACH into Indian Country)
  - Implement a proven dementia caregiving behavioral program
  - Funded for three years by the RX Foundation
  - Focus on the fit and utility of the program in Tribal communities
  - MOU between IHS and University of Tennessee

# REACH IC Material – Caregiver Notebook

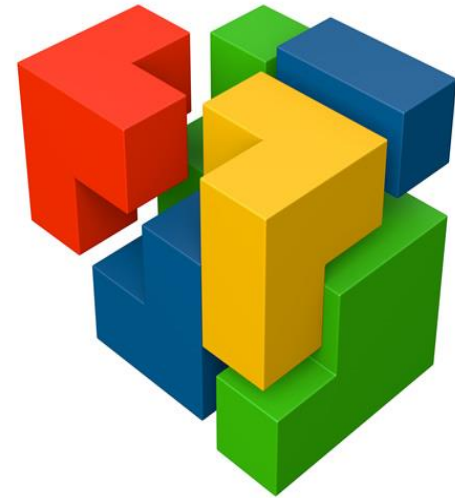
- Caregiver Notebook
  - Structures the program
  - Educational material (care recipient's condition, safety in the home)
  - Stress and coping topics (health, well-being)
  - Behavior/Issue topics
  - Primary resource for now and after program ended
  - Given to Caregiver by program coach



*I really, really liked the notebook. It was well organized; the patients were very receptive to it. (Program Coach)*

# Components of the Program

- Problem Solving
- Positive Thinking
- Stress Management



# Problem Solving

- Problems: Increased dependence in dressing, unable to choose appropriate and clean clothing, increased agitation
- Possible solutions:
  - Medication
  - Attendant
  - Lay out clothes
  - Simplify tasks
  - Limit choices
  - Cue, prompt
  - Modify environment



# How Can You Benefit? Focused and Efficient

- Develops a working relationship quickly
- Maximizes staff time and interaction with the caregiver
- Gives staff a targeted way for interaction
- Gives the caregiver exactly what he/she needs
- Empowers caregiver to work on concerns
- Anyone can be trained
- Currently offered at no cost

*It got to the point I don't have to call her [program coach] anymore.  
(Caregiver)*





# Upcoming Training Dates

November 10, 2016	11:00 am to 2:00 pm ET
November 18, 2016	2:00 pm to 5:00 pm ET
December 09, 2016	11:00 am to 2:00 pm ET
December 15, 2016	2:00 pm to 5:00 pm ET
January 10, 2017	11:00 am to 2:00 pm ET
January 26, 2017	2:00 pm to 5:00 pm ET
February 10, 2017	11:00 am to 2:00 pm ET
February 27, 2017	2:00 pm to 5:00 pm ET

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