

THE CAREGIVER PROGRAM OF



MONTHLY NEWSLETTER

Caregiving and the Legal System

with:

Andrew L. Jaloza, Esq

This workshop will highlight how planning benefits both the elderly and their families by focusing on Medicaid & Asset Protection.

Date: February 28, 2020

Time: 10:00am-12:00pm

Location: SNAP Innovative Senior Center
80-45 Winchester Blvd., Bldg. #4
Queens Village, NY 11427

BALANCE

As a caregiver, you know how important it is to take care of your loved one. But what you might not know is just how important it is to take care of you first. Family caregivers are the ones holding everything together, so what happens if you become run-down? Will you be able to provide the best level of care? Because caregiving can be physically and emotionally demanding, it is important to maintain balance.

Balance may look different for each one of us. It could be exercise, going to your own doctor appointments, baking, joining a support group or watching your favorite weekly TV show. Whatever balance looks like to you the end goal should be that it helps you to maintain your mental and physical well-being. Most importantly, it is not selfish to focus on your own needs when you are a caregiver-it is an important part of the job.

-THE CAREGIVER PROGRAM OF SNAP



The Caregiver Program of SNAP may be able to provide respite services for a home health aide to stay with your loved one so that you can attend the workshops. If you are in need of this service, please speak to your caseworker to inquire if services can be provided.

RSVP TO 718-527-5380

Caregiver Corner

Providing you with an inspirational quote to get you through the month

*"You're never too old
and it's never too late
to learn something
new."*

-Unknown

Support Groups

All support groups, except teleconference, run for 90 minutes.

All Caregivers:

Queens Village:	February 2	10:30am
Howard Beach:	February 10, 27	2:00pm
Jamaica Estates:	February 25	10:00am

Adult Children:

Rosedale:	February 6, 13, 20, 27	10:30am
Little Neck:	February 5	2:00pm

Working Caregiver:

Rosedale:	February 18	6:30pm
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Telephone Support Group:

Teleconference:	February 7, 14, 21, 28	10:00-10:45am
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Preventing Caregiver Fatigue

While you may not think twice about taking on the challenge of caring for a loved one, it can take a toll on your emotional and physical health. This can leave you exhausted, and unable to take care of your own needs. Let's take a closer look at caregiver fatigue and how to prevent it.

Caregiver fatigue occurs when caregivers feel physically, emotionally exhausted, often leading to a change in attitude. Sometimes this can cause feelings of resentment. This can happen when all of your effort and energy is focused on caring for your loved one and less on caring for yourself.

Symptoms of caregiver fatigue could be withdrawal from friends and family, lack of motivation, missing your own doctor appointments, or being unable to fall and stay asleep. It is important to pay attention to symptoms and signs of caregiver fatigue.

If you find yourself experiencing caregiver fatigue, don't be afraid to ask for help. There are many resources available for caregivers that provide support. Self-care is essential for keeping yourself healthy, and necessary if you want to provide excellent care for your loved one. Getting out of the house, staying active and eating well also help to prevent caregiver fatigue.

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