

Minutes for Caregiver Advisory Council
February 16, 2017
Carol McLimans

Present: Pat Hilgendorf, Kathe Harris, Robert Ford, Nancy Hogan, Donna Case, Ruth Butler, Heather Bauer, Laura Baker-Seseika, Ann Whisenhunt , Carey Shields, LeeAnne Tucker, Penny James, Deborah Chestnut.

Speaker: Ed Tennen, Ed.D, Psy.D.

Welcome and Introductions

Ed Tennen gave us an overview of Jewish Family Services. There are 145 agencies in the United States that operate on funds from grants, donations, corporate giving, etc. Jewish Family Services serves anyone in need regardless of their faith. Some services are free and others operate on a sliding scale .

For caregivers there are the Elder Day Clubs in Buncombe (twice a week) and Henderson (once a week) counties. The fee is \$30.00 a day and provide socialization to elderly clients. Clients are screened and transportation is provided. They cannot take people who are quite far along in the dementia disease. Scholarships are available. At this point case management is free. There are no caregiver support groups operating at this time., but counseling is available.

It is well known that caregivers experience more health problems due to stress and have twice the rates of depression compared to non-caregivers. The best thing that caregivers can do for themselves is: 1. Protect their own health 2. Believe in themselves, 3. Reach out for help.

Carol reported that AARP is advocating for the CARE Act in North Carolina.

Land-of-Sky will be offering Powerful Tools for Caregivers Class Leader Training. This two day training will be held May 31 and June 1 of 2017. There seems to be a lot of interest from other parts of the state, but we need trainers from Region B. The registration fee is \$100 per person for participants from Region B and \$250.00 for participants from outside of Region B with scholarships available for independent volunteers from Region B. Carol will speak about this at the WCARMA meeting on February 22. There was a short discussion about the fee that will be charged to caregivers who register for the 6 week course. Carol stated that caregivers can be charged to cover the cost of the Caregiver Helpbook which is \$30.00.but it would be good to find organizations that would purchase some books to offset this cost. If there is a registration fee scholarships will be available for those who can't pay.

Carol also spoke about National Health Care Decisions Day on Saturday, April 8th, 2017. This is planned for every county in North Carolina.

Penny James from the VA informed us about an online training program for Veterans' caregivers. Contact her at penny.james3@VA.gov.

The group brainstormed on caregiver needs and resources. Please see the following pages. Attached is a list of the needs and resources we identified. We will consolidate this into no more than to the FOUR main areas of need and talk about possible solutions at our next meeting.

Our next meeting will be Thursday, May 18, 2017.