Hello Caregivers,

I hope this newsletter finds you all in good spirits! Although it’s been difficult to stay indoors with all the gorgeous, albeit crazy weather we’ve been having, I can honestly say I’ve enjoyed learning my new role as Family Caregiver Support Advocate. I’m excited for the upcoming fiscal year to start in July, so we can once again start assisting Caregivers through the Southeast Senior Services Caregiver Grant Program. The annual grant money for unpaid Caregivers provides respite, chore and personal care assistance, allowing Caregivers a much needed and much deserved break from their caregiving duties. As a Caregiver myself, I understand how much time and energy goes into caring for others. Sometimes we don’t even realize how much we do until we’re too exhausted for anything else. That’s why it’s so important to take care of YOU, today and everyday. Whatever it is that makes you happy, whether it’s going for a hike or curling up with a good book, do it! Set aside time for yourself everyday and try to treat yourself with the same tender loving care you show others. You deserve it! You are appreciated and you are making a difference! If you’re interested in talking about how to apply for a grant, or if you just want to talk, please give me a call at 1-866-746-6177 toll free, or (907) 463-6181. I look forward to hearing from you!

Warm regards,

Jennifer Garrison
A great RESPITE opportunity Juneau!
Enroll your loved one in **The Bridge**, an adult day program focused on providing cognitive stimulation (games, puzzles, arts & crafts, etc.), socialization and physical activity (gardening, exercise, community outings etc.).

All seniors are welcome to enjoy a comfortable, friendly, and safe environment.

**To schedule your 3 free introductory visits**
call today (907) 463-6171

**July 1st** marks the beginning of the new fiscal year and Southeast Senior Services (SESS) is now accepting grant applications for Respite, Personal Care Assistance (PCA), Chore and Supplemental Services. For more information, please call 1-866-746-6177 or if in Juneau 463-6181. You can also email your request to: jennifer.garrison@ccsjuneau.org

Please note there is a registration assessment process to determine eligibility for all Caregiver Grants.

**What is Tele-support?**
It can be difficult to get the support you need when you live in a remote Alaskan community.

If you would like to speak with someone about your caregiving experience or need assistance getting access to support or services, we offer tele-support to our caregivers throughout the Southeast region.

Call toll free

1-866-746-6177

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Caring for the Elderly:
Dealing with Resistance
By Mayo Clinic Staff

Caring for the elderly can be challenging—particularly if a loved one doesn’t want help. Understand what’s causing your loved one’s resistance and how you can encourage cooperation.

What causes resistance to care?
If your loved one is in need of care, he or she is likely dealing with some loss—physical loss, mental loss, the loss of a spouse or the loss of independence. Accepting help might mean relinquishing privacy and adjusting to new routines. As a result, your loved one might feel frightened and vulnerable, angry that he or she needs help, or guilty about the idea of becoming a burden to family and friends.

In some cases, your loved one might be stubborn, have mental health concerns or simply think it’s a sign of weakness to accept help. He or she might also be worried about the cost of certain types of care. Memory loss might also make it difficult for your loved one to understand why he or she needs help.

What’s the best way to approach a loved one about the need for care?
In some cases, the doctor will start a discussion with your loved one about his or her care needs. If you’re starting the conversation and you suspect that your loved one will be resistant to care—whether from family, other close contacts or a service—consider these tips:

- Determine what help is needed. Make an honest assessment of what kind of help your loved one needs and which services might work best.
- Choose a time when you and your loved one are relaxed. This will make it easier for you and your loved one to listen to each other and speak your minds.
- Ask about your loved one’s preferences. Does your loved one have a preference about which family member or what type of service provides care? While you might not be able to meet all of your loved one’s wishes, it’s important to take them into consideration.
- If your loved one has trouble understanding you, simplify your explanations and the decisions you expect him or her to make.
- Enlist the help of family members. Family and friends might be able to help you persuade your loved one to accept help.
- Don’t give up. If your loved one doesn’t want to discuss the topic the first time you bring it up, try again later.

What are the most effective strategies for managing resistance to care?
To encourage cooperation, you might:

- Suggest a trial run. Don’t ask your loved one to make a final decision about the kind of care he or she receives right away.
- A trial run will give a hesitant loved one a chance to test the waters and experience the benefits of assistance.
- Describe care in a positive way. Refer to respite care as an activity your loved one likes. Talk about a home care provider as a friend. You might also call elder care a club, or refer to your loved one as a volunteer or helper at the center.
- Explain your needs. Consider asking your love one to accept care to make your life a little easier. Remind your loved one that sometimes you’ll both need to compromise on certain issues.
- Address cost. Your loved one might resist care out of concern about the cost. If your loved one’s care is covered by Medicaid or other funding, share that information to help ease his or her worries.
- Pick your battles. Do your best to understand your loved one’s point of view, and focus on the big picture. Avoid fighting with your loved one about minor issues related to his or her care.

Keep in mind that these strategies might not be appropriate when dealing with a loved one who has dementia.

What else can be done?
If your loved one continues to resist care and is endangering himself or herself, enlist the help of a professional. Your loved one might be more willing to listen to the advice of a doctor, lawyer or care manager about the importance of receiving care. Resistance to care is a challenge that many caregivers face. By keeping your loved one involved in decisions about his or her care and explaining the benefits of assistance, you might be able to help your loved one feel more comfortable about accepting help.
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| *Are you a caregiver caring for an elder?*  
Do you want to talk to others in a similar situation?  
*“We are here to help”*  
We hold a caregiver support group the second  
Friday of every month, from 2-3pm, at Saxman/  
Ketchikan Senior Center 2401 Eagle Ave.  
Call **Bernice Metcalf** for more information:  
(907) 225-8080 | *“Be of Brave Heart”*  
**Caregiver Support**  
Manager’s House of the Sitka Pioneer Home  
**Fourth Monday of Every Month at 6 pm**  
Homemade soup, salad, and bread provided.  
Contact Maury to RSVP or for information at  
747-4600 or  
maury@braveheartvolunteers.org |

**“Our Lending Library keeps expanding”**

The Senior and Caregiver Resource Center has a variety of resources available for loan to caregivers and elders. In addition, we offer a variety of books and educational materials on caregiving skills and self-care. If we don’t have material that you are looking for, we will help you find it. Feel free to stop by our lending library in Juneau or give us a call and we will gladly ship items to you wherever you live in the Southeast Alaska area.

**We have “Tai Chi” DVDS too!**

*"The Senior and Caregiver Resource Center receives financial support from the Juneau Community Foundation’s Hope Endowment Grant and of the City and Borough of Juneau Social Service Grant and the State of Alaska, Senior and Disabilities Services."*  
*Southeast Senior Services is a division of Catholic Community Service*
Special Caregiver Education Series

Tuesday May 7th 1:00 - 2:30PM
Mendenhall Valley Library

Kelsey Wood from Southeast Senior Services will give a presentation on ‘Nursing Home Alternatives.’ Jayne Andreen and Sue Nielson will be speaking about AARP and the Juneau Community Action Team and what they offer. This program is presented by Southeast Senior Services, a program of Catholic Community Services.

Contact Felicite 586-0438 with questions.