

Caring News

Fall 2022



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A partner organization eLearning Platform

<https://www.jhawkaaa.org>

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Self-Care

What does self-care look like to you?

Walking the dog after dinner

A bubble bath with a glass of wine

A Manicure

Whatever it looks like make it happen.
You are the best advocate for you. It is
my goal with these quarterly e
newsletters to make your caregiving
role easier and help reduce the stress.
Give yourself a pat on the back because
you are doing the best you can do.

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TPOPP

TPOPP (Transportable Physician Orders for Patient Preferences) is modeled on the Physician Orders for Life Sustaining Treatment (POLST) paradigm.

TPOPP is based on the belief that patients have the right to make their own health care decisions, especially as they approach the end of life. TPOPP recognizes and respects the value of approaching the end of life with a "plan" that has been discussed in private with a patient facing a chronic advanced or terminal illness, loved ones and a trusted physician. TPOPP reduces these decisions to a specific set of physician orders that can be communicated to appropriate individuals or organizations. Greater awareness of such end of life planning can reduce the emotional toll that occurs when medical solutions are no longer available or viable.

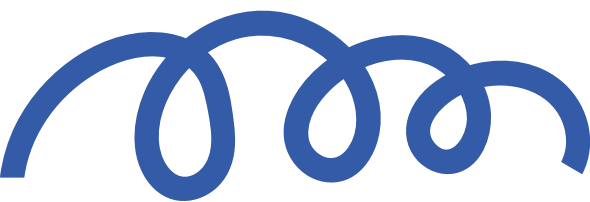
<https://www.practicalbioethics.org/programs/transportable-physician-orders-for-patient-preferences-tpopp-polst>

Let our advance worrying become advance thinking and planning.

Winston Churchill

- Learn about life-sustaining treatments
- Reflect on your values
- Decide what you want & what you do not want
- Talk to others

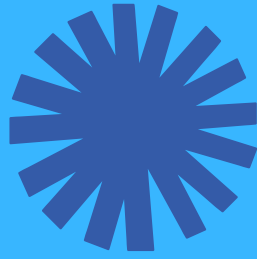
Your Conversation Starter Guide
(theconversationproject.org)



HOSPICE

The word “hospice” might seem like giving up on life, the goal is to give your loved one the best possible quality of life. A common hospice myth is that the time to call in hospice is when you are on your deathbed. It benefits patients in their final months of life, not just in the final days. The greater mission of hospice care is to provide emotional and spiritual support to both the patient and their loved ones as they progress through the terminal phase of their illness and prepare for end of life, and that simply can't be accomplished in a few days. While it is better late than never, hospice is designed to care for people over an extended period of time.

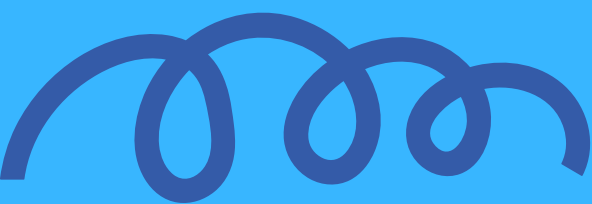
Hospice care is a 100% covered Medicare benefit. Combined with our caregiver respite grant the caregiver can get additional support for their loved one.



Caregiver tip from caringbridge.org

Accept Help from Your Community, Family and Friends

When your friends, family or community offer support – don't hesitate to accept it! Being a caregiver is a large, incredibly involved task, and sometimes it can feel like it's a massive thing to tackle alone. A common worry for caregivers is that they feel as though they are a burden on others when they ask for help – but that's actually the opposite of being true!



Dementia 360

This is a website for caregivers to get education and resources on caring for those with dementia. The website offers a virtual tour and 1:1 coaching throughout the caregiving process.

[HTTPS://DEMENTIA-360.COM/](https://dementia-360.com/)



Trualta is a personalized, skills-based training platform for family members caring for aging loved ones living at home. Jayhawk has partnered with this site to provide our caregivers with training and support throughout their journey. One of my favorite features is that each video is short and concise. If you have a few moments you can log in. You can also communicate with other caregivers on their community page. Ask me for an invite