

# Caring News

Winter 2022



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<https://www.jhawkaaa.org>

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## Caregiving Support

If a neighbor is already going  
to the store they can pick  
up a few things for you.

Ask someone to  
have a meal delivered  
to you

Switch your loved one to a mobile  
medical option

Consider a day center a couple times a week

Adapt activities they enjoy

Keep a journal

# GIVE YOURSELF GRACE

# FORGIVE YOURSELF

Caring for someone else can take a huge emotional toll, which is why it is so important to take a step back to make sure that you are caring for yourself and addressing your emotional needs.

## Grief

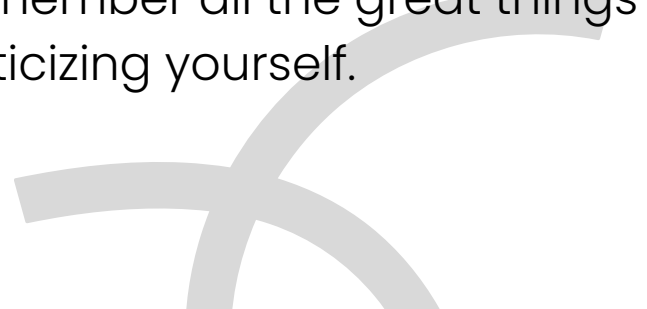
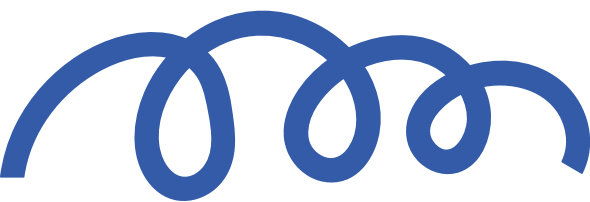
Separating the person from who they were to who they are now is an important step. Creating a relationship with the “new” person is a great way to combat grief. Sharing artistic outlets, reading, family visits and other stimulating activities that are adapted to your loved ones skill or ability can be a great way to combat grief.

## Guilt

Identifying feelings of guilt and acknowledging them is a critical first step. Use your personal support network (family, friends, a doctor or a counsellor) to help you maintain your own well-being in trying circumstances. Forgiving yourself is the most important step to overcoming guilt. Every caregiver experiences extreme guilt from time to time, but this guilt is almost never warranted, fair, or helpful. No one is perfect, and you can't blame yourself for taking on the caregiver role, or for delegating it to someone else when you are no longer capable.

## Forgive

You are human. The responsibility of being a caregiver is a huge endeavor under which many people would crumble. You should be proud of yourself, forgive yourself, and remember all the great things you have done, instead of criticizing yourself.





# Winter Safety

By preparing in advance, caregivers can make a big difference in keeping their loved ones safe. The Alzheimer's Association Central New York Chapter offers some safety tips for navigating the winter season as an Alzheimer's or dementia caregiver, such as:

- Be prepared. Winter storms can be dangerous. Check weather conditions regularly and have emergency plans in place.
- Bundle up. Help the person living with Alzheimer's dress warmly for winter weather conditions by wearing dry, loose-fitting layers and covering exposed skin.
- Prevent slips. Assume all surfaces are slick and take safety measures. Assist the person living with dementia by wearing sturdy shoes and walking slowly when outside.
- Buddy up. Ask family, friends, and neighbors for help with shoveling, grocery shopping, or other errands. An Alzheimer's Association survey says 84% of caregivers would like more support providing care for someone with Alzheimer's or dementia, especially from their family.



# Kansas Legal Services

This is a website for caregivers to get education and resources on legal issues. Forms for advanced directives, change of address and identity theft are just a few.

**[HTTPS://WWW.KANSASLEGALSERVICES.ORG/](https://www.kansaslegalservices.org/)**

Kansas Legal Services gives free or low cost civil legal advice and representation for persons whose incomes make them eligible. You will find out if you are eligible for legal assistance by talking with an Intake Specialist, whether you apply online or call the intake line.. You will find out if you are eligible for legal assistance by talking with an Intake Specialist, whether you apply online or call the intake line.

You can apply for legal assistance by filling out our Online Application or by phone 1-800-723-6953.

Forms are easy to use, interactive forms that will give you the documents you need for filing or responding to legal actions in Kansas district courts.