

# Caregiver Update

Information for those who care for others—published quarterly

WINTER 2016

## Winter Travel Tips

The day finally arrives for that doctor appointment made weeks ago. It's bitter cold, possibly snowing and you have to head out. As you prepare to face the winter weather, bundle up and remember that those in your care also need proper winter apparel. Unpredictable road conditions and the potential for weather-related delays are always possible. Those who use a wheelchair, have limited mobility, or poor circulation chill faster, and exposed skin risks frostbite.



- ◆ *Wear multiple layers of clothing*
- ◆ *Do not leave skin exposed, this may lead to frost bite.*
- ◆ *Warm the vehicle up before loading passengers.*
- ◆ *Have extra lap robes and blankets in the vehicle, and emergency water and snacks.*
- ◆ *If possible, eliminate outdoor wait times for people you transport. Consider taking a third person along to help with wheelchairs, mobility devices and getting the person efficiently in and out of the vehicle, and into the building, while you park the car.*
- ◆ *Confirm your appointment before leaving home to make sure the location is open and on time.*

If you are not confident that you can safely transport your family member or friend, consider using a transportation service, calling a cab, or using public transit.



## When To Stay Home

You don't hear it much anymore, but remember the phrase "*Michigan—Winter Wonderland*" we truly do have beautiful snowy days. No one likes to hype the weather conditions more than the television weatherperson, so if you are juggling a decision on whether to travel, tuning in may give you the information you need. Watch the scroll across the bottom of local channels for school closings. If Commission on Aging is not able to deliver meals due to the weather, there's a good chance that it's not a safe day for travel.

**In Michigan, there are 2.1 million caregivers at any given time during the year who devote nearly 1.4 billion hours to caregiving at a total value of \$15.5 billion.** —According to a 2011 report by AARP's Public Policy Institute.

## The CARE Act

Michigan Senate Bill 352 supports family caregivers – Sen. O'Brien (R-Portage), introduced the Michigan Caregiver Advise, Record, Enable (CARE) Act which AARP advocates for to support and equip family caregivers with information and training they need when their loved ones go into the hospital and as they transition home. The Michigan CARE Act features three important provisions:

- The name of the family caregiver is recorded when a loved one is admitted into a hospital;
- The family caregiver is notified if the loved one is to be discharged to another facility or back home; and, the hospital must provide an explanation and live instruction to the family caregiver on how to do prescribed tasks including medication management, injections, wound care and transferring at the time the person is discharged.

- See more at: <http://states.aarp.org/news-conference-kicks-off-Michigan-care-act/#sthash.10736CmH.dpuf>



## Trends in Caregiving

For people who meet Medicaid financial eligibility, AND require some help with their activities of daily living the Michigan Department of Health and Human Services Adult Home Help program maybe available. The person who will be receiving help chooses who will provide it. Often, this is as simple as having a child, friend or family member do the work, then the worker is paid by the program. For more information, contact the Saginaw County Department of Health and Human Services Office at 411 E. Genesee, or by phone: (989) 758-1100.

**DID YOU  
KNOW!**

### **There is no Excuse for Abuse**

Abuse, self-neglect, and financial exploitation of older adults and those who are vulnerable due to a disability often goes un-reported. If you suspect someone is being abused, neglected, or financially exploited call 1-855-444-3911.

**You may remain anonymous.**



**Looking for Aging Services-**Saginaw County Commission on Aging provides home-delivered meals, senior dining sites, in-home care, social activities and a variety of caregiver programs for people age 60 and older in Saginaw County. For more information call: 797-6880.



**Social Security-**Do you need help with your Social Security Disability, or maybe you are getting close to retirement? Here are two numbers that may be helpful: Main Office: 1-800-772-1213 - Bay City Office: (866) 366-4924.

**Are you caring for a person with dementia or Alzheimer's Disease?**

Help is available by calling the Saginaw County Commission on Aging.

## Who to call when there's a problem:

**Hospitals/HealthCare**—Medicare beneficiaries who have a complaint. Call KEPRO, Michigan's federally designated Quality Improvement Organization for Medicare: 1-855-408-8557.

**Adult Foster Care or Home for the Aged**—Complaints may be made to the licensing agent by calling 1-866-856-0126.

**Nursing Home**—Problems not being resolved? Call the Long-Term Care Ombudsman. *Services are provided under the Older Americans Act. There is no charge to the resident.* 1-866-485-9393.

***Anytime someone is in danger of harm, dial 911!***

**Put your telephone number on the Federal Do-Not-Call Registry: 1-888-382-1222 from the phone that you don't want telemarketers to call. \*Renew every 5 years!**

**Call 211.** When you are looking for a service and are not sure where to find it, just pick up the phone and dial 211. A knowledgeable person will assist you in locating what you need.

**MMAP Hotline 1-800-803-7174 year-round.**  
Your Medicare/Medicaid Assistance Program