



# Nebraska Respite Network Southwest Service Area

Serving, Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Grant, Gosper, Hayes, Hitchcock, Hooker, Keith, Lincoln, McPherson, Perkins, Red Willow and Thomas Counties.

## PROVIDER/CAREGIVER NEWSLETTER

Spring 2011

*"We Care for Those Who Care"*

### Special points of interest:

- Being prepared for an unexpected hospitalization
- Nominate a Caregiver and a Provider for the \*NEW\* Caring Heart Award

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## What happens if a Caregiver is Hospitalized?

Have you ever considered what happens to the loved one at home when their caregiver becomes hospitalized? Be it emergency or planned, would the EMT's know who to contact ensuring the loved one will not be left at home alone?

Although we don't like to think about the possibility of caregivers being hospitalized, it is a reality that needs to be planned for.

As Respite Coordinators, we are interested in how to

best help caregivers plan for the unexpected emergency.

Some suggestions to prepare for the unexpected include:

- ◆ Refrigerator materials (booklets or magnets) with medical/contact information
- ◆ Wallet cards for caregivers to carry
- ◆ Provide 911 operators/ EMT personnel with list of respite providers to contact

Please share any ideas you



may have to help solve this concern by emailing

[respite@swhealthdept.com](mailto:respite@swhealthdept.com) or call 308-345-4990

Our goal as Respite Coordinators is to ensure your loved one receives the best care possible **at all times!**

## New Provider Recruitment

Do you know someone who enjoys working with families and setting their own schedule? It can be a neighbor, friend or coworker.

As an independent Respite Provider with the Nebraska Respite Network they could do all this while helping families in their community.

At the Nebraska Respite Network we are always looking for energetic,

caring individuals to join our team.

No healthcare experience in necessary. Training opportunities are available to those interested.

Providers provide a wide range of care including: daycare, personal care, companionship, overnight care, emergency care, and long term.

More information is available on our website:

[www.swhealthdept.com](http://www.swhealthdept.com)

E-mail:

[respite@swhealthdept.com](mailto:respite@swhealthdept.com)

Call:

1-866-RESPITE or

308-345-4990



## Mini-Grant Recipients

Kim Tietz, Owner of Kingdom Kids Daycare, located in McCook will be receiving mini-grant monies to purchase equipment to provide an stimulating individualized music center to better serve the children at her daycare. Kim serves Respite families on a daily basis

Kim also was awarded mini-grant monies last year as well. Way to go Kim! Keep up the good work and thank you for serving your community!

We welcome all agencies and individuals who are interested in devel-

oping or expanding new or enhancing existing Respite programs and increasing the availability of Respite services and caregiver support to families across the Respite Southwest Service Area.

When awarded a mini grant, an agreement must be signed to guarantee the service will be provided for a one year period and provide photos and financial reports of the completed project.

More Mini-Grant Respite Funds are available! Funds will be awarded on an every other month basis.



Application forms may be downloaded from our web page at [www.swhealthdept.com](http://www.swhealthdept.com) under Respite/Funding. You may also call 308.345.4990 or stop in the office

[Coming Soon:](#)

[Respite Resource Directory by County](#)

[Look for it on our website:](#)

[www.swhealthdept.com](http://www.swhealthdept.com)

## Caregiver Corner

### Who Are the Caregivers?

Most older persons with long-term care needs (65%) rely exclusively on family and friends to provide assistance. Another 30% will supplement family care with assistance from paid providers. Care provided by family and friends can determine whether older persons can remain at home. In fact, 50% of the elderly who have a long-term care need but no family available to care for them are in nursing homes, while only 7% who have a family caregiver are in institutional settings.

Within our complex system of long-term care, women's caregiving is essential in providing a backbone of support. In fact, the value of the informal care that women provide ranges from \$148 billion to \$188 billion annually.<sup>4</sup> Women provide the majority of informal care to spouses, parents, parents-in-law, friends and neighbors, and they play many roles while caregiving—hands-on health provider, care manager, friend, companion, surrogate decision-maker and advocate.

Many studies have looked at the role of women and family caregiving. Although not all have addressed gender issues and caregiving specifically, the results are still generalizable to women because they are the majority of informal care providers in this country. Consider:

- ◆ Estimates of the percentage of family or informal caregivers who are women range from 59% to 75%
- ◆ The average caregiver is age 46, female, married and working outside the home earning an annual income of \$35,000
- ◆ Although men also provide assistance, female caregivers may spend as much as 50% more time providing care than male caregivers.

-From Family Caregiver Alliance

### First Steps: Help for New Caregivers

It is easy to become overwhelmed as a new caregiver. Five steps that can help **are:**

- **Start with a diagnosis.** Learning about a family member's diagnosis helps caregivers understand the disease process and plan ahead realistically.
- **Talk about finances and healthcare wishes.** Having these conversations can be difficult, but completing Durable Powers of Attorney for finances and healthcare can help relieve anxiety and better prepare for the future.
- **Consider inviting family and close friends to come together and discuss the care needed.** If possible, it's helpful to include the care recipient in this meeting. This meeting gives caregivers a chance to say what they need, plan for care and ask others for assistance.
- **Take advantage of community resources such as Meals on Wheels and adult day programs.** These resources help relieve the workload and offer a break. Look for caregiver educational programs that will increase knowledge and confidence.
- **Find support.** The most important thing is for caregivers to not become isolated as they take on more responsibility and as social life moves into the background.

-From Family Caregiver Alliance

# Notes from the Respite Coordinator's Desk

I first want to take a moment to say HELLO to everyone involved with the Nebraska Respite Network. I am extremely honored to be joining such an excellent Respite community you have here in Southwest Nebraska. I look forward to picking up where my predecessor left off.

Here is a little background on myself. I have worked in various aspects of the healthcare field for the past 7 years, from assisted living and long-term care to the clinic setting. I received my Bachelor of Science in Healthcare Management in June 2009.

My goal, as the Southwest Service Area Respite Coordinator, is to serve as an across-the-board resource for families, individuals and public organizations to access respite information.

Please feel free to contact me anytime regarding respite services, needs, or to inquire about becoming an independent respite provider. I look forward to serving you!

Alynn Ahlemeyer



## RESOURCES

### EVENTS

- ◆ *A Time For You Family Caregiver Retreat*  
April 27 & 28 - Ashland
- ◆ *Celebrating Infants and Toddlers*  
April 28, 29, 30 - Scottsbluff
- ◆ "Fill Your Childhood Toolbox with Tools for Managing Behavior"  
May 14 - Kearney

A complete list of events across the state can be found on our website: [www.swhealthdept.com](http://www.swhealthdept.com) under "Respite"

You may also call 308-345-4990 or 1-866-RESPITE

"Being deeply loved by someone gives you strength; loving someone deeply gives you courage."

- Lao Tzu



## WORD FIND

- |           |           |
|-----------|-----------|
| BREAK     | LOVING    |
| CAREGIVER | MINIGRANT |
| CHILDREN  | NEBRASKA  |
| ELDERLY   | PROVIDER  |
| EMERGENCY | RESPITE   |
| HELP      | SPOUSE    |

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### On the WEB:

- ◆ Provider Applications
- ◆ Scholarship Applications
- ◆ Mini-Grant Applications
- ◆ Emergency Respite Info
- ◆ Lifespan Respite Subsidy Application

[www.swhealthdept.com](http://www.swhealthdept.com)

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## Caring Heart Award Nominations

Nebraska Respite Network Southwest Service Area is pleased to announce the “Caring Heart Award”. Starting with the Summer Newsletter one provider and one caregiver will be awarded the “Caring Heart Award”.

The award will include a Nebraska Respite Network sponsored night out, a shirt, and goodies. The recipients will get to choose the activity (dinner, massage, movie, etc.). For the caregivers, respite care will be provided at no charge.

The Southwest Service Area is now accepting nominations. Please e-mail [respite@swhealthdept.com](mailto:respite@swhealthdept.com) or mail

Nebraska Respite Network PO Box 1235 McCook, NE 69001 or call 1.866.RESPITE/308-345-4990

Please include name, address, contact information for caregiver/provider and person making nomination, along with a brief explanation of how this person exhibits a “Caring Heart” in their community or to their family.

**Have your nomination in by June 3, 2011.**

Award Recipients will be announced in the June 2011 Newsletter.

