

# CAREConnections

Information and Inspiration for Caregivers

A Publication of Boulder County Area Agency on Aging

Nov/Dec 2014

## INSIDE

1

All About the ADRC

3

Karen and Bernice

4

Robert, Mona and Doug

5

Jim and Susan

6

Jason and Ben

7

Lynn and Millie

8

Community Resources

9

Fred and Marilyn

### Dear Caregiver,

November is National Family Caregivers Month, a special time designated to honor millions of family caregivers across the U.S. And, of course, thousands of those caregivers live right here in Boulder County.

We at Boulder County Area Agency on Aging (BCAAA) think the best way to honor caregivers is by providing a variety of services for their support. We know that making wise use of “outside” resources helps family caregivers take good care of their loved ones—and themselves. We emphasize to caregivers the importance of thinking of themselves not just as direct care providers but as care *managers*, who assemble and oversee an array of resources to provide for their loved ones’ needs and to protect their own well-being.

This issue is a Resource Extravaganza! It starts with an article about the Boulder County ADRC, *the* place to call (or email, or visit online) for information about resources—and more. It continues with six fictional caregiving scenarios, each followed by a response, with lots of great suggestions about resources, by an ADRC Options Counselor or other staff of BCAA.

The issue isn’t flashy, but it’s jam-packed with information, and we hope you’ll find it useful. Happy National Family Caregivers Month to you!

*The Editors*

### All About the ADRC

by *Eden Mayne*



**A**ging and Disabilities Resources for Colorado is a long name for a great program. That’s why it is usually referred to as the ADRC. The ADRC model began at the federal level with the Administration for Community Living and the Centers for Medicare and Medicaid Services. These agencies wanted to create a single point of access where older adults and adults with disabilities could find knowledgeable and trained professionals to discuss the resources they need and learn what is available in their own community. The expectation, at the federal level, was that local ADRCs would provide unbiased and reliable information and counseling to consumers, including family/informal caregivers, regardless of their income. The primary goal of an ADRC is to promote a person-centered process that allows for consumer direction in finding



## CAREConnections

is published six times a year by Boulder County Area Agency on Aging (BCAAA). To subscribe or respond to articles, contact:

### Care Connections

Boulder County Area Agency  
on Aging  
P. O. Box 471  
Boulder, CO 80306  
303-678-6116 (ph)  
303-678-6285 (fax)  
InfoCaregiver@bouldercounty.org

Care Connections is offered free to residents of Boulder County, though donations are gratefully accepted. Agencies, businesses, and professionals are encouraged to donate to Care Connections in an effort to keep it available at no cost to caregivers. Subscriptions to addresses outside of Boulder County may be obtained by a one-time donation of \$10.00.

Care Connections is supported in large part by contributions from business sponsors. For more information on sponsorships, call 303-678-6116. Sponsorship, while appreciated, does not constitute endorsement by Boulder County Area Agency on Aging.

### Editorial Advisory Committee

Emily Cooper  
Susan Damon  
Claudia Helade  
Lynn Malkinson  
Mary Kathleen Rose

### Newsletter Design

StudioBlue West,  
Newport, Oregon

Reproduction of Care Connections articles is permitted with credit to Boulder County Area Agency on Aging.

services and programs that help individuals to remain as independent as possible.

In Boulder County, the Area Agency on Aging administers the ADRC with several staff members who provide direct services to consumers. ADRC services are provided on a continuum, with the philosophy that services should be delivered in the appropriate amount as the consumer directs. To that effect, Boulder County ADRC Options Counselors offer information, referral, and awareness for consumers looking for basic information and options for their expressed needs. If the consumer or caregiver needs more support, they will be offered in-depth counseling, advice, advocacy, and follow-up. All ADRC Options Counselors assist with providing streamlined eligibility determination for public programs, which can include assisting with forms and applications. The ADRC has staff who can provide information to individuals living in nursing facilities who may be able to move back into the community. The ADRC also has a staff member who works specifically in support of family caregivers.

Another function of the ADRC is to look closely at the types of questions received and the needs of consumers in order to evaluate needed resources and duplications or gaps in services. The ADRC staff works closely with other Area Agency on Aging programs to provide the most robust services possible. Since 2009, the Boulder County ADRC has worked with over 3,500 individuals to answer their questions about short- and long-term services and supports in their community. As part of the “No Wrong Door” system, the Boulder County ADRC also works closely with local community partners who serve older adults, adults with disabilities, caregivers, veterans, and their families.

Regardless of how simple or complex the question or concern may be, ADRC Options Counselors will take the time needed to ensure that consumers get answers that are helpful and practical.

There are several ways to access the ADRC:

- Help Line: 303-441-1617 (English/Spanish)
- TTY: 303-441-3986
- Email: [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org)
- Online: [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) (Seniors and People with Disabilities)

---

*Eden Mayne is Information & Assistance Program Manager with BCAA.*



## Karen and Bernice

**K**aren's mother, Bernice, rents an apartment in Longmont. Bernice's monthly social security income is \$715; she has no assets. Bernice has become quite frail over the last several years, and she's also developed dementia, so Karen knows that it may be unsafe for her mother to live alone. Karen goes to her mother's to help as often as she can, but she can't be there all the time—she has to work to support herself and her child. She's considering moving her mother to her home but doesn't know how to care for her mom and still get to work.

### Response

Karen and her mother find themselves in a situation that, sadly, is not uncommon. The Alzheimer's Association estimates that there are 63,000 people age 65 and older with Alzheimer's in Colorado—and 227,000 caregivers who provide 259 million hours of unpaid care for their loved ones with the disease. The **Alzheimer's Association** ([www.alz.org](http://www.alz.org)) would be a great resource for Karen to learn more about dementia and caregiver education and support options. The Association also offers online support for family and caregivers and a 24-hour Helpline (1-800-272-3900).

If Bernice and Karen would like more information about their options, a good place to start is by scheduling an appointment with a **Senior Resource Specialist** (City of Longmont Senior Services, 303-651-8716; for Longmont residents). The Resource Specialist can help explain options, review available resources, and develop a plan of action. One option for Bernice could be **Home and Community Based Services – HCBS** (303-441-1000), for persons who wish to remain at home or in a community setting and require case management, home health services, respite care, day care, personal care and/or

certain other services. There are financial and functional needs requirements for the program. Another helpful resource could be **Longmont Meals on Wheels** (303-772-0540; for Longmont residents), which delivers nutritious noon meals to seniors in their own homes.

Bernice may be eligible for several financial benefit programs in Colorado. The **Old Age Pension (OAP)** program provides financial assistance and may provide medical benefits for low-income adults age 60 or older who meet basic eligibility requirements. The **Medicare Savings Program** would pay for her Medicare Part B premium, deductibles, and copayments. It would also automatically qualify her to get **Extra Help** paying for Medicare prescription drug coverage. Bernice may also qualify for the **Food Assistance** program that would assist with a portion of her monthly food costs. And if Bernice requires a higher level of care, HCBS (see above) may help to pay for an assisted living home, or she may qualify for **Long Term Care**, which would help pay for a skilled nursing facility. To apply for any of these programs, Karen can use Colorado PEAK ([www.coloradopeak.force.com](http://www.coloradopeak.force.com)), an online service for screening and applying for public assistance programs, or she can pick up an application at Boulder County Department of Housing and Human Services (1921 Corporate Center Circle, Suite 3F, in Longmont; or 3460 North Broadway, in Boulder). For more information, she can call 303-441-1000.

If Bernice does need to move to a long-term care facility, Karen may want to contact the **Long-term Care Ombudsman Program** (BCAAA, 303-441-1173), which can provide public information reports of annual inspections and investigations of all facilities in Boulder County. BCAA also publishes the **Boulder County Housing Guide** that lists all of the locations, services, and costs for housing



options for older adults in Boulder County ([www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), Seniors & People with Disabilities, Important Information - Publications).

*Response by Keith Carr, ADRC Options Counselor – Mountain Communities with BCAA.*

**“The greatest achievement of the human spirit is to live up to one’s opportunities and make the most of one’s resources.”**

– Luc de Clapiers

### Robert, Mona and Doug

**R**obert, 80, has multiple health issues and lives with his daughter, Mona, 49, and her husband, Doug, in Superior. He has little income and no assets. Mona says her father has always been “difficult,” and now he’s angry about being dependent and is lashing out at her, though she’s just trying to help. It’s hard on Mona, her husband, and their kids. Mona wonders if her father might have a “mental health issue,” and she’s worried about her own well-being too. She wants to be a “good daughter,” but she doesn’t know how much longer she can deal with her father.

#### Response

Sometimes being a caregiver for a family member can become increasingly difficult as the care recipient ages and develops more health issues. Mona could contact the **Caregiver Initiative** (BCAAA, 303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)) to learn about caregiver-related publications, programs, and support group resources. She might benefit from enrolling in **Powerful Tools for Caregivers**, a training program that would give her tools to increase her

self-care and reduce her stress, or she could take the **National Caregiver Training Program**, in which she’d gain home care skills for safely and confidently providing personal care, managing medications, lifting and transferring, taking vital signs, and much more. For ongoing caregiver support, Mona could also choose to subscribe to “**Care Connections**.”

Another great resource for caregivers is **Boulder County ADRC** (303-441-1617, [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org), [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); see article on pages 1-2). The ADRC website features an online service directory with information for older adults and people with disabilities. Mona could select Seniors & People with Disabilities, then Service Directory, then Caregiving, for eight topics regarding caregiving.

Mona could also benefit from respite services provided by Boulder County Area Agency on Aging. The **Respite and Companion Volunteer Program** (303-441-1543) matches volunteers one-on-one with older adults for the purpose of companionship (but not hands-on care). Each volunteer undergoes a background check and is carefully trained prior to being matched. The **Respite Assistance Program** (303-441-1617) provides reimbursement of up to \$500 a year for the costs of respite care—hiring a substitute caregiver so the primary caregiver can take a needed break.

Because Mona is concerned about her father’s mental health, it could be beneficial to contact **Mental Health Partners** (303-443-8500, [www.MHPColorado.org](http://www.MHPColorado.org)) or **Senior Reach** (1-866-217-5808, [www.SeniorReach.org](http://www.SeniorReach.org)) which provide mental health services, including peer counseling, and connect older adults to community resources.

Another option for the family would be for Robert to move into a different living setting. Mona could contact the Boulder County ADRC to discuss housing and service options and to

obtain a **Boulder County Housing Guide** ([www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), Seniors & People with Disabilities, Important Information – Publications), which covers housing resources for older adults and adults with disabilities. The guide includes information on subsidized housing, private purchase housing, VA housing, independent living, assisted living, skilled nursing facilities, and memory care facilities. Once Robert is in his own home, the ADRC could assist Robert and his family with looking into home care options, such as privately paying for home care, applying for **Title III Home care through Complete Home Health Care**, or applying for **Home and Community Based Services (HCBS)** or **Home Care Allowance** (both 303-441-1000).

*Response by Desiree Firle, ADRC Options Counselor with BCAA.*



### Jim and Susan

**J**im, 66, has Parkinson's and requires care from his wife, Susan, 63, who retired early from her work in order to assist him. They live in Longmont and have no children. Jim served in the military during the Vietnam war, then worked as a machinist before retiring because of his health. His social security is \$1600 a month (Susan isn't drawing hers yet), which doesn't cover their mortgage and other expenses. Their modest savings are quickly being depleted to pay their monthly bills, and Jim and Susan are afraid they may soon lose their home, where they have lived for 15 years.

#### Response

A chronic illness can be financially, emotionally, and socially devastating. Stabilizing that which we *can* control creates an aspect of security that allows us to respond to the broader, more emotional aspect of a life-changing illness.

Finances, or the lack of them, can create a great deal of anxiety. Shelter is a basic human need, and Jim and Susan's fear of losing their home can skew their perspective on everything in their lives. They can turn to the **Boulder County Housing Counseling Program** (720-564-2279), a HUD-approved program created to help with a variety of housing issues including foreclosure prevention, budget and credit management, reverse mortgages for seniors, and financial management and personal enrichment workshops.

Programs such as the **Low-Income Energy Assistance Program** (303-678-6097), **Longs Peak Energy Conservation** (720-864-6401), **Senior Property Tax Exemption** (303-441-4830), **Senior Property Tax Deferral Information** (303-441-1726), and the **Property Tax Work-off Program** (303-441-4923) could also provide relief from expenses. Jim and Susan can phone specific programs for information on eligibility, application process, required documents, and so on.

If Jim is eligible, **Medicaid** could provide supplemental payments for medical expenses/items not covered by Medicare and/or the payment of his Medicare premiums. **Home and Community Based Services Program – HCBS**, a nursing home diversion program, could possibly pay for additional help at home, adult day care, medical equipment, and more. Jim and Susan can call 303-441-1000 to learn about these and other public assistance programs.

A valuable resource not to be overlooked is the **Parkinson's Association** (303-830-1839), which offers support groups, exercise classes, home visits by a social worker, referral helpline, educational events, and other vital resources to help both patients and caregivers. And, as a veteran, Jim should check to see if he's eligible to receive **financial benefits under the Veterans Administration** [(Workforce Boulder



County - Veterans' Service Offices, 303-441-3890 (Boulder) or 303-776-8502 (Longmont)].

To enable Susan to take time for herself, she will want to consider the **Respite Assistance Program** (BCAAA, 303-441-1617), which offers up to \$500 a year in reimbursement for the costs of hiring a substitute caregiver or for Jim's attendance at an **adult day program**, where he can socialize and interact with his peers ([www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), Seniors & People with Disabilities, Service Directory, Aging in Place, Adult Day Program Centers). Susan can get other ongoing support by subscribing to "**Care Connections**," by attending a **caregiver support group**, or by enrolling in a **caregiver training course** (Caregiver Initiative, BCAA, 303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)).

*Response by Joan Santon, ADRC Options Counselor with BCAA.*



### Jason and Ben

**J**ason, 76, has an advanced neurological disease and lives in a skilled nursing facility. He is on Medicaid. His partner, Ben, visits several times a week and keeps a close eye on Jason's care. In recent weeks, Jason, who is incontinent, has spent several full days in soiled undergarments, and there have been other problems such as calls for assistance that were unanswered and delayed delivery of medications. Ben knows the facility is understaffed and thinks they're probably doing their best, but he also wants to ensure that Jason gets good care—especially as his partner nears the end of life.

#### Response

Jason and Ben are faced with a common problem in skilled nursing facilities: periods when basic care falls short. Ben's frequent visits to the

home are one important way to address quality of care concerns. Through these visits, he can observe Jason's care firsthand and provide feedback to staff, particularly nursing staff and Jason's social services worker. The visits also promote the development of personal relationships between Ben and the staff, which increases the likelihood of better care. When specific problems arise, it's often advisable to have a care conference, a meeting in which the resident, family, and staff address problems with care and make adjustments to the written care plan. Care conferences are held quarterly and upon request.

Advocacy programs can be helpful to Jason and Ben. The **Long-term Care Ombudsman Program** (BCAAA, 303-441-1173, [infoltco@bouldercounty.org](mailto:infoltco@bouldercounty.org)) advocates with and for residents of nursing homes and assisted living homes. Ombudsmen respond to residents or their representatives when questions or complaints arise. They visit the homes regularly and work to ensure that residents' voices and interests are part of the discussion. Another option is **National Consumer Voice for Quality Long-term Care** ([www.theconsumervoice.org](http://www.theconsumervoice.org)), an advocacy agency whose functions include providing information to anyone seeking to improve quality of care in nursing homes.

If Jason's care does not improve with these approaches, it may be necessary to file a complaint with the **Colorado Department of Public Health and Environment** (303-692-2836, [www.colorado.gov/pacific/cdphe/health-facilities-complaints](http://www.colorado.gov/pacific/cdphe/health-facilities-complaints)). The Health Facilities Division of the CDPHE investigates complaints and conducts annual "surveys" of every licensed home in the state. If Ben files a complaint, the surveyor would consult with him and the local ombudsman to gather information about the complaint. When the investigation is complete, a summary report would be issued to Ben.

*(continued on page 7)*



# Our Sponsors



**HOVER COMMUNITY INC.**  
*Est. 1979*

**SENIOR INDEPENDENT & ASSISTED LIVING**

Hover Manor 1401 Elmhurst Drive Longmont, CO 80503	Beatrice Hover Assisted Living 1380 Charles Drive Longmont, CO 80503
--	--

[www.hovercommunity.org](http://www.hovercommunity.org)  
(303) 772-9292

**THE KAPSAK LAW FIRM, LLC**

**DANIEL P. KAPSAK  
MICHELLE M. STOLL**  
Attorneys and Counselors at Law

ph: 303-651-9330  
fax: 303-485-3714  
[info@kapsaklaw.com](mailto:info@kapsaklaw.com)

1610 Hover Road, Suite 203, Longmont, CO 80501

**BRANDON FIELDS**  
Elder Law Attorney



- Medicaid Planning
- Guardianships & Conservatorships
- Wills & Trusts / Special Needs
- Probate Administration & Litigation

**303-449-5602**  
[brandon@elderlawboulder.com](mailto:brandon@elderlawboulder.com)  
1510 28th St., Suite 205, Boulder, CO 80303



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

**COMPASSIONATE CARE FOR SENIORS**

**HomeWell®**  
SENIOR CARE  
*Because you care, HomeWell is there.™*

**303.485.9880**

FREE In-Home Consultations  
Licensed • Bonded • Insured

**Dependable Hourly and Live-in Care**

- Companionship
- Personal Care
- Memory Care
- Incontinence Care
- Medication Reminders
- Transportation
- Errands
- Housekeeping
- Meal Preparation and much more

[www.homewellseniorcare.com/northerncolorado](http://www.homewellseniorcare.com/northerncolorado)




**Plan B**  
Home Care Services, Inc.  
**720-652-9078**

**Helping Make Life at Home a Safe, Enjoyable & Productive one!**

Overnight Care	Respite Care
Weekend Care	Companionship
Cooking	Laundry
Running Errands	Transportation
Medication Reminders	Personal Care
Shower assistance	Housecleaning

We supplement Hospice Care  
Help with all activities for daily living.

**CALL FOR A FREE ASSESSMENT**  
[planbhomecare1630@msn.com](mailto:planbhomecare1630@msn.com)  
[WWW.PLANBHOMECARE.COM](http://WWW.PLANBHOMECARE.COM)



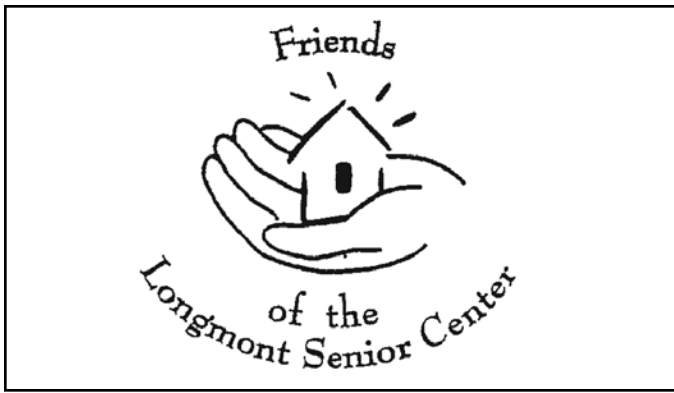
Honoring the *spirit within*

**AltaVita**  
ASSISTED LIVING MEMORY CARE CENTRE  
*Carefully Designed Memory Care*

800 S. Fordham Street  
Longmont, CO 80503

**303-300-3700**  
Secured Assisted Living Community

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




**Judy Pitt**  
Broker Associate  
CRS, GRI, SRES, GREEN





**WRIGHT KINGDOM**  
REAL ESTATE

Office: 303.443.2240  
Direct/Fax: 303.541.1937  
wkre.com  
jpitt@wkre.com




Winner of the  
Good Neighbor Award  
2011

4875 Pearl East Cir., Boulder, CO 80301

## Care Link

Adult Day Program



- Peace of mind for caregivers & participants
- Specially trained staff
- Daily exercise
- Transportation available
- Mentally stimulating activities and social connections
- Helps seniors stay in the comfort of their own home

3434 47th St., Ste.100 • Boulder, Colorado • 303.532.2477

## Now Hiring CAREGivers



- Companionship
- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Shopping & Errands

Call for more information

**Home Instead**  
SENIOR CARE

Boulder and Broomfield  
Counties 720-890-0184

*With a little help from a friend.*

Each Home Instead Senior Care franchise office is independently owned and operated. [homeinstead.com](http://homeinstead.com)

## Let our family care for yours. Homewatch CareGivers®

*Affordable Care Solutions:*

- Bonded & Insured
- Nurse Trained & Supervised
- Meals, Meds, Light Housekeeping
- Errands, Companionship
- Respite Care, Alzheimer's, Disabled



Serving Boulder, Longmont, Louisville & Lafayette Since 1994

**303-444-1133**  
[homewatchcaregivers.com/boulder](http://homewatchcaregivers.com/boulder)

## Volunteer Powered Services

Carry-Out Caravan | Fix-It | Medical Mobility  
RSVP 55+ Volunteer Program

Visit our website to find out more:  
[www.careconnect-bc.org](http://www.careconnect-bc.org)



303.443.1933

Boulder County CareConnect  
**BCCCC**




**AGING SERVICES FOUNDATION**  
of Boulder County

Promoting the health and well-being  
of older adults and caregiving families



[www.agingfoundation.org](http://www.agingfoundation.org)



## INDIVIDUALS STRUGGLING WITH MEMORY IMPAIRMENT...

ARE IN LOVING, HIGHLY TRAINED HANDS WITH OUR WELLSRING MEMORY CARE PROGRAM.

We offer:

- A specialized, secured purpose built community with outside garden areas
- Therapeutic, innovative interventions and programs designed to enhance the resident's strengths and abilities
- Our In Touch specialized staff training program developed by a nationally known dementia expert
- Monthly family support and educational programs

**JUNIPER VILLAGE**

*Nurturing the spirit of life™*

1078 South 88th Street, Louisville, CO 80027  
303.665.3722  
[www.junipercommunities.com](http://www.junipercommunities.com)



Class A/B Licensed

Locally Owned Since 2000



# Windhorse

ELDER CARE

Holistic In-home Care • Free Assessment • Medical Advocacy  
Family Support and Education • End-of-Life and Respite Care  
Full Range Psychological Services • Senior and Family Counseling

303.786.9313 • [www.windhorsecare.com](http://www.windhorsecare.com)

**Sunrise of Westminster**  
303.410.0500  
[SunriseWestminster.com](http://SunriseWestminster.com)


**Sunrise at Flatirons**  
303.466.2422  
[StratfordFlatirons.com](http://StratfordFlatirons.com)

**Sunrise of Boulder**  
720.406.1000  
[SunriseBoulder.com](http://SunriseBoulder.com)



THE JOY OF EVERY DAY

[SunriseSeniorLiving.com](http://SunriseSeniorLiving.com)



**Broomfield**  
Skilled Nursing & Rehabilitation Center  
12975 Sheridan Blvd • Broomfield, CO 80020

### The Road to Recovery...

Begins at Broomfield Skilled Nursing & Rehabilitation Center. Our mission is to create an environment that promotes trust between us and our guest, the residents, their family and friends and the community. We believe that quality life is the single most important component of a person's stay at our facility. We also believe that in order to provide the highest quality of care, we need the support and input of residents, their families and their friends.

Please call us for a tour or with questions at 303.785.5800 or visit our website at [www.broomfieldnursingcenter.com](http://www.broomfieldnursingcenter.com)

**Features:**

- Restore Unit with Private Suites furnished with Refrigerators, Flat Screen TV's and Telephones.
- Long Term Care Suites
- Free Wifi
- Private Bathrooms with Barrier Free Showers
- In-House Physician Coverage
- State of the Art Therapy Gym
- Theatre Room & Bistro On Site
- Individualized Care Plans

*Your Goals become Our Goals.  
Working together to attain your highest potential and return to your community.*

## Carroll-Lewellen Funeral & Cremation Services

### Foothills Gardens of Memory

One Stop Funeral and Cemetery Services  
503 Terry St, Longmont, CO 80501  
303-776-4477 • 303-772-2275 fax • [www.carroll-lewellen.com](http://www.carroll-lewellen.com)  
Serving all Faiths and Funeral Homes

## "We Care About the People You Care About"




**Mesa Vista of Boulder**  
303-442-4037  
Proudly Serving Boulder for 79 years

Mesa Vista of Boulder has an established tradition of providing rehabilitation and long-term care in the Boulder community. Nestled in a residential area, our facility offers hilltop panoramic views of the foothills and city of Boulder.

- Medicare rehab stays - PT, OT, ST
- Secured Alzheimer's/Dementia unit
- Multi-generational setting with programs for older and younger adults
- Family-centered environment
- Programs for persons with behavioral problems and Huntington's disease
- Entertainment and community outings
- Long-term care, respite and hospice stays

**2121 Mesa Drive • Boulder, CO 80304**



## "It's all about finding a new best friend"

— Linda & Joanna, Residents

**GOLDEN WEST**  
Senior Living in Boulder

303.444.3967  
[www.gwboulder.org](http://www.gwboulder.org)

## CAREGIVING SUPPORT FOR SENIORS AND FAMILIES



- Expertly Trained Caregivers
- Licensed, Bonded and Insured
- Hourly to Complete 24-hour Care
- Post-hospitalization Care
- Alzheimer's Care Specialists

**720-204-6083**

**HomeCare of the Rockies**

[HomeCareoftheRockies.com](http://HomeCareoftheRockies.com)

Thanks to my therapist,  
no fish is safe.  
short-term and outpatient rehabilitation

**the SUMMIT**  
REHAB CENTER AT LIFE CARE CENTER OF LONGMONT

303-776-5000 • [LCCA.com](http://LCCA.com)  
2451 Pratt St.; Longmont, CO 80501  
Joint Commission accredited



It's easier to let  
your spirit soar  
with a safety net  
beneath you.

Learn more about our exceptional levels of care  
at [frasiermeadows.org](http://frasiermeadows.org), or call **303-499-4888**.




**FRASIER**

**TRU Care.**  
**TRU Support.**

Providing TRU comfort to our community  
for 38 years. Call us any time and learn  
the TRU difference.



formerly HospiceCare of Boulder & Broomfield Counties  
**COMMUNITYCARE**  
Hospice | Supportive Services

**303.449.7740 | [TruCare.org](http://TruCare.org)**  
2594 Trailridge Drive East | Lafayette, CO 80026

*Helping families protect  
what matters most.*

**Vincent, Romeo  
& Rodriguez, LLC**  
*Experts in Elder & Disability Law*



**FREE  
RESOURCE GUIDE**  
Call Toll-free  
877-400-3227  
to request your copy of  
*Colorado Nursing Home  
& Assisted Living Guide*

- Medicaid Qualification & Asset Protection
- Life Care Planning
- Wills, Trusts & Powers of Attorney
- Special Needs Trusts
- Public Benefits
- Guardianships
- Probate & Elder Litigation
- Care Coordination

*Please contact us for a free phone consultation.*  
Denver Metro **303-770-0673**  
Boulder County **303-604-6030**  
Email: [info@elderlawcolorado.com](mailto:info@elderlawcolorado.com)  
[www.ElderLawColorado.com](http://www.ElderLawColorado.com)

Member,  
National Academy of  
Elder Law Attorneys

**Shield HealthCare**  
Dependable Support  
FOR CAREGIVERS  
Medical Supplies for Care at Home Since 1957



**3 Great Reasons to Choose Shield HealthCare**  
1. Reliable home delivery within 1-3 business days  
2. Monthly supply reorder reminders  
3. Direct insurance billing on customer's behalf

Incontinence Enteral Nutrition Ostomy  
Urological Wound Care

We Accept Medicare, Medicaid & Most Insurances

To Place An Order, Please Call Us Today At  
**800-525-8049**

*When you need expert care at home call*





**Boulder Community HomeCare**

- Skilled Nurses and Therapists
- Home Health Aides
- Medicare Certified

**Call (303) 441-0444**

A Service of Boulder Community Hospital  
JCAHO Accredited

We greatly appreciate the support of our generous sponsors.  
For information on sponsorship,  
call 303-678-6116 or email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).

Depending upon the survey results, fines or other measures could be imposed against the home.

If Jason and Ben decide that finding a new home for Jason is the best choice, they should expect that the staff of the current home will assist them. Also, they will find useful information in the **Boulder County Housing Guide**, a directory of housing options for older adults and people with disabilities ([www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), Seniors & People with Disabilities, Important Information – Publications). The ombudsman can provide firsthand information about the homes in Boulder County and refer Jason and Ben to ombudsmen in other parts of the state or elsewhere in the U.S. If, for whatever reason, the home issues a discharge notice to Jason, it can be appealed, and the ombudsman can help.

Ben is still a caregiver to Jason, even though Jason no longer lives with him. The **Caregiver Initiative** (BCAAA, 303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)) is a resource for Ben, providing support groups, training, and other help.

---

*Response by Steven Seay and Erica Corson, Long-term Care Ombudsmen with BCAA.*



### Lynn and Millie

**L**ynn, in Utah, is concerned about her mother, Millie, 86, who lives in her own home in Louisville. Millie is “very independent,” but recently she’s felt more isolated, has had trouble maintaining her home and yard, and has gotten nervous about driving. She’s also confused about her Medicare coverage. Her memory may have slipped, and her strength has diminished, but otherwise she’s in good shape. Lynn wants her mother to move to a retirement home or to Utah, but Millie intends to stay put. She has a monthly income of \$1800 and minimal assets other than her home and car.

### Response

Like many long-distance family caregivers, Lynn may be understandably worried about how her mother faces challenges as she strives to remain in her treasured home. It is tempting for family members to press their loved one into making a big decision regarding relocation. But it is important to remember that caregiving is a process that cannot be rushed and is best approached step by step. And, all of us—including Millie—have the right to make our own decisions unless deemed incapacitated. For Lynn, a good early step in the caregiving journey is a step *back*—to observe and listen respectfully to what her mother expresses as her goals and perceived challenges, and to have conversations within the context of care and concern.

Lynn can tap into reassuring guidance through the **Boulder County ADRC** (303-441-1617, [infoADRC@bouldercounty.org](mailto:infoADRC@bouldercounty.org), [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); see article on pages 1-2) or the **Caregiver Initiative** (BCAAA, 303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)). Both can help her to balance the “shoulds” that keep her awake at night with a respectful, productive, step-by-step approach. The **Resource Specialist** with City of Louisville Senior Services (303-335-4919) can also offer helpful guidance. And Lynn may find support for family caregivers in her own community (Eldercare Locator, 1-800-677-1116, [www.eldercare.gov](http://www.eldercare.gov)).

Lynn can demonstrate her care and concern to Millie by listening well and asking questions, thus paving the way to a productive dialogue and partnership with her mother. She might ask, “Mom, what would you want to happen if ...?” or gently introduce her concerns with, “Mom, I worry about something coming up suddenly, knowing that I’m eight hours away. I would feel so relieved to know that you have some people nearby to call as you might need. I know your

*(continued on page 9)*



## COMMUNITY RESOURCES

*This column provides information about coming events and classes, services, and other resources that may be of interest to family caregivers in Boulder County. Please remember that it is each person's right and responsibility to research a service provider or resource before taking action. See "Information and Assistance in Boulder County" on the back page for ways to learn more about these and other resources.*

Lafayette GO Services hosts **Monthly Legal Questions for Seniors and Caregivers**, free 15-minute consultations with an elder law attorney, on Tuesday, November 4, 11 – 11:45 a.m., at Lafayette GO, 103 S. Iowa. To register, call 303-665-9052, ext. 0.

Age Well offers **Advance Directives Workshops**, about considering and clarifying one's wishes for medical treatment in the event of incapacitation, with Program Coordinator Peggy Arnold, M.A., on Thursdays, November 13 or December 11, 9:30 – 11 a.m., at Longmont Senior Center, 910 Longs Peak Avenue (\$5 for Longmont residents; \$6 for non-residents). Register at 303-651-8411. Age Well also presents **The Conversation Project**, about fostering meaningful and effective conversations about end-of-life care, both for ourselves and for our loved ones, on Monday, November 10, 9:30 – 11 a.m., also at the senior center. This presentation is free, but pre-registration is required; call 303-651-8411.

Medicare Counselors with Boulder County Area Agency on Aging hold **Medicare Basics Classes** for anyone wanting to learn more about enrollment, benefits, costs, and choices under Medicare, on Thursdays, November 6 and

December 4, 2 – 4 p.m., at East Boulder Senior Center, 5660 Sioux Drive (call 303-441-1546 to register); on Mondays, November 18 and December 15, 10 a.m. – Noon, at Longmont Senior Center, 910 Longs Peak Avenue (call 303-651-8411 to register); on Friday, November 21, 1:30 – 3:30 p.m., at Lafayette GO Services, 103 S. Iowa Avenue (call 303-665-9052 to register); and on Wednesday, December 10, 1:30 – 3:30 p.m., at Louisville Senior Center, 900 W. Via Appia (call 303-666-7400 to register). There is no charge, but donations are appreciated. **Medicare Open Enrollment Period**, the time to review and make changes to your Medicare Part D (Prescription Drug) or Medicare Advantage / Health Plan, is **October 15 – December 7**. A review is important because plans and pricing can change, you may be taking different medications, and new drugs or generic options may be available. Call the senior center nearest you to schedule an appointment to meet with a Medicare Counselor, from Boulder County Area Agency on Aging, for an individual review of your plan. For more general information, call 303-441-1546.

Balfour Senior Living concludes its fall lecture series with **Alzheimer's Care: Understanding the Changing Medical Needs through the Stages**, with Dr. Anne Giesen, D.O., a practicing geriatric physician in the Boulder area, on Thursday, November 20, 6:30 – 8 p.m., at Balfour Cherrywood Village, 282 McCaslin Blvd., in Louisville. The lecture is free, but seating is limited; pre-register at 303-604-2700.

The **Lunch Bunch Memory Loss Support Group**, sponsored by Longmont Senior Services,

provides an opportunity for persons in the early to moderate stages of memory loss, and their caregivers, to engage in conversation, socialize, participate in fun activities, and enjoy a complimentary lunch. The group meets on the first and third Mondays of each month, 11 a.m. – 1 p.m., at Atria Longmont, 2310 9th Avenue, in Longmont; and on the second and fourth Mondays of each month, 11 a.m. – 1 p.m., at The Bridge Assisted Living, 2444 Pratt Street, in Longmont. There is no charge, but pre-registration is required; call 303-651-8414.

For a list of all **Caregiver Support Groups** that meet in Boulder County, email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org) or call 303-678-6116.

**To share information about a resource for family caregivers, email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org) or call 303-678-6116. The deadline for the January/February 2015 issue is November 24.**

### Lynn and Millie (continued from page 7)

goal is to stay in your home as long as it is safe and comfortable. What do you see as some helpful steps that could be taken to help make that happen? What would be most helpful to you right now?" Dialogue can allow Millie to express her hopes, preferences, and maybe even fears, and can help to prioritize the next steps.

Millie can address Medicare concerns by contacting a **Medicare Counselor** (BCAAA, 303-441-1546) or by attending one of their Medicare Basics classes. She may also be interested in **volunteer help with simple home repairs and yard work** (CareConnect, 303-443-1933, [www.CareConnectBC.org](http://www.CareConnectBC.org)), **transportation services**

(Via Mobility Services, 303-447-2848, [www.ViaColorado.org](http://www.ViaColorado.org)), or other options.

One of the key elements of “aging well in community” is maintaining connections. At her local senior center, Millie could connect with a number of offerings: **Matter of Balance** and other **wellness classes**, **AARP Mature Driver Safety**, congregate lunches, information sessions, and fun activities for socialization. If she would prefer not to attend group gatherings, there are many in-home options, such as **Coal Creek Meals on Wheels** (303-665-0566; for East Boulder County residents), **in-home exercise programs** (BCAAA, 303-441-3599), a friendly visitor through the **Respite and Companion Volunteer Program** (BCAAA, 303-441-1543), or **Carry-Out Caravan**, the grocery shopping and delivery service of CareConnect (see above).

*Response by Mary Lou May, ADRC Options Counselor - Project HOPE with BCAA.*



### Fred and Marilyn

**F**red and his wife, Marilyn, live in Lafayette. Marilyn has Alzheimer’s disease, and she’s completely dependent on Fred for her care. Their children live in other states, and Fred hasn’t told them how hard it is to take care of their mother. Marilyn doesn’t want “strangers” in the house, and she gets anxious if Fred tries to leave, so he only gets out when a neighbor can stay with Marilyn for an hour. He’s exhausted, and his own health is suffering. Fred and Marilyn have a monthly income of \$2300 and assets of \$30,000, plus their house and car.



## Response

Sadly, Fred's situation is common to many family caregivers of persons with dementia—he's shouldering all the care himself, he hasn't let other family members know how difficult things really are, and the daily stress is wearing on his emotional and physical health. Fred's commitment to Marilyn's care is commendable, but being honest with his children and using community resources (even if Marilyn resists) could help safeguard his health and enable him to last longer for the "marathon" of caring for a loved one with dementia. His children, though far away, could offer needed emotional support and perhaps planned respite visits, assistance with securing services, and more. A family meeting, during which the whole family discusses Marilyn's care needs and how to meet them, could be an early step toward a change for the better.

Fred can also turn to the **Alzheimer's Association Colorado Chapter** ([www.alz.org/co](http://www.alz.org/co), 303-813-1669), which provides classes for dementia caregivers (often in Boulder County), excellent educational materials on dealing with the disease, the Safe Return ID program (in case Marilyn wanders), and a 24-hour Helpline (1-800-272-3900). And he might choose to take **Become a Savvy Caregiver**, a six-session course for family caregivers of persons with dementia, offered by the Longmont Senior Center (303-651-8414).

Fred needs some time away from caregiving, so he may be interested in the **Respite Assistance Program** (BCAAA, 303-441-1617), which offers up to \$500 a year in reimbursement for the costs of hiring a substitute caregiver so the primary caregiver can take a break. And one good way to introduce a friendly "stranger" to Marilyn could be through the **Respite and Companion Volunteer Program** (BCAAA, 303-441-1543), which matches carefully trained and screened volunteers one-on-one with older

adults who live alone or with a family caregiver. Marilyn's volunteer would visit about two hours a week, provide friendship and support, and allow Fred to take a breather. The fun visits of a respite volunteer hopefully could serve as a bridge to the introduction of other in-home providers. And as the in-home caregiver of a person with dementia, Fred may also qualify for a one-time respite grant of \$1000 from the **Woodward Respite Care Fund** (303-446-0079, [www.WoodwardRespiteCare.org](http://www.WoodwardRespiteCare.org)).

If Fred and Marilyn have **long-term care insurance**, it may cover a certain number of respite care days per year. Fred should check with their agent. And Marilyn might enjoy attending an **Adult Day Program** ([www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org), Seniors & People with Disabilities, Service Directory, Aging in Place, Adult Day Program Centers), where she could socialize, enjoy peer support, and receive nutritional, health, and social services in a protected environment, one to five full or half days a week. Respite Assistance Program funds could be used to try out a program.

For ongoing support, Fred may choose to read "**Care Connections**," attend a **caregiver support group**, enroll in a **Powerful Tools for Caregivers** or **National Caregiver Training Program** course, or benefit from other services of the **Caregiver Initiative** (BCAAA, 303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)).

*Response by Emily Cooper, Information and Referral Specialist - Caregiver Programs with BCAA.*

**"For me, motivation is a person who has the capability to recruit the resources he needs to achieve a goal."**

— *Arsene Wenger*



Dear Friend,

November is National Family Caregivers Month, a special time to recognize and celebrate family caregivers in Boulder County and across the country. We at Aging Services Foundation of Boulder County (ASF) appreciate local caregivers like you, whose contributions to aging loved ones are beyond measure.

ASF efforts support the Caregiver Initiative of Boulder County Area Agency on Aging, which includes a variety of services for caregivers throughout the year. As a “*Care Connections*” reader, you’re making good use of at least one of those services. Perhaps you’ve also attended the yearly *Caregiving Symposium* to learn about local resources and caregiving issues, or taken a *caregiver training course* to gain “tools” for self-care or acquire practical skills for care at home. Has the *Respite Assistance Program* reimbursed some of your costs for respite care, enabling you to take a needed break? Or have you contacted the Area Agency on Aging for *information about local resources and referrals to helpful services*—and maybe to share your story with someone who cares? We hope that you, like the following caregiver, have benefitted from these services.

*“Thank you! [My care recipient] was remarkable, and I am so proud to have been a part of his life. We could not have done it without all of the amazing resources provided within this community. I am grateful that we had somewhere to turn, with a lot of knowledgeable people to give us a hand. Keep up the good work!”*

We’re pleased that the services provided by the Caregiver Initiative are helpful to family caregivers, and we’re committed to continuing that “good work.” But, of course, these services come at a cost, and that’s why we’re turning to those who’ve personally benefitted from them for support.

Please consider making a contribution to support caregiver services that have been important to you. Your gift, of any size, will help us continue these programs for family caregivers in Boulder County. If you choose to help, please make your check payable to **Aging Services Foundation** and mail it to **Boulder County AAA, P.O. Box 471, Boulder, CO 80306, Attn: Alan Castle**. Please note “**Caregiver Initiative**” on the memo line of your check. Contributions are tax-deductible and go directly to caregiver programs.

Thank you. Please feel free to contact Emily Cooper for information on services.

Sincerely,



Dean Newman, President  
Aging Services Foundation



Emily Cooper, I & A Specialist – Caregiver Programs  
Boulder County Area Agency on Aging  
303-678-6116, [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org)

**CARE Connections**  
**Boulder County Area Agency on Aging**  
**P. O. Box 471**  
**Boulder, CO 80306**



## INFORMATION AND ASSISTANCE IN BOULDER COUNTY

Within Boulder County, there are several ways to access information and assistance about resources and services for older adults and their family caregivers:

- Check out **Network of Care for Seniors and People with Disabilities**, a comprehensive online service directory, at [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org)
- Call the **ADRC Help Line**, at 303-441-1617, and Boulder County Area Agency on Aging staff will respond to your message.
- Call the **resource specialist** in your community (numbers below). Services vary by community but include identifying needs, exploring options, finding solutions, and providing in-depth assistance.

<b>Allenspark area</b>	303-747-2592
<b>City of Boulder</b>	303-441-4388 (bilingüe: 303-441-3918)
<b>City of Lafayette</b>	303-665-9052, ext. 3
<b>City of Longmont</b>	303-651-8716 (bilingüe)
<b>City of Louisville</b>	303-335-4919
<b>Erie</b>	303-926-2795
<b>Lyons area</b>	303-823-9016
<b>Nederland area</b>	303-258-3068
<b>Niwot area</b>	303-652-3850
<b>Superior</b>	303-441-1617

