

CAREConnections

Information and Inspiration for Caregivers

A Publication of Boulder County Area Agency on Aging

Mar/Apr 2020

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Community Resources

Dear Caregiver,

When balancing caregiving, self-care, and the rest of life's responsibilities, the more you know about what's out there to support you and the person you care for, the better. However, many people don't know that there are a lot of programs that can help. Still others may have heard (or guessed) that there are programs to take advantage of, but the task of figuring out what they are and who to call to pursue them, can feel like more than one can tackle on most days. To alleviate these challenges, this issue of *Care Connections* provides information on resources and benefits that may be of support to caregivers in Boulder County. Appropriately, we start with an article about the Boulder County Area Agency on Aging's (BCAAA) Aging and Disability Resource Center (ADRC) which houses an excellent [online resource guide](#). This alone can open a world of information to you, but please keep reading to learn about respite, veteran's programs, the upcoming Caregiving Symposium, and the growing phenomena of technological support. May this information be of service and bring some ease.

Juliette Kershner, Editor

The Aging and Disability Resource Centers (ADRC): Caregiver Support

By Carol Cross

Warning – I am a policy wonk, so the following story starts, as Michener would say, in the beginning; for a policy wonk, that is the birth of legislation.

The federal Administration on Aging, State Units on Aging, and local Area Agencies on Aging were established in 1965 with the passage of the Older Americans Act (OAA). The OAA was the first federal





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level initiative aimed at providing comprehensive services for older adults. It took Congress 35 years to recognize that investing in informal caregiver supports improved outcomes for both the caregiver and those they provide care for.

The National Family Caregiver Support Program (NFCSP) was added to the OAA in 2000. Yet the program only scratches the surface of the need and represents 8.8% of the total OAA funding. The 2019 appropriation represents less than 1/25th of 1 percent of the unpaid care provided by family caregivers (Houser, Fox-Grage, & Ujvari, 2019, pg. 5). The challenges faced by caregivers every day, is borne out in the number crunching – in 2013, roughly 40 million family caregivers provided the staggering equivalent of \$470 billion in unpaid care (Houser et al, 2019). That is a lot of care. And that is a lot of people that learn how to navigate the art and science that is caregiving.

And that gets me to — Aging and Disability Resource Centers (ADRC). ADRCs were created as a program of the Administration on Aging and are now led by the Administration for Community Living, the Centers for Medicare and Medicaid Services and the Veterans Administration. The intent for the creation of ADRCs at the federal level was to streamline access to long-term services and supports, and to provide a source for unbiased, reliable information, referral, and counseling to individuals with all levels of income.

The Boulder County Area Agency on Aging serves as Boulder County's ADRC and the bulk of ADRC services are provided by the Community Living Team. We have two bilingual Spanish staff members and strive to provide services in a person-centered, culturally responsive way. Our team supports, staffs, and/or provides the following services and supports:

- Caregiver Training and Education
- Long-term Case Management services
- Online Resource Guide (can be found at <https://bouldercountyhelp.org>)
- Long Term Care transition support

- Public benefit navigation support
- Resource Call Center (303-441-1617)
- Screening and assessment for a variety of programs
- Short-term Options Counseling
- VA benefits processing

I highly encourage all local and distance caregivers of older adults in Boulder County to check out the online Resource Guide – it literally is the database our staff use to keep track of our local resources, just made super friendly for you to use. It is accessible 24/7 online, mobile friendly, and has cool tools like an online Personal Health Record, Emergency Card, and even a legislation tracker if you're politically inclined! We are, of course, always happy to provide caregivers information through the Call Center or make an appointment to navigate some of the more challenging or complex portions of your caregiver journey.

Over the last year, BCAAA has undergone a comprehensive Strategic Planning effort. These efforts included surveys of older adults, community conversations, and a robust stakeholder feedback process. **All identified Caregiving support as a priority.** I look forward to our agency's work in the next few years as we seek to streamline resources and design systems specifically with caregivers in mind: easy to access and easy to understand. Anecdotally, I have heard of a need for more centralized information about caregiver topics and about processes and issues that are relevant to caregivers (if only I had known about *[insert your topic here]* sooner!) And I've heard a call to generally reduce the need to become an expert

in everything affiliated with your loved ones care, legal affairs, and end-of-life needs.

So, on a final note — where ever you are on your caregiving journey, know that you are not alone. Since 1965 our country has realized the importance of providing support to older adults and (a little later) their caregivers. Through the Area Agency on Aging, that support may come in the form of an exercise class, a meal at a senior center, a respite volunteer, an online Resource Guide, or a warm voice on the other end of the phone who can connect you with Boulder County resources. We at the Area Agency on Aging are here to support you in this journey and we will keep working to support the amazing work you do every day.

Carol Cross is the Community Living Program Manager with Boulder County Area Agency on Aging.

Boulder County Veteran Services: What We Do

By Karen Townsend

The Boulder County Veterans Services Office develops and submits claims for benefits to the Department of Veterans Affairs for disability compensation, pension, death pension, medical benefits, burial benefits, insurance, education, home loans, records requests, and various benefits through other government agencies.

Services are available to all veterans and their dependents. Below is a list of the benefits that a veteran and their caregiver might pursue with Boulder County Veteran Services Counselors.



General Benefits

- Service-connected Compensation
- Non-Service-connected Pension
- Medical
- Education
- Home Loans
- Insurance
- Burial Benefits
- Headstones
- Survivors Benefits

Also, we will help to obtain any military records, awards, or medals.

General Eligibility Requirements

Veterans and their dependents are potentially eligible for benefits. Eligibility will be determined during an intake interview. We will assist any veteran or dependent in the proper completion of applications for Veteran's benefits and assist in the development and securing of all evidence and documents necessary for the adjudication of claims.

How to Apply

Call for an appointment at either our Boulder (303-441-3890) or Longmont (720-864-6663) location, Monday through Friday 8 a.m. to 4:30 p.m. We will do whatever is most convenient for the veteran.

Karen Townsend is a Veteran's Service Officer with Boulder County Area Agency on Aging.

Veterans Independence Program: Supporting Freedom for our Service Personnel



By Chris O'Brien

The Center for People With Disabilities' (CPWD's) Veterans Independence Program (VIP), is a specialty program for veterans with disabilities that helps them achieve and maintain their independence as civilians. The program itself is funded through the Veteran's Administration (VA) and administered by CPWD. In addition to CPWD, the Denver Regional Council of Governments (DRCOG) and the Independence Center in Colorado Springs have similar programs under the names Veteran Directed Care Program and Veteran In Charge (VIC) Program respectively. In this piece we'll refer to all of these as VIP.

What's important about VIP is that the funding from the VA, administered by CPWD or another center, allows veterans to live independently in their own homes and to choose their own caretakers. By contrast, without VIP, veterans are either under care from home health agencies and do not have full choice of caregiver, or they could be cared for by a family member, which may create a big financial and emotional burden on the family. Some veterans are forced into the choice of a nursing facility because they cannot get the care they need in their own homes.

Participants in VIP say that it gives them back their freedom and dignity. The freedom to live in their own homes and live their own lives outside of nursing care, and the dignity to choose their caregivers, pay them, and be the managers



of their own care. Hiring and managing one's own caregiver is a critical piece of the program. For some veterans, hiring someone who is not family and is gender appropriate is important. For others, getting cared for by family is a first choice and with VIP they can pay those family members as professional caregivers, alleviating financial and relationship burdens.

The program is for veterans with disabilities, and, more specifically, for those who need assistance with at least three activities of daily living. Activities of daily living could include bathing, toileting, transportation, ability to move or get comfortable in bed, eating, and so forth. The disability or acquisition of a disability does not have to be war- or service-related. But to qualify, the veteran must be evaluated and recommended for the program by their VA.

Two VAs serve the greater Colorado region: Denver and Cheyenne. CPWD offers the program in the northwestern quarter of the state from the Boulder-Adams County area up through Cheyenne and Laramie, WY and over to and including the Nebraska border. DRCOG serves the greater Denver area, and the Independence Center serves the greater Colorado Springs area.

To learn about the VIP program, please visit our website www.cpwd.org and look up Veterans Independence Program under 'What We Do'. Or, email us at veterans@cpwd.org.

The first step to getting VIP services for you or your loved one will be to ask your VA doctor to evaluate and recommend you for the program. Then, you can contact a service provider in your area and get connected to services.

We are grateful for our veterans, and everything they have done to support our freedom. It's an honor to now support *their* freedom.

Chris O'Brien is the Director of Development and Communications for Center for People With Disabilities.

What is Respite?

By Dinah Pollard



Respite: “a short period of time when you are able to stop doing something that is difficult or unpleasant.”

We all need a respite from something from time to time – work, children, the news – to do things that restore us. There are also times when we need respite not to recharge but to take care of our own needs, as with medical appointments.

When my mom was diagnosed with dementia at age 72, my father was adamant that he was the best person to take care of her. He was 73, healthy, and committed to being there for her. My siblings and I agreed but were concerned about burnout. The early stage was manageable but as the disease progressed Dad developed pre-diabetes, gave up exercise, slept erratically, and was obviously exhausted. And he was growing impatient with Mom.

When he was finally ready to bring in reinforcements, we were prepared. My siblings and I had done the research so that when the time was right, he could easily choose one. He chose an adult day center where he could take her a few days a week. While she was at the center, Dad would take a desperately needed nap or grocery shop...alone.



Everyone's need for respite is different, and no-one but the primary caregiver knows when it's the right time to get help. The more educated you are ahead of time, the easier it will be to put the supports in place when you need them most. The following resources are available to help meet your respite needs in Boulder County.

Respite Companion Volunteer Program (RCVP)

Offered through Boulder County Area Agency on Aging (BCAAA), RCVP is a free program that matches volunteers with residents age 60 or older for weekly visits of approximately two hours, in the home or out in the community. Meanwhile, the primary caregiver can have time away or to themselves. For more information, call 720-864-6526 or email InfoRespite@bouldercounty.org.

Family, Neighbors & Friends

It can be hard to ask for help from those closest to you but oftentimes they are more than happy to fill in. It might be easier to ask for help if you offer to pay something. To help with that, BCAA offers Respite Assistance Program (RAP). More information about RAP is shared later in this article.

Non-Medical Home Care

There are many home care companies that serve Boulder County residents, each with its own minimum number of days and hours required. These companies vet, hire, and train their staff so you don't have to. Rates start at about \$25 per hour. Your local senior center will have brochures for many of the companies. Or you can research online with [BCAAA's ADRC](#)

[Resource Guide](#). Some people prefer to hire an independent contractor to save money, instead of going through a company. Be prepared to act as an employer and do the vetting if you choose this option. Always ask for references whether you go with a company or hire an independent contractor.

Adult Day Care

Adult day care centers provide community and activities for older adults in need of support, including those with dementia and other cognitive impairments. Half and full day programs may be available for one or multiple days per week. A Day Place in Longmont, Care Link Adult Day Program in Boulder, Alta Vita Memory Care Center in Longmont, Balfour Cherrywood in Louisville, and TRU PACE are examples of Day Programs, or facilities with Day Programs as one of their services, in Boulder County. Learn more about some of these programs, along with others, at the BCAA's ADRC resource guide, under Caregiver Resources at <https://bouldercountyhelp.org>.

TRU PACE (Program of All-inclusive Care for the Elderly)

TRU PACE coordinates and provides all needed preventive, primary, acute, and long-term care services to individuals who are 55 years old or older and certified by the state to need nursing-home-level care. Individuals can come to PACE in Lafayette for one to five days per week for medical care, therapies, and activities, and transportation is included. Individuals must be Medicaid and Medicare eligible for covered services — or can pay privately. Call 303-665-0115 for more information.



Residential Respite

Overnight respite is offered at several assisted living, skilled nursing, and memory care communities. Residential respite may be the best option to care for a loved one 24/7 while you take a vacation, travel for a wedding, have a medical procedure done for yourself, or simply have some time to recharge. Balfour Retirement Community in Louisville and Alta Vita Assisted Senior Residences in Longmont are two examples of communities with residential respite. To identify other facilities that may provide respite, take a look at Boulder County's Housing Guide, put together for older adults and adults with disabilities at <https://boulder.co.networkofcare.org/content/client/894/2016HousingGuide.pdf>.

A Hospice Benefit: Medicare Covered Respite

Medicare covers respite care under the hospice benefit, within an inpatient facility, which is Medicare-approved, for up to five days at a time. This care benefit is available on an occasional basis, though the number of individual stays is unlimited. Recipients may be responsible for five percent of the Medicare approved cost of the inpatient stay. When using respite care, the hospice recipient checks in to a professional care facility, such as a hospital, nursing home, or hospice care facility. Here, staff will provide care around-the-clock. If someone you care for is receiving hospice care and a caregiving break is needed, ask your hospice provider about this benefit.

Where to Look for Respite Care Providers and Grants

Louisville, Lafayette, Longmont, and Boulder Senior Centers all maintain a brochure and lists of care providers. You can also search

online for in-home and residential respite care at either BCAA's ADRC Resource Guide at <https://bouldercountyhelp.org>, under Caregiver Resources, or www.coloradorespitecoalition.org.

The Colorado Respite Coalition also awards funds to various agencies to be used for their clients who need extra financial help.

Respite Assistance Program (RAP)

BCAAA offers RAP grants of up to \$500 per application year, with a limit of \$100 applicable to one day, to help defray the cost of hiring family or friends, adult day care, professional in-home care, or a skilled nursing facility — it's your choice who provides care. The care recipient must be 60 or older and unable to perform at least two Activities of Daily Living (ADLs) or have a cognitive impairment. Additional funds may be available depending on other eligibility factors. Contact the Resource Specialist allocated to your region of the County (see back page of Care Connections for listing) or call 303-441-1617 for more information.

Dinah Pollard is the Resource Coordinator with Lafayette Senior Services.

The 2020 Caregiving Symposium is Coming!

By Juliette Kershner

Whether you are a primary caregiver, are supporting someone at another level, or have a general interest in care-giving issues, you don't want to miss the 2020 Caregiving Symposium! Put on by the Boulder County Area Agency on Aging, each year we gather experts who share education and support for family and other infor-





mal caregivers. The compassionate and knowledgeable speakers who step forward are a huge draw, *and* past attendees have told us that the large resource fair- full of program representatives from organizations who serve older adults and caregivers- is also incredibly valuable to them.

This year the day will begin with a gathering of all at the keynote address with Jane Barton, author of *Caregiving for the Genius*, on **Collaborative Care — A Life-Giving Approach to Caregiving**. At mid-day, lunch will be provided (available to all who register by March 27). During the extended lunch break, we invite interested attendees to join their choice of facilitated 30 minute support sessions: Caring for a Parent, Caring for a Spouse, Caring for Someone with Dementia, or a fourth session Open to All Caregivers — to discuss any issue. From 10:30 – 2:30 massage therapists will be onsite to nurture caregiver attendees (first come, first served sign ups). And, we will be giving away raffle gifts at a couple of times during the day.

Our aim is to provide a day *full* of much needed support for our community of caregivers. Attendees from last year shared their experiences and indicated that we met that goal. One expressed “Everything was helpful- loved the venue, the exhibits, the handouts, the workshops, and the food was delicious.” The Symposium is geared towards all informal caregivers, no matter how long you have been caregiving or what kind of support you provide. One long time attendee said that her favorite aspect of the event was “The thoughtfulness! I have been coming to these for 20 years and the gift of the thoughtfulness has been what carried me

back. This year I purposefully chose sessions for me and I was rewarded by the thoughtfulness of the speakers.” Another said “this was my first time — and just a month after becoming a caregiver, so helpful.” So, if you’ve never been- get it on your calendar, and if you’ve joined us in the past, we welcome you back for more support! Registration is \$5 whether you live in or outside of Boulder County. Space is limited and early registration is recommended at www.2020CaregivingSymposium.Eventbrite.com or 303-441-1685. For more information call 303-678-6116 or email infocaregiver@bouldercounty.org.

Juliette Kershner is the Caregiver Initiative Coordinator with Boulder County Area Agency on Aging and Editor of Care Connections.

Support Through Technology: A Sampling



It has become increasingly clear during recent years, that technology can provide a piece of the puzzle of finding support and care solutions for older adults and their care partners. For this issue of *Care Connections*, we reached out to a few folks who have expertise and/or experience in this area. We asked them to share of just some of the products and services out there that can help caregivers. While we don’t endorse individual products, we are in favor of sharing information and thought this would be a good way to let you know about some of the types of tech-support that exist. We welcome you to investigate further if interested in what they might be able to do for you!

([continued on page 9](#))



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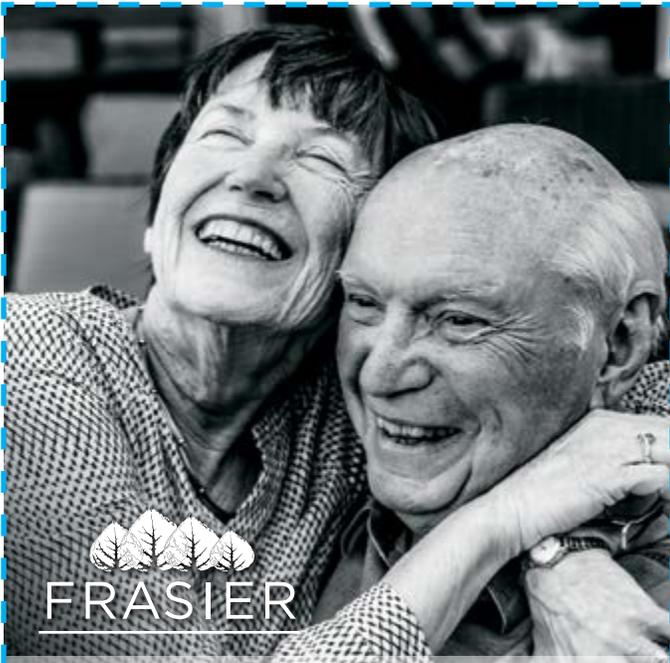
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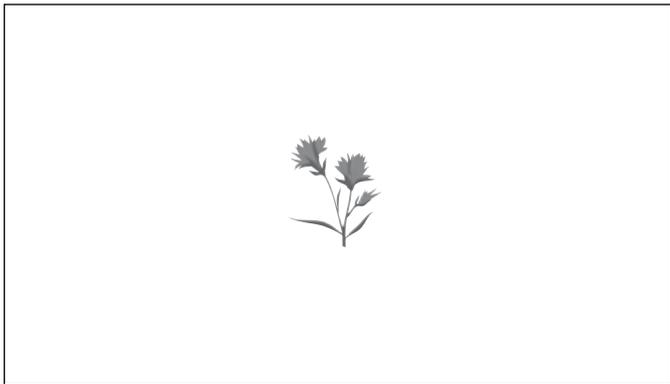


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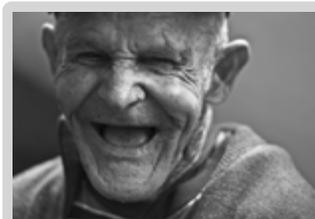
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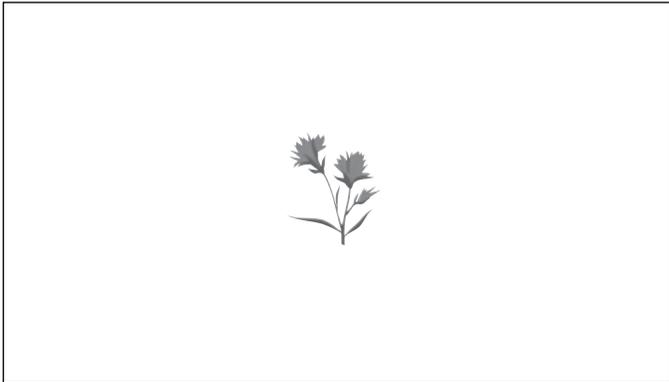
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Home Automation

Technology has increased a person's independence and the ability of loved ones to stay closely connected and monitor needs. Many aspects of a person's home can be controlled electronically in the home, or from a distance, with the touch of a button. Smart Homes or home automation can be equipped with lighting, heating, and electronic devices that can be controlled remotely by phone or computer. Even if a person's mobility and speech are impaired, text to speech technology can be used to control the environment.

Reasons to use home automation:

- Conserve a person's energy
- Improve safety in the home
- Reducing stress & energy for caregivers

Things that can be controlled electronically:

- Television- on/off, change channels, and control the volume.
- Thermostats
- Automated window blinds
- Fans, lightbulbs, and light dimmers
- Control phone for voice & texts
- Lock & unlock the doors
- Videodoorbells to see who is at the front door when it rings

Alexa, Google Home for the HomePod can:

- Get the latest news
- Play music
- Read a person's favorite novel
- Update calendars & shopping lists
- Or even order dinner

If you are interested in any of these items, a few of the names to look at are [Nest- Ther-mometer and Camera](#), [Smarthing Outlet Plugs](#), [Phillips Hue Lightbulbs](#) and the [Ring Video Doorbell](#). (*Submitted by Suzanne Schrag, Care Services Director, The ALS Association Rocky Mountain Chapter.*)

Smart Family as Phone Fraud Prevention

Fraud is a scary word, particularly for those of us who are personal caregivers for a loved one suffering from Alzheimer's or another form of dementia. Recently, I began to look for a phone system which could remove the possibility of a person with dementia inadvertently answering a scam call and/or redialing a missed call, and becoming a victim of fraud.

I contacted several telephone providers to determine the availability of systems designed for use by older adults and was astounded to find that this is an area where no effort has been made to provide a "Senior" service. There is, however, a "Child" system available through Verizon Cellular (possibly other providers) implemented through their "Smart Family" provision, which limits the outbound and inbound calls to the numbers that have been programmed into the system. These programmed numbers are the only ones which can access the applicable phone number. Wow. No more scam calls to deal with and no fear of the loved one selecting the "redial" button and connecting with a possible scam.

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COMMUNITY RESOURCES

This column provides information about events, classes, services, and other resources of interest to family caregivers in Boulder County. Please remember that it is each person's right and responsibility to research a service provider before taking action. See "Information and Assistance in Boulder County" on the back page for ways to learn more about these and other resources. (To share information about a resource for family caregivers, please email InfoCaregiver@bouldercounty.org or call 303-678-6116. The deadline for the May/June 2020 issue is Mar 9.)

Boulder County Area Agency on Aging will be holding the **2020 Caregiving Symposium**, on Wednesday, April 8, 8:30 – 4 p.m., at the Jewish Community Center, 6007 Oreg Avenue, Boulder. This popular event features a keynote address by Jane Barton, caregiving expert and author on **Collaborative Care — A Life Giving Approach to Caregiving**, a large resource fair, educational workshops throughout the day, lunch, massage (first come, first served appointments), raffle gifts, and more! Financial assistance for respite care is available, call 303-441-1617 for more information. Registration required by March 27 for admission with lunch, fee is \$5 (whether in our out of county), and space is limited. For more information, see page 14 in this issue, go to www.2020CaregivingSymposium.eventbrite.com, or contact Juliette Kershner at 303-678-6116 or InfoCaregiver@bouldercounty.org.

Boulder County Area Agency on Aging will be offering **Navigating Nutrition Information and Resources: A Healthy Path Forward** with **Trust Your Gut: How Diet Influences**

the Microbiome-gut-brain axis, presented by Dr Christopher Lowry; and a **Panel Discussion**, on food and nutrition options available to older adults in Boulder County, with the opportunity to sign up for programs with meals, food, assistive devices, grocery delivery, and more! Held on Wednesday, March 18, 8:30 a.m. – 12:30 p.m., at the Jewish Community Center, 6007 Oreg Avenue, Boulder. Register at www.nutrition2020.eventbrite.com. Call 303-441-4995 for more information.

Boulder County Area Agency on Aging offers **Powerful Tools for Caregivers**, a 15-hour course that gives family caregivers the tools to help them take care of themselves, reduce their stress, communicate effectively, and thrive, rather than just survive, while caring for an older adult, on Thursdays, April 23 – May 28, from 10 a.m. – noon, in Longmont; and **Herramientas Poderosas Para Cuidadores** on Thursdays April 23 - May 28, 2 – 4 p.m., in Longmont, to register call Longmont Senior Center at 303-651-8411. The courses are open to Boulder County residents who provide any level of care for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. (The courses are not open to professional caregivers.) There is no charge, but donations are appreciated. Financial assistance for respite care (substitute elder care during class periods) is available. Pre-registration is required, at 303-678-6116 or InfoCaregiver@bouldercounty.org.

The Longmont Senior Center offers **Understanding Alzheimer's and Dementia**, presented by the Alzheimer's Association, about the difference between Alzheimer's and Dementia, current research, treatments,



and more, Tuesday, Mar. 10, 3 - 4:30 p.m.; **Advanced Directives**, facilitated by Meghan Weese, AgeWell Program Coordinator, about considering and clarifying one's wishes for medical treatment in the event of incapacitation, on Thursdays March 12 and April 9, 9:30 - 11 a.m. (\$5 for residents, \$6 for non-residents); **Spiritual Care Outside of Church**, presented by Michelle Bressette, Chaplain, Dignity Hospice of Colorado, about the comfort and care that comes from spiritual communities, when a person is no longer able to attend formal religious services, Friday, March 13, 10- 11 a.m.; **Building a Care Team**, presented by Jim Macris, LCSW, about the importance of building a broad and inclusive team and how to include others as key teammates, Friday, March 27, 10 - 11:30 a.m.; **Navigating the Emotional Minefields of Caregiving**, presented by Stephanie Pelligrine, MSW, of Dignity Hospice of Colorado, Friday, April 10, 10 - 11 a.m.; **Home Care 101**, presented by Sandi McCann, President of HomeCare of the Rockies, about the difference between home care and home health care, and tips for navigating these systems, Thursday, April 23, 10 -11:30 a.m.; **Treating Alzheimer's Through the Creative Arts (2009)**, a film and discussion for those who care for someone living with middle to late stage dementia, Monday, April 27, 1 - 2:30 p.m.; and **Effective Communication Strategies**, presented by the Alzheimer's Association, covering successful communication skills for interacting with people with dementia, Tuesday, April 28, 3 - 4 p.m. All programs are free unless otherwise noted, but pre-registration is required, at 910 Longs Peak Avenue, Longmont, call 303-651-8411.

Savvy Caregiver, a 6-session course that teaches an understanding of dementia and strives to increase caregiver confidence while

reducing the adverse effects of caregiving, led by gerontologist Jessica O'Leary, MA, CVW, gerontologist, on Tuesdays, April 7 - May 12, 9 - 11 a.m., at Longmont Senior Center, 910 Longs Peak Avenue, Longmont. The course is open to persons caring for a loved one with early or mid-stage dementia; it is not for professional caregivers. There is no charge, but pre-registration is required, at 303-651-8411.

The Lafayette Senior Services offers **Talking about the Hard Stuff**, providing support to navigate tough conversations and situations that you may face with loved ones as you or they age, facilitated by Dinah Pollard, Resource Coordinator, register for one or both sessions, Thursdays, 3 - 4:15 p.m., Mar. 5, **Is it Time for Home Health or Long Term Care?**, March 12, **Companionship, Intimacy, & Sex**. Call 303-665-9052 Ext. 0 for information and to register.

Groundwork Ranch, a nonprofit organization in Louisville, offers **Taking the Reins**, a free, 6-week equine-assisted, skills-based learning group led by mental health and trauma care professionals, addressing the impacts of trauma on caregivers while teaching caregiving strategies and providing opportunities to practice those skills. No horse experience necessary and no riding is involved. Programs are held spring through fall. For information, call 303-335-9397 or email dave@groundworkranch.org.

To learn about Alzheimer's Association early stage programs such as **SPARK** connecting guests with early memory loss and their families to cultural experiences; and **Memory Cafés**, a welcoming gathering place for individuals with recent or early memory loss and their family partners to connect, call 800-272-3900 or go to <https://www.alz.org/co>.



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In my case, I have purchased a ‘Flip Phone’ which I’ve outfitted with a lanyard, enabling my loved one to wear it around her neck. This type of phone seems to have the best volume capabilities to enable her to hear well. Last, but not least, this change has allowed me to discontinue a home phone number and rely on a separate cellular phone to conduct personal business. *(Submitted by Sid Springer, Home Care of the Rockies, Business Development, and family caregiver.)*

Caregiver Smart Solutions

Caregiver Smart Solutions combines the power of smart technology and incredible data to empower caregivers working within the “Aging in Place” phenomenon. It is designed to extend the opportunity for aging loved ones to live in the comfort of their home while providing family members and caregivers reassurance that things are as they should be. Along with knowing how “Mom” is doing in her normal routine, Caregiver Smart Solutions allows caregivers to be ahead of potential concerns and knowing the answers when they ask, “How are you doing?”

Caregiver Smart Solutions utilizes sensors to track movement and patterns without the use of invasive video cameras or wearable tracking devices. These devices are placed discreetly around the home monitoring daily activities and feeding information to an app. Mom, family members, and caregivers can access information on the app to see that patterns and routines related to eating, sleeping, and moving around are normal — and alert family members to changes. Sensors can also detect falls. *(Product summary submitted by Karen M. Brown, CEO of iAging and Ambassador for Aging2.0 Denver Chapter.)*

Routinify

Approximately 34 million Americans were estimated to have served as an informal/unpaid caregiver for someone age 50 or older in the year 2015. The Routinify WellAssist™ platform was founded because of a family need. It can ease the burden and guilt family caregivers experience while delivering a modern way to provide oversight for a loved one. A variety of benefits include:

1. Connection to a registered nurse who will provide an assessment and build your digital care plan.
2. The WellAssist™ package is provided (tablet, stand, blue-tooth speaker and wearable).
3. Important reminders and healthy routines such as medication, doctor visits, nutrition, hydration, and exercise are established in the plan so everyone is on the same page.
4. A close network called the ‘CareCircle’ provides the opportunity for calling out/calling in for ease of communication.
5. Vitals like heart rate, blood pressure, sleep patterns, and daily steps can be captured.
6. And the fun stuff...photos, music, news and podcasts to provide entertainment and resources.

Routinify helps families feel secure, informed, and connected by using innovative and easy-to-understand technology. The result is an individual who is safer at home while family members gain a more informed and comprehensive view of health and wellness. *(Submitted by Tricia Friars, RN, Clinical Director and Laura Newman, Business Development Manager, both with Routinify. More information at <https://www.routinify.com/caregivers/>.)*



Caregiving Symposium

Providing Support and Education for family and friends of older adults

Wednesday, April 8, 8:30 a.m. – 4 p.m.

Jewish Community Center, 6007 Oreg Avenue, Boulder

Keynote with Jane Barton, caregiving expert, author and speaker:
Collaborative Care — A Life- Giving Approach to Caregiving

WORKSHOPS ON:

- Paying for care • Navigating when care needs increase
- Dementia: signs, treatments, and strategies • Technology for caregivers
- The Conversation Project - Planning for care preference throughout life
- Lessons from equine therapy for caregivers • and more

This year we also have facilitated support sessions, massage sessions (first come, served appointments), and opportunities to win gifts

General Registration is \$5. Lunch included.

Register at 2020CaregivingSymposium.eventbrite.com or 303-441-1685 by March 27 to include lunch.

Financial assistance for respite care is available: call 303-441-1617

Brought to you by the Boulder County Area Agency on Aging along with the generous support of:



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Program of All Inclusive Care for the Elderly



AARP Colorado, Alzheimer's Association, BrightStar Care, CarePartners Counseling, Center for People with Disabilities, Charleston Assisted Living, Colorado Recovery, Community Neuropsychology, Cultivate, Dignity Care LLC, DORA Insurance, Home Instead Senior Care, Homewatch Caregivers, Life and End of Life Coaching (Dignity Homecare LLC), Memory Care Consulting, United Healthcare, Vincent, Romeo and Rodriguez, and Windhorse.

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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.
- 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.

Allenspark area	303-747-2592
City of Boulder	303-441-4388/303-413-7494 (bilingüe)
City of Lafayette	303-661-1499
City of Longmont	303-774-4372/303-651-8716 (bilingüe)
City of Louisville	303-335-4919
Erie	303-926-2795
Lyons area	303-823-9016
Nederland area	303-258-3068
Niwot area	303-441-1617
Superior	303-441-1617

