

CAREConnections

Information and Inspiration for Caregivers

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Dear Caregiver,

This issue is a mostly practical look at home modifications, which are, according to Eldercare Locator, “changes made to adapt living spaces to meet the needs of people with physical limitations so that they can continue to live [more] independently and safely.” Home modifications can range from something as simple as replacing cabinet doorknobs with pull handles to construction projects such as installing wheelchair ramps or widening doorways. The main benefit of these modifications is that they promote independence and prevent accidents, and they can make the difference between an older adult being able to stay at home—or not.

Home modification is a subject that family caregivers should consider, and it may have to be reconsidered as care recipients’ needs and abilities change over time. Any work put into making the home more “user-friendly” can have great benefits for both the care recipient *and* the caregiver.

We hope you find some useful ideas and resources inside.

The Editors



A Caregiver's Guide to Home Safety and Modifications

by Cheri Cabrera, OTR

If you are a caregiver you are not alone. AARP and the National Alliance for Caregiving found that 65.7 million caregivers make up 29% of the U.S. adult population. Because of the rise in and increased awareness of caregiver burden, there are now many programs available to support caregivers through national, local, nonprofit, and for-profit organizations. These programs often focus on providing information, counseling, support groups, supplemental services, and respite care.

Surprisingly, home safety and home modifications are often overlooked in the discussion about caregiver support. As a caregiver, you understand firsthand that the home environment is a critical component to alleviating caregiver burden and improving the capabilities of caregivers.

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VISIT WITH A CAREGIVER

Marion Rayback, 92, was born in 1921 in Sterling, Colorado, moved to Boulder at age two, went to Whittier Elementary School, married, and had seven children. He owned and ran his own business, Rayback Plumbing and Supply, then sold it and retired in 2008. Now he lives in the house his family bought in the 1920s, next door to his daughter Leslie Latimer, who is his primary caregiver.

Care Connections: Leslie, how long have you been caring for your father?

Leslie: I moved into the duplex next door to Dad in May of 2013. He had been quite independent but was becoming more forgetful. One incident marked a dramatic change and prompted me to make the move. It was a matter of safety. A neighbor found him, in a snowstorm, having fainted in a nearby alley.

CC: So he has needed care for less than a year.

Leslie: Actually, I had been coming to check on him three or four times a day for three years before the snowstorm event. I'm retired and live with my son, 29, who needs full-time care

after a traumatic brain injury from a motorcycle accident.

CC: This issue of "Care Connections" is about safety. I've noticed many notes around the house; is this part of the plan to keep your dad safe?

Leslie: Yes. Some notes orient him to date and time, and if I go out for a bit, I leave a sign that says, "Don't go outside alone." So far, so good.

CC: You've been a caregiver for a long time.

Leslie: Yes, that's so. I also cared for my mother for seven years until she died in 2009.

CC: How do you keep your energy up and your composure? Are you able to arrange respite?

Leslie: Yes. Our renter, PK, has lived on my father's property for two years and agreed to help out. Now she stays with Dad on weekends and Thursday evenings so I can go out. Last night, my son and I saw "The Hobbit" with my sister and her daughter, then we all went for dinner. Also, after the flood, Dad lived with my sister in Utah for three months while

the house was being repaired. He was a little disoriented when he got back to a renovated house but is getting used to it. My sister would look out for him again if I wanted to go on a vacation. And, regularly, once a week, a friend picks him up for breakfast.

CC: You are fortunate to have such supportive family and friends.

Leslie: Yes. I was raised in Boulder and owned a salon for 27 years. Many of my clients are still friends and have become a strong support system. I've always valued self-care. I've got the travel bug and have been all over Europe. I'll go again and my sister will take care of Dad. This is my life. It's been one thing after another starting in August 2008 with my son's accident.

CC: I understand you took the National Caregiver Training Program recently.

Leslie: Yes, just before the flood last summer.

CC: What did you learn?

Leslie: I found that there are many supportive agencies I can call upon if Dad needs more help—or if I do. I didn't know

that someone can come to your house for foot care. Also, there are quite a few transportation options and shopping volunteers and respite care volunteers. I haven't needed these services yet, but just having this information opens possibilities for help so I don't feel "stuck." And being with other people who are doing the same thing taught me to appreciate my situation and to feel more grateful compared to the burdens other people carry.

CC: Thank you for sharing your time and your thoughts with us, Leslie.



Falling

by Jan Rice

Don't worry, Mom. When I call you on my lunch break to see how you're feeling, it's perfectly fine that you tell me you're too tired to talk long.

Yes, I can eat lunch and listen to your daily concerns at the same time. I silently hope you can't hear that I'm also on my computer keyboard, and I'm writing an instructional note to a work colleague standing in my doorway with some urgent office episode.

Every day, I'm grateful for the work colleagues in my

support system. Their faces and voices are lifelines when you urge me to just retire early. Lots of caregivers probably do leave their work to have more caregiving time available. When you worked, you were always self-employed, always alone.

I hear the fears in your voice when I want you to come live with me. I wonder if you hear the fear in my voice when your Lifeline pager sits on the bathtub instead of being where you'd reach it if you fell again. None of us is privileged to know just where we'll be when we need to fall down.

We end this daily phone call with "talk to you tomorrow" and "I love you." Neither one of us fell down on the job today, and that's a huge comfort.

This first appeared in the November/December 2004 issue.

"Where we love

is home –

home that our feet

may leave,

but not our hearts."

— *Oliver Wendell Holmes*



A Caregiver's Guide to Home Safety and Modifications (continued from page 1)

What are Home Modifications?

Home modifications are adaptations to the home environment that support the physical demands of caregivers and assist individuals with daily tasks in the home. They can include permanent solutions for the environment (roll-in showers, widened doorways, grab bars) or portable solutions, what we usually think of as adaptive equipment (bath bench, hand held shower, raised toilet seat). The relief provided by home modifications to caregivers allows them to care more easily and safely for their loved ones.

Assess for Safety and Modifications: What Works Best for You!

Your first priority as a caregiver is to assess the care environment and make a plan to assure you have a step-by-step process for reaching your goals. Ask yourself what tasks are difficult? Is there a room (bedroom, bathroom, kitchen) that is particularly challenging to work in? Are doorways or outside paths hard to negotiate?

Start the process with a self-administered home safety checklist. These checklists take the caregiver through safety and accessibility concerns in those areas of the home or care environment where daily tasks are performed. Good examples of home safety checklists are the *Safe at Home Checklist* created by Rebuilding Together and the *Home Fit Guide* created by AARP. Both lists are available on-line.

With the checklist in hand, start the process of thinking about your home safety concerns and the home modifications that could meet your needs. Some concerns will have obvious solutions like removing a throw rug in a frequently used walkway or rearranging shelving and storage to provide easy access to needed

items. But other concerns may require more knowledge of a wide range of available modifications or a thorough understanding of key safety features that keep caregivers and care recipients safe. Additionally, speaking with someone who understands the demands of your specific caregiving situation can shed new light and ideas on how best to meet your personal needs and those of your care recipient.

At this point in the process, scheduling a home assessment to evaluate safety issues and potential modifications will streamline your plan for improved safety and home modification. Healthcare professionals such as occupational therapists and physical therapists are uniquely qualified to fully appreciate the demands of the caregiver and the care recipient. Frequently their work with clients brings them directly into the care recipient's home. Those experienced in the field of home assessment can quickly identify environmental barriers and safety concerns. They can help a caregiver sort through the sometimes layered challenges of the care recipient and the care environment to prioritize which needs should be met first. And they bring a wealth of knowledge about available products and modification options to help the caregiver select the right option for their situation. Best of all, home assessments are often covered by insurance and Medicare.

Home Modification Tips for Caregivers

Lets' get started! Follow these practical tips to begin adapting your home or the care recipient's home for a safer and more satisfying caregiving experience.

De-clutter, Streamline, Organize

De-clutter, streamline, and organize the spaces you use frequently. This is one of the easiest and most cost-effective home modification solutions. Organize small workspaces like bathrooms so

you can move easily from one task to another. Ask yourself what task comes first? What task is typically last? Keep frequently used equipment accessible, but out of the way. While decluttering can be a big undertaking, it is an effective tool for making the environment safer and more accessible. Before you begin, make a plan, set ground rules, and make sure to set aside special family treasures and heirlooms.

Steps, Entryways, and Pathways

There are many options for addressing safety and accessibility for steps, pathways, and entryways. Commonly used solutions range from simple or cost-free options (handrails, threshold ramps, swing-away door hinges, removal of clutter from pathways and steps) to higher-tech equipment or permanent renovations (wheelchair lifts, ramps, widened doorways, automatic door openers). To begin, ask yourself some simple questions to help identify barriers that create limitations and safety concerns. Is there adequate space to maneuver in pathways and entryways? Are there hand supports at entry steps and on stairs? When adding equipment like wheelchair lifts, make sure it is easy to operate for you or your care recipient. Also consider maintenance issues that may arise, and make sure you or your loved one has the resources necessary to maintain the equipment. Lastly, when addressing barriers in the home such as steps and entryways, remember to be proactive and plan ahead for future needs.

Lighting

Lighting is often overlooked when considering environmental solutions for caregivers. Individuals with chronic conditions from Macular Degeneration to Alzheimer's disease are significantly impacted by light quality. Moreover, we all face certain anatomical changes that affect our vision as we age and make lighting

an important topic. Lighting issues are complex, and more lighting isn't always better. Consider the type, intensity, color, and direction when making modifications to lighting. For example, excess lighting or lighting from the wrong direction may cause glare that creates safety issues for older adults. To limit glare, place light behind and to the side of the stronger eye (without casting a shadow) and avoid shiny work surfaces and flooring. Add task lighting in key locations where daily tasks are typically performed (near tables, desks, chairs, or sofas). Finally, pay attention to lighting access and control. Make sure that switches and knobs are easily accessible and simple to operate.

Bathrooms, Bathrooms, Bathrooms

Frequently bathrooms are the most challenging spaces for caregivers. The good news is that simple adaptations are often the ticket for solving problematic issues with daily activities and safety concerns in bathroom spaces. One reason bathroom issues can be easier to address is the sheer number of products that are readily available to adapt bathroom spaces. These range from permanent fixes (roll-in shower enclosures, comfort height toilets, grab bars) to adaptive equipment (raised toilet seats, bath transfer benches, portable lifts). If you aren't sure what will work best for your situation, begin with research, ask questions, and seek the advice of a professional.

Grab Bars and Railings

Don't forget to include strategic touch points throughout the home to assist with caregiving during daily activities. These can be grab bars added to shower and toilet areas or railings added to hallways, stairways, and steps. Again, remember to do your research. There are numerous unique and creative grab bar solutions on the market today. Products range from grab



bars that can be added to a bed or sofa, to angle grab bars or drop down grab bars that work well in tight bathroom spaces. Begin by observing how your care recipient interacts with the environment. Does she reach for the door frame when entering the home for extra support? Does he reach for a towel bar to steady himself? These observations can be helpful in determining where grab bars or railings would be most useful. Again, if you aren't sure what will work best, ask questions and seek the advice of a professional.

Why Home Modifications for Caregivers?

It seems obvious, doesn't it? As caregivers, we all want to provide the safest and most comfortable home care environment for ourselves and those we are caring for each day. Home modifications are an important tool that can make the sometimes demanding care for a loved one less stressful, safer, and easier. The key to tackling home safety and modifications is to have a systematic and well-thought out process to address your unique situation. I hope you will use the information in this article as a catalyst to make your caregiving experience easier and more enjoyable.

Cheri Cabrera, OTR has been an occupational therapist for over twenty years and has practiced in the Denver area since 1995. Her specialty areas are in home modifications and falls prevention.



**“Every day is a journey,
and the journey itself is home.”**

— Matsuo Basho

The Emotional Challenges of Making Changes in the Home

by *Elissa Dresden, RN, ND*

“It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.”— Andy Rooney

Changing one’s home for purposes of safety can sometimes be emotionally difficult for our elderly loved ones. The changes can seem minor at first. Conversation topics turn from grandchildren’s graduations to how there are too many stairs in the home. Sons and daughters drop by bearing gifts of well-secured rugs and grab bars for the shower. A family member holds his or her breath, cautiously watching as the loved one unsteadily negotiates the once cozy and familiar clutter that has now transformed into a treacherous obstacle. Elderly loved ones often experience overwhelming emotions around the competing priorities of safety and independence.

How do we as caring family members honor our elders’ dignity and prevent unwanted falls? How do our elderly loved ones experience and express this tension between control and surrender? Generally speaking, elderly parents often wish to err on the side of autonomy, and grown children want to err on the side of safety. In this brief article I look at some of the feelings that can often occur for elders during the process of home modification and offer suggestions on how to balance the need to protect with the need to dignify.

“Today I speak to my bones as I would speak to a dog. I want to go up the stairs, I tell them. Up, up, up, with one leg dragging. Is the ache deep in the bones, this elusive pain? Does that mean it will rain? Good bones, good bones, I coax, wondering how to reward them; if they will sit up

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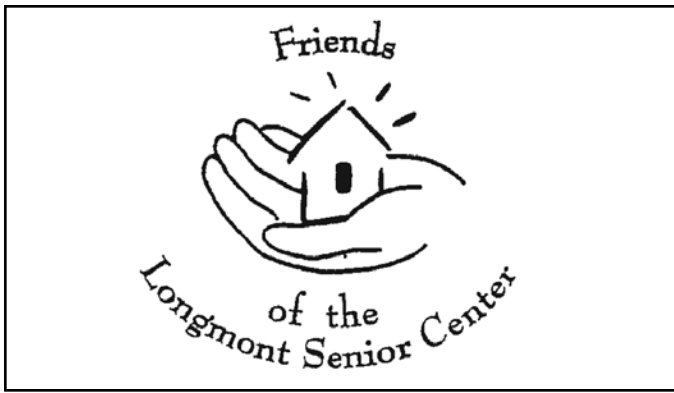
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The Emotional Challenges of Making Changes in the Home

(continued from page 6)

for me, beg, roll over, do one more trick, once more. There. We're at the top. Good bones! Good bones! Keep on going."—Margaret Atwood, Good Bones and Simple Murders

Common Emotions of Elder Care Recipients Concerning Home Modifications

- *Sadness* - Home is where love resides, memories are created, friends and family always belong, and laughter never ends. A sense of loss, of mourning, of sadness regarding even minor changes in the home is often related to the ongoing grief about the loss of physical and/or mental health. The need for a shower bench highlights and continually reminds us of our growing physical weaknesses. Other home modifications reflect the loss of vision, hearing, and other changes related to aging. The elder is mourning the body and mind he once trusted and the home in which he once was perfectly safe.
- *Fear* - With real or suspected loss of control there is fear and sometimes paranoia. The elder loved one may no longer be in control of decisions and thus can become fearful of the future. She may become paranoid that this uncertain future will bring decreased quality of life. While it may seem that the elder care recipient is over-reacting to a small home modification, her reactions may be a response to the loss of control.
- *Anger* - There can be a sense of betrayal, real or perceived, with even minor changes to the home, as the home can symbolize one's ability to be trusted to live independently. There can be a loss of pride or a feeling of betrayal by family members as they "take over" what needs to be done in "my home." There may be

concurrent feelings of betrayal of one's own body: not trusting the balance or vision they once had.

- *Confusion* - While there can be concurrent cognitive changes occurring, significant changes in the home can produce confusion in and of themselves. The patterns and routines established for decades suddenly change: Why can't I go upstairs to sleep in my bedroom anymore? Why do I have to wear this necklace to call for help? Why can't I just use the phone?

"Home is always the impossible subject, multilayered and maddening." – Paul Theroux

Suggestions for Balancing Safety and Autonomy

- *Family meetings* - Creative family problem solving can occur when we come together from a place of respect, compassion, and openness to innovative ideas. There are many resources that can help facilitate this process: websites, mediated counseling sessions, support groups, and more. Discuss all options, even if they seem unlikely. Analyze the pros and cons of different ideas with consideration and respect. Emphasize the importance of autonomy and dignity with all suggested changes.
- *Professional opinions* - Professionals (occupational therapists, medical doctors, nurses, physical therapists, social workers) can assess and evaluate the home setting and recommend modifications. If the suggested changes come from outside the family and from a respected source, this can sometimes buffer the emotional impact within and between the family members. Elder loved ones, like most of us, are sometimes more likely to respond positively to a recommendation made from a respected professional than from within the family.

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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 event before taking action. See "Information and Assistance in Boulder County" on the back page for ways to learn more about these and other resources.

The Alzheimer's Association Colorado Chapter offers **Savvy Caregiver**, a course that helps family caregivers assess the abilities of their loved one with Alzheimer's (or another dementia) and teaches caregiving skills that give them confidence throughout the stages of the disease, on Wednesdays, March 5 – April 9, 6:00 – 8:00 p.m., at Longmont Senior Center, 910 Longs Peak Avenue (suggested donation of \$25); **Orientation to Early Memory Loss**, about dementia, beginning changes, common decisions, and resources for treatment and planning, on Monday, March 24, 1:00 – 3:00 p.m., at Louisville Senior Center, 900 W. Via Appia; and **The Basics: Memory Loss, Dementia and Alzheimer's Disease**, about the difference between Alzheimer's and normal changes related to aging, types of dementia, and treatments and research, on Wednesday, April 23, 2:00 – 4:00 p.m., at East Boulder Senior Center, 5660 Sioux Drive. Pre-registration is required; call 303-813-1669 or go to www.alz.org/co (Classes and Workshops, Calendar).

Consumer Financial Protection Bureau offers four easy-to-understand **booklets to help financial caregivers**, persons who are managing money or property for a loved one who is unable to pay bills or make financial decisions. The

guides, for agents under powers of attorney, court-appointed guardians, trustees, and government fiduciaries, are available at <http://www.consumerfinance.gov/blog/managing-someone-elses-money>.

Medicare Counselors with Boulder County Area Agency on Aging offer **Medicare Basics Classes** for anyone wanting to learn more about enrollment, benefits, costs, and choices under Medicare, on March 6 or April 3, 2:00 – 4:00 p.m., at East Boulder Senior Center, 5660 Sioux Drive (call 303-441-1546 to register); on March 17 or April 21, 10:00 a.m. – noon, at Longmont Senior Center, 910 Longs Peak Avenue (call 303-651-8411 to register); and on March 5, 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.

Age Well (formerly Prestige PLUS) offers **Advance Directives Workshops**, about considering and clarifying one's wishes for medical treatment in the event of incapacitation, with Program Coordinator Peggy Arnold, on Thursday, March 13 or April 10, 9:30 – 11:00 a.m. (\$5.00 fee for Longmont residents; \$6.00 for non-residents). Pre-registration is required; call 303-651-8411.

Boulder County Area Agency on Aging offers the **National Caregiver Training Program**, a 21-hour course (meets once a week for 3 hours), taught by a registered nurse, that helps family caregivers acquire the skills needed to provide safe, confident home care for frail older loved ones, on Thursdays, May 1 – June 19 (no class May 22), 1:30 – 4:30 p.m., in Boulder; and **Powerful Tools for Caregivers**, a 15-hour

course (meets once a week for 2 ½ hours) that gives family caregivers “tools” to help ensure they take care of themselves while caring for older loved ones, on Wednesdays, May 7 – June 11, 1:30 – 4:00 p.m., in Louisville. There is no charge for either course, but donations are appreciated. Financial assistance for respite care (substitute elder care during class periods) is available. For more information or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org. Each course will be offered twice again in 2014.

Mark your calendar now! The annual **Caregiving Symposium** will be held on Thursday, May 22, at the Plaza Conference Center, in Longmont. This popular event features a large resource fair of local service providers, multiple workshops on caregiving topics, lunch, and more. More details are coming soon; for information, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.

For a list of **Caregiver Support Groups** that meet in Boulder County, email InfoCaregiver@bouldercounty.org or call 303-678-6116.

To share information about a resource for family caregivers, email InfoCaregiver@bouldercounty.org or call 303-678-6116. The deadline for the May/June 2014 issue is March 24.

The Emotional Challenges of Making Changes in the Home

(continued from page 7)

- *Maintain and enhance community and connection* - Throughout this process, sustain and possibly further the elder loved one’s social connections. The emotions listed above can be partially mitigated by regular welcome interaction. When we have a strong base of

social support, it is easier to cope with unwelcome and confusing changes. Balance the focus of safety and security with community and connection. Sometimes loss of independence can foster new relationships and positively impact one’s quality of life.

- *Patience and understanding are requirements* - Consider what this experience is like for the elder loved one. What does it feel like for him to have sudden and significant changes to a home he’s lived in for 25 or 40 years?
- *Practice empathy* - Role playing or reading firsthand accounts can be helpful for empathizing with the elder loved one’s experiences and emotions. Ask yourself what you would want done in this situation. Ask yourself how it would feel to have these changes. Listen to your loved ones as they describe the potential positive and negative impacts these changes can generate.

When we feel honored and respected, it can be easier to cope with the loss of control that aging causes. Autonomy is a value in and of itself, as is safety, and these values can be at odds with each other when modifying a loved one’s home. Working out the balance between dignity and safety takes thoughtful discussion, understanding, and negotiation.

Elissa Dresden, RN, ND, is a Client Care Counselor for Dignity Care, LLC.

“Perhaps home is not a place

but simply

an irrevocable condition.”

— *James Baldwin, “Giovanni’s Room”*



Innovative Programs for Fall Prevention

by *Melissa Pruitt*

The story is all too familiar. An older adult falls and the dominoes begin to tumble. There may be a broken bone and perhaps a stay in the hospital and/or at a rehabilitation center. The fall may even result in a change in the elder's living arrangements. These are frightening thoughts, and many people give up activities they enjoy just so they can limit their risk of a life-changing fall.

Now, let's talk about the good news! Many falls are preventable, and there are specific things an older adult can do to reduce the risk of falling. Boulder County Area Agency on Aging has targeted falls prevention as one of its goals. BCAA and thirty agencies and businesses that work with older adults created Boulder County Partners for Falls Prevention, which offers a variety of fall prevention programs, including three evidence-based courses that help reduce the risk of falling and are free to Boulder County residents (age 60 and over) and their caregivers.

Matter of Balance is health education designed to help reduce the fear of falling and get participants moving. Many people make the mistaken assumption that avoiding activity will help them prevent a costly fall, but the truth is that becoming less active actually *increases* one's risk of falling. The eight-week Matter of Balance program includes group discussion and problem solving, as well as thirty minutes of gentle exercise adaptable to any level. Classes are offered at various locations throughout the county. The next class is on Mondays, March 3 – April 21, 10:00 a.m. to noon, in Lafayette.

Regular exercise is an essential ingredient in reducing the risk of falling as one grows older. Practicing balance-specific exercises, as well as engaging in regular strengthening and flexibility

exercises, is recommended for all ages and can be adapted to almost any level of physical ability. That's right, it's never too late to improve your physical health! There are numerous exercise programs for older adults at local senior centers, recreation centers, the YMCA, and private clubs. For persons who aren't able to leave their home to attend an exercise class, Boulder County Area Agency on Aging offers a program called **Healthy Moves for Aging Well**. A trained volunteer comes to the older participant's home to determine if the program is right for them. If it is, the volunteer demonstrates a series of six exercises and practices with the participant. Weekly phone calls are made to participants to check on their progress and help keep them motivated.

Boulder County Area Agency on Aging also is pleased to offer **FallScape**, an innovative, individualized program that reduces the risk of falling. Developed with research supported by National Institutes of Health, the program uses brief videos to guide participants to discover their "personal fall threats." In clinical trials, those who received the FallScape multi-media intervention significantly improved their recognition of circumstances that could cause them to fall, increased their own falls prevention behaviors, and most importantly, actually prevented falls! Eligible participants are identified through a quick screening process.

To learn more about these innovative programs, please call 303-441-3599 or email mp Pruitt@bouldercounty.org.

Melissa Pruitt is Wellness Specialist for Boulder County Area Agency on Aging.



Home Modification Resources

Safety for Older Consumers Checklist

(home modifications checklist)

National Resource Center on Supportive Housing and Home Modifications

<http://www.homemods.org/resources/pages/safety.shtml>

Home Modification Tips for Alzheimer's

Fisher Center for Alzheimer's Research Foundation

www.alzinfo.org/08/treatment-care/home-modification

Home Safety for People with Alzheimer's Disease (40-page booklet)

National Institutes of Health

<http://www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease>

Assistive Devices (21,000+ currently available products in categories such as Aids for Daily Living, Environmental Adaptation, and more)

www.BoulderCountyHelp.org (Select Seniors & People with Disabilities, then Assistive Devices)

Fall Prevention (Videos, home safety checklists, and more)

www.BoulderCountyHelp.org (Select Seniors & People with Disabilities, then Fall Prevention)

Fix-It Program (Volunteer handyman services such as installation of grab bars and other minor modifications or repairs)

Boulder County Care Connect
www.CareConnectBC.org , 303-443-1933

The Breathing Room

I chose our house
Because of this room
Brilliant with natural light
Perfect for a healing practice

Then I read Thich Nhat Hanh
Who wrote of a "breathing room"
A space designated as sacred
Where stresses are released
As simple breath rejuvenates

I called this room the Breathing Room
And defined what that meant
A pause at the door before entering
The past left here, outside
Enter with the intention
To be in the present
Just this moment
Hope unhindered by baggage

Then you came to live here
The Breathing Room the natural place
To serve as your bedroom
I gave it up ...
Or did I?
It's still a room of intention
To be in the present
With all its possibilities
Unhindered by past baggage

I still pause at the door
A moment of intention
To focus on what matters
In the upcoming moments

From "A Caregiver's Journey," by Kaelin Kelly

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 key 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 **ARCH Information and Assistance 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, finding solutions, exploring options, and providing in-depth assistance.

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

