

## CAREGIVER NEWS



**1-800-798-0988**  
[www.alternativesforyou.org](http://www.alternativesforyou.org)

Alternatives has served ten counties in Midwestern Illinois for more than thirty years.

Designated by the State of Illinois, Alternatives is the lead advocate throughout ten counties including Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, McDonough and Bureau.

Alternatives also provides Ombudsmen services in Brown, Hancock, Schuyler, Adams, Pike and Calhoun County.

It is our mission to promote the independence and quality of life for older adults, adults with disabilities, and their families.

### RECOMMENDATIONS FOR FLU VACCINATION

This flu season will be different from any that have come before. While we wait for a COVID-19 vaccine, here are the CDC recommendations to consider for preparing for flu vaccine season during this time of quarantine and social distancing.

#### Groups recommended for vaccination:

- Children aged 6-59 months old
- Adults aged  $\geq 50$  years
- Persons with chronic pulmonary (including asthma), cardiovascular, renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus)
- Persons who are immunocompromised due to any cause, including (but not limited to) medications or HIV infection
- Women who are or will be pregnant during the influenza season
- Children and adolescents (aged 6 months through 18 years) receiving aspirin- or salicylate-containing medications who might be at risk for Reye syndrome associated with influenza
- Residents of nursing homes and long-term care facilities
- American Indians/Alaska Natives
- Persons who are extremely obese (BMI  $\geq 40$  for adults)
- Caregivers and contacts of those at risk:
  - Health care personnel, including all paid and unpaid persons working in health-care settings who have potential for exposure to patients and/or to infectious materials, whether or not directly involved in patient care;
  - Household contacts and caregivers of children aged  $\leq 59$  months (i.e.,  $< 5$  years), particularly contacts of children aged  $< 6$  months, and adults aged  $\geq 50$  years;
  - Household contacts and caregivers of persons with medical conditions associated with increased risk of severe complications from influenza

As with any medical treatment, consult with your doctor to discuss whether a vaccine is appropriate for you and your care recipient. For more information call the CDC at (800) 232-4636 or visit the website below.

#### CDC Influenza Information:

General influenza page: [cdc.gov/flu](http://cdc.gov/flu)

CDC FluView: [cdc.gov/flu/weekly](http://cdc.gov/flu/weekly)

Periodic influenza updates: [cdc.gov/mmwr](http://cdc.gov/mmwr)

#### Influenza Antivirals Guidance:

[cdc.gov/flu/professionals/antivirals/summary/clinicians.htm](http://cdc.gov/flu/professionals/antivirals/summary/clinicians.htm)

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**Our Services Include:**

**Care Coordination**– helping you to live longer in your own home, professionally certified care coordinators provide free, in home assessments to identify and set up supports for individuals at their home or for nursing home residents wanting to move back into the community.

**Ombudsman**– providing a listening ear, Ombudsmen meet with nursing home residents to help resolve concerns or complaints. For individuals receiving managed care, the ombudsman is the advocate for concerns with services provided through managed care.

**Adult Protective Services**– investigating and resolving reported cases of abuse, neglect or financial exploitation for older adults, (over age 60) or adults with disabilities, (age 18-59).

**Assistance with Money Management**– assisting individuals with bill paying, including writing checks, budgeting and balancing their checkbook.

**Bridges Community Program**– Bridges is the designated Aging and Disability Resource Center for the lower two thirds of LaSalle County. Offering options counseling and assistance with benefits registration including Medicare, Medicaid, state supported programs or other available benefits. Bridges offers a full calendar of events, classes and potlucks for older adults.

## Education and Support

### Virtual education and support opportunities

#### **AARP -**

<https://www.aarp.org/caregiving/> Free information from just the basics to more advanced financial and legal planning. You can also register and watch on demand webinars.

#### **Alzheimer’s Association -**

<https://www.alz.org/help-support/resources/online-tools> Here you’ll find a community resource finder, E-learning workshops, and their virtual library, all devoted to those caring for individuals with dementia. While you’re there make sure to sign up for their newsletter.

#### **Family Caregiver Alliance -**

<https://www.caregiver.org/caregiver-learning-center> The learning center has materials available in Chinese, English, Korean, Spanish, Tagalog, and Vietnamese.

#### **Family Learning Center, Home Sweet Home –**

<http://flc.ipced.com/HomeSweetHomeCareInc> The website does ask you to register with a name, phone and email address prior to using but all content is free of charge and includes quick tip sheets, short videos, and in-depth courses.

#### **Parkinson’s Foundation -**

<https://www.parkinson.org/living-with-parkinsons> The Parkinson’s Foundation mission is to improve the understanding and quality of life for those living with PD. The “Living with Parkinson’s” tab has a section devoted specifically to caregivers.

## Caregiver Care Packages Are Available!



**Brought to you by funding from WIAAA**

If you or someone you know is currently  
in need of caregiver support,  
please contact us.

Each care package will be packed full of resources to  
encourage, educate and entertain.

Please call Erin at **309-277-0167** or email  
**ehanna@alternativesforyou.org**.

We will need the caregiver’s name, address and relationship to care  
recipient in order to mail them a package.

**If you do not care to receive this quarterly newsletter please email  
ehanna@alternativesforyou.org and you will be taken off of the mailing list. Thank you.**