

1-800-798-0988

www.alternativesforyou.org

CAREGIVER NEWS

Happy New Year of Hope

Caregiver Support— one-on-one support services with Caregivers feeling overwhelmed in their caregiving role with the goal of reducing stress and strengthening their natural support system.

Care Coordination— professionally certified Care Coordinators provide free, in-home assessments to identify and set up supports for individuals living independently in the community.

LTC Ombudsman— meet with nursing home residents to help resolve concerns or complaints. They provide a listening ear to residents and families.

Adult Protective Services— investigate and resolve reported cases of self neglect, abuse, neglect, or financial exploitation for older adults, (over age 60) and adults with disabilities (age 18-59).

Money Management Program— assist individuals with bill paying, writing checks, budgeting and balancing their checkbook.

Bridges Community Center- Aging & 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 for active older adults.

As 2022 has come to an end and the new year begun, each of us are called to reflect on the time that has passed. The obstacles, trials, and losses we faced can often swallow up the days, weeks, and months in the rear view. And while the emotions we experience examining our years past can be both challenging and overwhelming, the promise of something new upon the horizon encourages hope. In 2023 and beyond, we encourage you to reach for hope by connecting and deepening your Caregiver Support System. Alternatives and our partner agencies are here to assist you throughout your Caregiver journey, working together to further identify your needs, wants, and the goals you create for yourself and your Care Recipient. Individual Counseling, Caregiver Support groups, and Care Planning are just a few ways we can work together to foster empowerment, grow in our knowledge and education surrounding Caregiving practices, and identify your personal strengths. Together we can implement self-gratitude, grace, and encouragement in the face of disappointment, self-doubt, stress, and fear. We invite you to review our resources throughout our newsletter and begin your journey reaching for hope today.

Short Film “Ruth” Focuses on the Realities of Caregiving

Caregiving can be rewarding and stressful at the exact same time. The Alzheimer’s Association shared the YouTube link to Alex Burg’s short film “Ruth” in their January blog post. The nine minute film shows the realities of caregiving via the mother daughter relationship. What makes the film so powerful is its honest look at not only the challenges of the caregiving journey but also the moments of love and joy that connect a caregiver to their loved one.

Please check out the links to view “Ruth”.

YouTube address:
<https://youtu.be/zPIRD9COUCK>

Scan the QR code on your mobile device:



Starting this Spring, Caregiver Counselors will be available for monthly one-on-one appointments at local community centers:

LaSALLE CO.	PUTNAM CO.	BUREAU CO.
<u>Mendota (March 21st)</u>	<u>Standard (April 18th)</u>	<u>Princeton (March 15th)</u>
3rd Tues	3rd Tues	3rd Weds
10am-Noon	1:30-3pm	1:30-3:30 pm
815-539-7700	815-339-2711	815-879-3981

Contact your local center for available appointments!

It is Alternatives' mission to promote the independence & quality of life for older adults, adults with disabilities, & their families.

Alternatives programs have served 10 Counties in Midwestern Illinois since 1984.

Designated by the State of Illinois, Alternatives is the lead advocate for adults over 60 and their caregivers in their service area of Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, Bureau, and McDonough Counties.

Additionally, Alternatives' Ombudsmen serve Brown, Hancock, Schuyler, Adams, Pike, and Calhoun Counties.

Interested in a program but don't see one near you? More are being scheduled around our 10-county area soon!



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Do you provide care for a loved one with memory loss or dementia?

Who

Family caregivers of a loved one with memory loss or dementia
Caregivers coping with the stress of caring
Caregivers looking to care for themselves, too

What

Learn stress management techniques, relaxation, & coping strategies
Workbook & materials for take home study & practice
Holistic program focused on the caregiver
Meets 90 minutes weekly for 9 weeks
Small group size

Local senior service providers are partnering with Alternatives' Caregiver Counselors to provide this new program

VNA Community Services
2262 Grand Avenue
Galesburg IL 61401

When:

***Tuesdays, March 7-May 2
1:30—3:00 pm***



Call 309-342-1152 for more information & registration



Bridges Community Center
809 21st Street
Peru IL 61354

When

***Wednesdays, March 8-May 3
10:30 am—Noon***

***Call David Trenor at 815-431-8034 or email
dtrenor@alternativesforyou.org for more information & registration***

Putnam County Community Center
128 First Street
Standard IL 61363

When

***Mondays, April 10-June 5
10:00—11:30 am***



Putnam
County
Community
Center

Call 815-339-2711 for more information & registration

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