



CareLines

2024 January-February Newsletter

I'm a Caregiver... Now What?

An update from Tia Drumm & Chelsey Krofta, Caregiver Programs Coordinators

While you may have been in this role for a few years, a few months, or a few days, LifeStream is here to support you on your path of caring.

Do you spend your days wishing you had activities to do with your loved one or to get out in the community? Do you feel alone in your caregiving journey and wish to connect with others? Do you wish for more resources to help you as a caregiver? Good news—we can help you with that!

A few of the upcoming supportive programs provided by LifeStream include the following:

Caregiver Gatherings: Caregiver Gatherings are a monthly lunch for caregivers and care partners to come together, take a break, share resources, support one another, and share a meal together (provided by LifeStream Services). If you are interested in volunteering or being a part of any of these programs, please let us know.

Memory Cafés: Memory Cafés are a monthly engagement opportunity for an individual living with dementia and their care partner. Cafés are different in each area to meet the needs of the community, but they typically include an activity or meal alongside conversation and laughter.

Powerful Tools for Caregivers: This 6-week evidence-based class helps caregivers prioritize their well-being and take care of themselves while caring for a friend

or a loved one. Please reach out to LifeStream if you are interested in attending this class or want more information.

Memory Kits: These are resource kits designed for individuals living with dementia and their caregivers and care partners. The goal of these kits is to help caregivers and care partners connect with resources and increase interaction between them and their loved one.

For more information on any of these programs and events or for other caregiver support, contact the Caregiver Programs Coordinator in your area.

For Madison, Delaware, Grant, Henry, Blackford, and Jay counties, contact Tia Drumm at (765) 759-1121 ext. 101 or tdrumm@lifestreaminc.org.

For Rush, Wayne, Union, Fayette, and Franklin counties, contact Chelsey Krofta at (765) 759-1121 ext. 281 or ckrofta@lifestreaminc.org.

STEP in

LIFESTREAM CAREGIVER PROGRAMS



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Memory Matters ✓

An update from Melissa Roseborough, Care Coach

As a young adult, I watched as my Aunt Mary Ann transitioned through the stages of Alzheimer's. When she was in the early stages, it wasn't too noticeable—we would occasionally hear the same stories repeated, or she would forget an ingredient in a recipe. She lived alone and engaged in activities at her senior living community. As the Alzheimer's progressed, she was removed from her apartment due to safety reasons when she was found crawling out her bedroom window naked. She was moved into my other aunt's house where she was more confused and seemed to progress quickly due to the change of environment.

My Aunt Becky was never trained on how to navigate Alzheimer's and the unfolding situation with her sister-in-law. She would get angry with Mary Ann for removing her clothes or wandering away. My Aunt Becky would yell at Mary Ann and ask her "why are you doing this?" Mary Ann would either not answer or respond with "I don't know." In the later stages, she would carry on conversations with a closet door all day long.

Now imagine if you were Mary Ann. You were removed from your apartment because someone said you were not safe—but what wasn't safe? To you, you were just getting out of the house fire that took place when you were 6 years old. Now you are living in a strange place with your sister-in-law yelling at you to eat, get dressed, stop this or that, and constantly questioning you when, in your mind, you aren't doing anything out of the ordinary. And finally, you're thinking to yourself, "why is Becky yelling at me for talking to my husband?"—even if her husband was a closet door in our reality.

The greatest thing you can do for your loved one with dementia is to live in their reality. It could change in an instant, or it could stay that way all the time. "Living in the moment" is a motto to live by. It is not just your world that has changed—your loved ones are lost too. Patience and understanding are essential. They are a person, not a burden.



Memory Care

When considering essential human needs, which two things could you go without having for three months?

- Having friends
- Having choices and making decisions
- Being proud of yourself
- Feeling emotions like happiness or sadness and having these feelings acknowledged
- Being independent
- Experiencing pleasure
- Being able to laugh
- Being intimate
- Being helpful to others
- Being creative
- Feeling safe
- Being respected and valued



How would you feel if you had to live the rest of your life without having these fundamental needs fulfilled? Many individuals with dementia often experience this. Can you imagine the potential overwhelming impact?

When considering your loved ones, ensure that these basic needs are met for them.

Visit lifestreaminc.org/stepin for Memory Kits and Dementia Caregiver Support Groups

Cozy Corner ✓

An update from Tia Drumm, Caregiver Programs Coordinator

Now that the holidays are over and you're letting go of some of the stress that comes with it, you may be feeling a range of emotions surrounding the new year. Everyone likes to say, "New year, new me!" but we'd like to frame that thought another way: It's not a new *you*, rather it's new goals, accomplishments, and milestones that you may hit this year that can be really exciting. While you are on your caregiving journey, you may feel like you hit roadblock after roadblock rather than goals or accomplishments—but don't worry. Everyone's caregiving journey looks a bit different. This year, let us not judge one another for the things we *can't* do, but accept one another for the things we *can* do.

Our Caregiver Support Programs are here to support *you* as the care partner or caregiver as well as your loved one with care needs. We have various programs and resources available to help ease your way into and through your caregiving journey. Whether you need a STEP In Resource Binder, education, or to find a local support group, we can help you get what you need.

If you are looking for more support, or wanting a group to relate to, check out the upcoming events below to learn more about programs and events in your area!



Upcoming Events

Powerful Tools for Caregivers

This workshop helps caregivers prioritize their well-being while caring for a friend or a loved one. The class meets once a week for six weeks.

- February 14–March 20, Wednesdays, 10–11:30am
- Richmond Sr. Recreation Center
1600 S. 2nd St. Richmond, IN

Memory Cafés

This is a welcoming and safe space for people living with dementia and their caregivers to enjoy social engagement and an activity.

Muncie:

- Second Friday of the month, 11:30am–1pm
- Ball State Health Professions Building
1615 W. Riverside Ave. Muncie, IN

Richmond – Paint the Towne:

- First Monday of the month, 12–2pm
- Paint the Towne • 411 N. 8th St. Richmond, IN



Monthly Caregiver Gathering – Muncie & Richmond

A caregiver gathering is a time for caregivers and care partners to come together and take a break, enjoy food, share resources, and support one another.

Muncie:

- Last Tuesday of the month, 11:30am–12:30pm
- By Hand and Fork private meeting room
1617 N. Wheeling Ave. Muncie, IN

Richmond – Brunch Buddies:

- Last Wednesday of the month, 11:30am–12:30pm
- Firehouse BBQ and Blues • 400 N. 8th St. Richmond, IN

Visit lifestreaminc.org/calendar for a complete list of events

Caring for the Caregiver ✓

An update from Rachel Gray, Care Coach

For dementia caregivers, self-care is more than just a trendy buzzword—it is a survival mechanism. Caregivers often report problems attending to their own health and well-being while managing their caregiving responsibilities. With assistance and support, caregivers can find comfort and purpose in their everyday lives too. Please remember to take care of yourself. Here are some tips for prioritizing your well-being:

Support: Join a caregiver’s support group online or in person. Meeting other caregivers will give you a chance to share stories and ideas and can help keep you from feeling isolated. Our caregiver support programs offer a number of events and activities that provide socialization and connection.

Ask for help: This could mean asking family members or friends to help. Ask people to help out in specific ways, like making a meal, visiting the individual with care needs, or taking the individual out for a short time.

Do things you enjoy: Make time for your hobbies and interests.

Proper nutrition: Eat a well-balanced diet, and drink plenty of water every day.

Exercise: Take short walks daily or at least three times a week.

Enhance relaxation: Listen to guided relaxation recordings or relaxing music.

Give yourself credit: The care you give *does* make a difference.

Regular check-ups: Remember to go to the doctor for yourself as well. Your health matters.

Prioritize sleep: If caring for your loved one means disrupted sleep, avoid using caffeinated beverages to stay awake. Instead, take naps when you can.



Visit lifestreaminc.org/stepin for a complete list of caregiver support resources

Stepping up for those who STEP In

As a caregiver, your passion, dedication, and unwavering support can profoundly impact lives. From assisting with daily tasks to offering emotional support, taking loved ones to appointments, or being a friend who picks up their groceries—these caring actions collectively contribute to their well-being.

“I’m not a caregiver, but I step in to help with Mom sometimes.”

“I’m not a caregiver, but I step in to manage my husband’s medications and appointments.”

“I’m not a caregiver, but I step in to take a neighbor to the doctor”

If you step in to provide help or assistance to a friend, family member, or loved one—you’re a caregiver. LifeStream Services has programs and support available to caregivers who STEP In, such as our Caregiver Resource Binder, Memory Cafés, Caregiver Gatherings, and more.

“I care for my mother who I do not live with, and I work full time with my daughter living at home. I started going to LifeStream’s Paint the Towne Memory Café for something to do that was interactive for my mother. I do other activities with her but really wanted to challenge her a bit for something different and creative, and this allows us to do just that. It has been interesting and fun. My mother can get anxious about it, but Maria [at Paint the Towne] and her staff provide much help with set up and reassurance of the painting activity. We both enjoy it and the staff being so friendly in helping us at the Memory Café.” — Brenda Brown, Wayne County.

LifeStream has various programs and resources available to help ease your way into and through your caregiving journey.

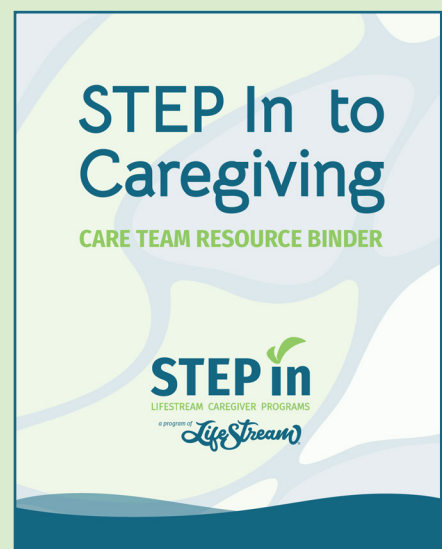
For more information about caregiver support programs, events, and other resources, visit lifestreaminc.org/stepin.



Care Team Resource Binder

LifeStream’s STEP In Caregiver Programs are a comprehensive way to educate and support family caregivers, care partners, and people with care needs. LifeStream offers Caregiver Memory Kits, support groups, and evidence-based programs to help you STEP In to caregiving. LifeStream Services is also thrilled to provide caregivers and care partners with a resource binder that is an organizational tool used to prepare in the case that someone else may need to step in and provide care—either temporarily or permanently—and to empower caregivers who help with care needs.

Individuals who may need to step in could include another family member, a professional caregiver, a neighbor, or a friend. All of these care partners make up your care team.





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Safe Travel During Winter Months

Whether you are traveling for a vacation, a family event, or a wedding, your comfort and safety should be a priority. For seniors looking to travel during the winter, it is important to be prepared and make the process less stressful. Below are some tips to help ensure safer travel during the winter.

Check the Forecast: It's best to check on forecasts regularly, so you are prepared in advance. Forecast predictions help you identify the safest days to travel. Be on the watch for snowstorms and freezing precipitation.



Do Your Research: Research your desired travel routes and destination. Choose a route that is accessible and accommodating to the capability of your car. Consider terrain, climate, and availability of amenities like stopovers on the way.

Watch Out for Road Signs: Always be on the lookout for warning signage. Watch out for slippery roads and avoid distractions when driving. Remember to buckle up. Part of staying safe during your travel is trusting your gut. If some routes feel unsafe, do not use them.

Schedule a Ride with LifeStream: LifeStream Services provides transportation or provides the contact information for those that do in all twelve of our counties. Whether it's a ride to the grocery store, a trip to the doctor, or a ride to the park, LifeStream Services can get you where you need to be in East Central Indiana. To receive more information or to schedule a ride, please call (888) 589-1121.