



CareLines

2024 September–October Newsletter

Music for Caregivers

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

Music therapy can be a powerful tool for caregivers, helping to reduce stress, improve mood, and enhance overall well-being. Creating a playlist can provide a soothing and motivating atmosphere that will help with relaxing, uplifting, and encouraging songs to help you through your day. Below are some song ideas to get you started on your playlist:

- “Rise Up” – Andra Day
- “Three Little Birds” – Bob Marley
- “You’ve Got a Friend” – James Taylor
- “Lean on Me” – Bill Withers
- “Here comes the Sun” – The Beatles
- “Walking on Sunshine” – Katrina and the Waves
- “You are the Sunshine of My Life” – Stevie Wonder
- “Ain’t No Mountain High Enough” – Marvin Gaye and Tammi Terrell
- “Stronger” – Kelly Clarkson
- “Lovely Day” – Bill Withers

Music offers numerous benefits for caregivers. Uplifting and positive music can boost mood and counteract negative emotions. It also helps reduce stress and anxiety by lowering cortisol

levels. Music also serves as a positive outlet for emotional expression, allowing caregivers to process their feelings. It can strengthen bonds between caregivers and their loved ones, enhancing connections and communication.

Find your tune, take a moment to breathe, and let the music soothe your soul. Every note is a step toward peace and relaxation for you in your caregiving journey.

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

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

STEP in
LIFESTREAM CAREGIVER PROGRAMS

The Importance of Respite Care ✓

An update from Melissa Roseborough, Care Coach

Caring for a loved one with dementia is both a noble and challenging role. As the condition progresses, caregivers often find themselves overwhelmed by the constant demands of their role. This is why self-care is not just a luxury but a necessity for dementia caregivers.

One form of self-care for caregivers is respite care. Respite care provides a temporary break from caregiving responsibilities, allowing caregivers to recharge. A standard recommendation is for caregivers to take a few hours of respite each week. This break can be used for anything that promotes relaxation and well-being, from pursuing hobbies to simply enjoying some quiet time. Some benefits of regular respite include,

- **Physical Health:** Respite care allows caregivers time to rest, exercise, and attend to their own medical needs, reducing the risk of caregiver burnout.
- **Emotional Well-Being:** Respite care provides caregivers with an opportunity to engage in activities they enjoy, fostering emotional resilience and improving mood.
- **Improved Relationships:** A well-rested caregiver is more likely to interact positively with their loved one(s). Taking breaks helps maintain a healthy balance, improving the quality of care and preserving the relationship's emotional integrity.
- **Enhanced Caregiving Skills:** Regular breaks help caregivers return to their role with renewed energy and a clearer perspective. This leads to more effective and compassionate caregiving.

Caregivers can explore local resources for respite care such as adult day centers, in-home respite services, or support from family and friends. For more information about local respite options, reach out to LifeStream Services at (765) 759-1121.



Meet the Area 6 DOS, Christy Davidson!

Christy Davidson stepped in to her role as LifeStream's Dementia Outreach Specialist in May, covering area 6 (Blackford, Delaware, Grant, Henry, Jay, Madison, and Randolph counties). Christy holds her degree in social work and has been serving for three years, one of which she was a Care Manager with LifeStream. Christy obtained her AHS from IVY Tech Community College, BSW from Ball State University, and Certified Dementia Practitioner credentials (CDP) from the National Council of Certified Dementia Practitioners, while educating the community about dementia and hosting Dementia Live sessions.

Christy will continue to work with community partners and health networks to provide evidence-based trainings and development, community education, and partnerships to help improve the quality of life, care, and services for those living with dementia. If you are interested in becoming a Dementia Friend or experiencing Dementia Live, please reach out to Christy at (765) 759-1121 ext. 298 or cdaidson@lifestreaminc.org.



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

Cozy Corner ✓

An update from Tia Drumm, Caregiver Programs Coordinator

Strengthening your bond with a loved one who requires care is essential for maintaining a healthy relationship—not just with them, but also with the caregiving process. As summer nears its end and fall approaches, here are some outdoor activities you can enjoy together as the weather starts to cool:

- Take a walk, roll, or stroll through the neighborhood—if you have a dog, bring them along!
- Grow a garden—you can use storage tubs to do this for inside and outside use!
- Make flower arrangements.
- Have a picnic—get the basket, finger sandwiches, fruit, and make an afternoon of it!
- Beach Ball Game—toss a beach ball with questions written on it; when you catch the ball, answer one of the questions written on it.
- Watch birds.
- Build a bird feeder.
- Meditate outside in the fresh air.

If you are looking for more support or wanting a group to relate to, visit lifestreaminc.org/stepin to learn more about programs and events in your area.

Upcoming Events

New Monthly Caregiver Gathering in Liberty!

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.

- Second Tuesday of the month, 11:30am–12:30pm
- Pizza King at 201 N. Main St., Liberty, IN

Walk to End Alzheimer's – September 28

Join the world's largest event to raise awareness and funds for Alzheimer care, support, and research.

- **Richmond:** 9am at Glen Miller Park
 - 2200 E. Main St., Richmond, IN
- **Muncie:** 9:30am at Canan Commons
 - 500 S. Walnut St., Muncie, IN

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



Caring for the Caregiver ✓

An update from Rachel Gray, Care Coach

Remember, taking care of yourself isn't a luxury—it's a necessity for providing the best care to your loved one. By looking after your own needs, you'll be better equipped to handle the challenges that come with caregiving.

Understand Your Limits: It's normal to feel frustrated, sad, or overwhelmed—recognize these feelings without guilt. Establish clear limits on what you can and cannot do, and be realistic about your capacity.

Seek Support: Connect with others in similar situations for emotional support and practical advice. LifeStream holds monthly Caregiver Gatherings in Muncie, Richmond, and Liberty; visit lifestreaminc.org/calendar to find one near you.

Prioritize Your Health: Engage in physical activities that you enjoy, whether it's walking, yoga, or swimming. Maintain a balanced diet to keep your energy levels up, and aim for quality sleep and take short naps if needed.

Take Breaks: Even short periods away from caregiving duties can be refreshing—consider a walk, a hobby, or a brief outing. Look into respite care options where someone else can take over caregiving responsibilities for a short period.

Organize and Plan: Establish a daily routine for both yourself and your loved one to reduce stress and unpredictability. If possible, share caregiving duties with other family members or hire professional help.

Stay Informed: Learn about Alzheimer's and dementia to understand the progression and find effective coping strategies. Utilize available resources such as books, online forums, or local organizations.

Maintain Social Connections: Keep in touch with friends and family members to avoid isolation. Make time for activities that bring you joy and fulfillment.

If you're seeking further support, consider working with a LifeStream Care Coach. The goal is to help caregivers implement evidence-based coping strategies to manage their loved one's cognitive, functional, behavioral, and psychological disabilities without becoming burned out. Reach out to LifeStream at (765) 759-1121 to learn more about the Care Coach program.



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

Stepping up for those who STEP In

Showing self-appreciation as a caregiver is crucial for maintaining your well-being and resilience. Check out some ways you can practice self-appreciation:

- **Acknowledge Your Own Efforts:** Take the time to step back and recognize all of the hard work you put in each day, no matter how big or small. Remind yourself as needed that caregiving can be a challenging role and that you are doing your best.
- **Practice Positive Self-Talk and Self Care:** Be kind to yourself. Repeat affirmations and remind yourself of all of your strengths and the good that you are doing.
- **Take Breaks Without Guilt:** Stepping away guilt free is essential for maintaining your ability to care for others. Taking a break when needed and asking for support from others while doing so is a way to recharge yourself and reconnect, and it shows your strengths in self-appreciation.
- **Stay Connected to Your Interests:** Don't lose sight of your own interests outside of caregiving. Engaging in activities that you love reaffirms your identity beyond your caregiving role and brings balance to your life overall. You can still engage in your passions while caregiving and adapting.
- **Celebrate Regularly:** Create a consistent routine that includes celebrating you and your efforts. This might be a small celebration each week or month designated for you. It may be a time set aside to reflect and acknowledge your journey, or to simply enjoy a favorite meal. Treat yourself!



Implement a few (or all) of these self-appreciation practices. How you nurture your own well-being ultimately benefits both you and those you care for. Taking care of yourself is not just an act of kindness, but it also helps sustain your ability to care for those around you, too.

Laughter—The Best Care for Caregivers!

Laughter can be a powerful tool, providing much needed relief from the emotional and physical demands of caregiving. Laughter in general can benefit caregivers by offering a shift in perspective, stress relief, improved mental health, and strengthened resilience. Here are a few ways to incorporate more laughter into your daily routine:

Spend Time with Funny Friends: Surround yourself with people who make you laugh.

Share Jokes: Hold on to your favorite jokes or stories to share with others. Laughter can be contagious and a great way to bond with others.

Keep a Humor Journal: Reflecting on funny things you see, hear, or experience can support you later on and help you see the humor in everyday moments.

Save The Date! Join LifeStream at one of our 2024 National Caregiver Month events: November 13 in Richmond and November 14 in Muncie. Comedian Sky Sands will mix comedy, magic, and motivation to help recognize and celebrate caregivers, while giving them the opportunity to laugh and take time for themselves. Registration will open soon at lifestreaminc.org/stepin.





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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.

Request a Care Team Resource Binder here:
lifestreaminc.org/form-stepin-binder-request

