

CAREGIVING GUIDE



STEP in

LIFESTREAM CAREGIVER PROGRAMS

a program of

LifeStream

Who We Are

LifeStream Services is an Area Agency on Aging and East Central Indiana's Aging and Disability Resource Center. LifeStream provides programs and services to help older adults, people with disabilities, and caregivers remain independent and active in their homes and communities.

Our Mission

Provide the right information, resources, and support for improving quality of life and maintaining independence for older adults, those with disabilities, and caregivers.

Office Locations

Headquarters

1701 Pilgrim Blvd.
Yorktown, IN 47396

Richmond

2404 National Rd. W.
Richmond, IN 47374

Connect With Us



800-589-1121



lifestreaminc.org/stepin



@lifestreamservices



LifeStream Caregiver Programs

If you step in to provide help or assistance to a friend, family member, or loved one – you're a caregiver. LifeStream Services can help with support, transitions, education, and planning for those who *STEP In* to caregiving.

LifeStream's *STEP In Caregiver Programs* are a comprehensive way to educate and support family caregivers, care partners, and people with care needs. Caregiver Kits, resource binders, support groups, and evidence-based programs are just a few of the ways LifeStream is here to help you *STEP In* to caregiving.

Caregiver Programs Coordinators Contact



Tia Drumm
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800-589-1121



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Caregiver Programs

CAREGIVER KITS

Caregiver kits such as Memory, Parkinson's and PASTA (Parenting a Second Time Around) are available for checkout at partnering locations. These kits include resources and items for increased interaction between the caregiver and loved one. These kits consist of helpful books and resources for the caregiver, as well as activities for the caregiver and their loved one to enjoy together, such as puzzles, games, and books. Those who check out these kits will also be given a keepsake packet of resources and goodies to keep upon returning the kit, courtesy of LifeStream.

STEP In TO CAREGIVING CARE TEAM RESOURCE BINDER

The purpose of this binder is to serve as an organizational tool to help caregivers and their care teams feel empowered to help the person they care about, keep themselves organized, and be prepared in the case that someone else may need to step in for them. Individuals who may need to step in could include another family member, a professional caregiver, a neighbor, or a friend.

Some of the sections in this binder include:

- Emergency preparedness
- Medical
- Household
- Legal and financial
- Caregiver

POWERFUL TOOLS FOR CAREGIVERS

This class helps caregivers prioritize their well-being and take care of themselves while caring for a friend or a loved one.

The evidence-based program meets once a week for six weeks, and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being.
- Manage time, set goals, and solve problems.
- Master caregiving transitions and be part of decision-making.
- Communicate effectively with the person needing care, family members, doctors, and other helpers.
- Find and use community resources.

PASTA - PARENTING A SECOND TIME AROUND

PASTA is an educational and support group for adults doing kinship care, such as grandparents raising grandchildren or an aunt raising a niece or nephew. Being a primary caregiver for grandchildren and/or other children can be both a blessing and a challenge. The expectations of providing care for children, especially when older, can be overwhelming and exhausting. PASTA provides an ideal opportunity for kinship caregivers to receive assuring, personal support specific for their circumstances.



Caregiver Programs

CAREGIVER SUPPORT GROUPS & GATHERINGS

Caregiving can be a challenging role, and no one should have to go through it alone. Support groups are for those caring for a loved one with dementia or other diagnosis to share resources, experience, and support. For a listing of support groups and gatherings, visit lifestreaminc.org/stepin

MEMORY CAFÉS

Memory Cafés are a welcoming, safe place for people living with dementia and their caregivers to enjoy activities and a break from their normal routine. Additionally, memory cafés offer an opportunity to socialize and connect with others who are in a similar situation. The activities are provided at no cost; however, some activities may request a donation to cover cost of supplies.



DEMENTIA FRIENDLY

A dementia friendly location or community is a business, village, town, city or county that provides supportive options that foster quality of life and independence for individuals living with dementia. Dementia Friendly Communities are safe, respectful, and welcoming of individuals living with dementia, their families and caregivers.

DEMENTIA LIVE®

Dementia Live® is an experience that immerses participants into what life might be like to live with a cognitive impairment and sensory changes. Utilizing specialized gear that simulates dementia specific changes that include altered eyesight, hearing, and tactile sensation, this safe experience is a powerful and effective tool to strengthen care partner understanding of, and empathy for, people living with dementia. Gaining a first-hand understanding of anxiety, isolation, frustration, confusion, and more, Dementia Live® uniquely walks participants from the “AHA” moment to empowering participants with tools to improve communication, care processes, relationship building and the environment.

DEMENTIA FRIENDS

The Dementia Friends Indiana initiative—an outreach of Dementia Friendly America—seeks to educate communities across the state about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia and those who care for them. This session is great for any community member, community group, business, or organization that is interested in making their community friendlier and more conducive for those living with dementia.

Caregiver Programs

RESPIRE SERVICES

Caregivers need time to take care of themselves, too. Respite allows caregivers to take a break from the demands of caregiving while still ensuring that their loved one's needs are met. Respite funding and services are typically authorized on a short-term basis for caregivers and care recipients over the age of 60. To qualify, the care recipient needs to require assistance with activities of daily living such as bathing, dressing, toileting, walking, etc. A LifeStream Options Counselor can help determine eligibility for the respite program.

To begin the eligibility and intake process, contact the LifeStream Information and Assistance Department at 765-759-1121.






NATIONAL CAREGIVER MONTH

The hope for National Caregiver Month is that non-professional caregivers and care partners would feel appreciated and seen. Throughout the month of November each year, LifeStream will host events and run campaigns to recognize caregivers. These events give caregivers an opportunity to focus on themselves for a couple of hours and enjoy some food, activities, and company of others in similar circumstances. National Caregiver Month is also a time to educate the public about the importance of family caregivers.

CARE COACHING

The ABC (Aging Brain Care) Community Care Coach Program utilizes care coaches to evaluate how the care partner or caregiver is coping with stressors related to dementia. The care partner and Care Coach then develop a personalized coaching plan for the care partner with the goal of reducing stress. The Care Coach will re-assess the care partner's stress level at three-month intervals to evaluate the progress towards the goal of stress reduction. The purpose of working with a Care Coach is to help care partners implement evidence-based coping strategies to manage their loved ones cognitive, functional, behavioral, and psychological disabilities without becoming burned out.

For more information about care coaching, reach out to our Care Coaches at 800-589-1121.



Caregiver Programs

CAREGIVING.COM PARTNERSHIP

LifeStream has partnered with Caregiving.com to expand our support to as many caregivers as possible. Caregiving.com is committed to engaging and empowering family caregivers worldwide via a multifaceted support model. Similarly, LifeStream's STEP In Caregiver Programs are a comprehensive way to educate and support family caregivers, care partners, and people with care needs. Through this partnership, we're building a stronger, more supportive community for caregivers.

Visit www.caregiving.com/partner/lifestream to learn more.

BLOOMING HEALTH NOTIFICATIONS

In an effort to keep our community connected, LifeStream Services utilizes Blooming Health—a mass communication service—to send out friendly reminders of events, program changes, and any important information you may need. If you would like to opt in to receive messages from LifeStream, please sign up at lifestreaminc.org/bloomhealth





Ready to take the next STEP?



Visit the LifeStream Website

Visit www.lifestreaminc.org/stepin to learn more about each of these programs and find event locations near you. If you need additional resources and information, please reach out to us!



Contact our Caregiver Programs Coordinators

If you have questions or want to learn more about LifeStream's STEP In Caregiver Programs, please reach out to our coordinator directly or email stepin@lifestreaminc.org

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Head over to our Facebook Page

Join the caregiving conversation happening on Facebook. Here you will find weekly tips, resources, additional support, and event information. Like/follow our page at facebook.com/lifestreamservices.