

Summary of 2003 National Caregivers Month Activities

Overview

Regional U.S. Administration on Aging (AoA) staff have worked with members of the National Services Aging Network in preparing for National Family Caregivers Month events in November. Caregivers Month has been a part of their technical assistance visits and consultations with the network. Governors in many of the states have issued a Caregivers Month proclamation. Twenty-three states have identified state and local events that are planned to either honor caregivers or to call attention to daily problems associated with caregiving. Other local activities include radio and television coverage, articles in newspapers and newsletters, and appreciation events.

Regional Activities

The following is a recap of some of the AoA Regional Office National Family Caregivers Month activities in November.

Region 1

The Regional Administrator has communicated with all states in the region, making them aware of Caregivers Month with a variety of suggested program activities to celebrate the month. Region 1 staff has organized a series of events for National Family Caregivers Month. They have worked with headquarters staff to arrange the participation of the Assistant Secretary for Aging to visit New York City and participate in a series of events sponsored by The New York City Department of Aging (DFTA).

Region 1 is conducting the following events to observe Caregivers Month:

- Conversation with Caregivers—The Assistant Secretary and DFTA Commissioner will hold a Conversation with Caregivers event to celebrate the contributions of approximately 30 caregivers, and will feature a dialogue on the needs of caregivers, and how those needs are being met.
- Mayoral Conference on Alzheimer's Disease—The Assistant Secretary will address the 19th Annual Mayoral Conference on Alzheimer's Disease. This year's conference will focus on the challenges faced by working caregivers.
- Latino Alzheimer's Coalition meeting—Assistant Secretary and DFTA Commissioner will meet with Latino Alzheimer's Coalition and other Latino leaders to discuss issues confronting Latino seniors.

Regions II & III

The Regional Administrators have communicated with all states in the region, making them aware of Caregivers Month with a variety of suggested program activities to celebrate the month.

Region IV

The Southeastern offices of the Department of Health and Human Services's (DHHS) AoA, Administration for Children and Families, and Public Health Science/Office of Women's Health will convene a "*Grandparents as Caregivers Summit*" in Atlanta, Georgia. The theme for the one-day event is: "*Taking Care of Others: The Balancing Act.*" The Summit will focus on sharing information, referral, and resource support for these caregivers. During the past year, the three agencies facilitated the formation of a consortium of federal, state, educational, and community organizations to develop a "caregiver model" designed to educate and address issues faced by grandparents who are primary caregivers for their grandchildren. The members of the consortium explored these issues during Town Hall Listening Sessions in three metropolitan Atlanta counties with the highest percentage of full time grandparent caregivers.

Regional staff also highlighted the importance of Caregivers Month in other ways. Regional staff presented at the Jackson, Mississippi Long Term Care Conference in late October. They discussed Caregivers Month strategies throughout the session. Regional staff provided copies of AoA Caregivers Month materials to the Regional Federal Executive Board and they were asked to share the information with their staff. In late October, regional staff distributed materials about caregiver issues and Caregivers Month at an AoA booth at the White House Faith-based and Community Conference in Memphis, Tennessee. The conversations with participants focused on the importance of the NFCSP.

Region V

Two members of the regional staff participated in a South Shore Cultural Center event in Chicago. The Chicago Department of Aging hosted a Caregiver Appreciation day for 135 caregivers. The whole day was devoted to treating caregivers to a day of respite from their caregiving duties. Region V staff met with representatives of the Alzheimer's Association (National Office located in Chicago) about partnering on caregiver issues. They plan another meeting soon to formulate a work plan. Region V staff set-up a display in the Regional Office lobby to provide information to Federal employees about the Caregiver Program. Caregiving information and Eldercare Locator information were distributed to employees entering and leaving the building.

The Regional Administrator contacted the Federal Executive Board in Dallas, Kansas City and Chicago about Caregivers Month. In Chicago, the FEB Executive Director sent

a memo to member agencies talking about National Family Caregivers Month and distributing fact sheets to member agencies. Regional office staff will provide information about National Caregiver Month at the Regional Directors November Senior Staff Meeting.

Region VI

One regional staff person made opening remarks at the Louisiana SUA's aging network training in October on the topics of family caregivers and National Family Caregivers Month. Another regional staff representative will discuss National Caregivers Month in a presentation in Iowa this month. Staff contacted each of the states in the Region and informed them about caregiving materials available on the AoA website.

Region VI office also prepared a display for their office building using the new display sent to Regional offices and adding another display board for materials sent for caregiver month. They posted the flyer and enlarged and laminated the proclamation from the President and displayed these on the other dismally board. They made more than 600 copies of the information and every sheet left. It was displayed during the second half of November.

Region VII

A member of the regional office staff is hosting a booth in the Regional Office lobby to provide information to caregiver and other aging network information to Federal staff. Materials have been prepared for the Federal Executive Board for widespread information to all the Federal Agencies participating in the Board. The information will be widely distributed throughout the Federal agencies.

Region IX

In mid-November, the Regional Administrator will highlight Caregivers Month as a keynote speaker at the California Department of Aging's annual meeting with state's aging network and at their reception. Approximately 200-300 persons will attend. All the AAAs, MMSP's and the state funded case managers funded under the Linkages program will be at the conference as well as HICAP representatives, CMS and other key state staff. The Regional Administrator stressed the importance of caregiver access to information as part of recent participation in the RWJ grants and subsequent discussions.

One of the regional staff members will be a guest lecturer at the *Intro to Gerontology* class at San Francisco State University Gerontology Program and will talk about family caregiving and provide handouts to 40 students. Another regional staff person has provided extensive technical assistance to the SUA in Arizona to encourage attention to the importance of the month. In early December, staff will make presentations in the Government retirement training session and will highlight the availability of caregiver assistance.

Region X

The Regional staff provided extensive technical assistance to all four states in the region about creating ways to promote National Family Caregivers Month. These discussions help create new events and opportunities for publicizing the month at the state and local level. In late October, two regional staff members attended the Annual Oregon Governor's Commission on Senior Services. The Regional Administrator was a featured presenter and included extensive remarks about the important role of caregivers. Approximately 100 persons attended including all the members of the Governor's advisory board, many of the State Department heads, State legislators and a broad representation of the Oregon Aging Network.

Prior to the event, the Regional Administrator briefed the new DHHS Regional Director about the significance of the caregiver program in the lives of older persons. In late October, another regional staff member represented the Regional Office at the annual Washington State Legislative Conference on Caregiving was part of the conference agenda.

State Activities

State National Family Caregivers Month activities during the month of November include:

Alabama

In Mobile Alabama, the second Annual Caregiver Informational Meeting will be held at the Senior Service Center.

Alaska

Governor Murkowski is issuing a proclamation designating November as Family Caregiver Month. The Alzheimer's Association is doing a media campaign with training sessions and conferences. Local communities are planning events.

Arizona

Caregiver activities taking place in Arizona during November include:

- Arizona Intergenerational Advocacy Partnership Conference, Phoenix
- Caregiver fair, Indian Hills Library, Salome
- Caregiver training, Little America, Flagstaff
- Community Talk on Caregiving, St. Marks Church, Tucson
- Women's Conference on Family Caregiving, Tucson

- Health Fair, Far Horizons East, Tucson
- Annual Caregiver Appreciation luncheon, Tucson
- Dementia Awareness Day, Tucson/Pima Main Library, Tucson
- Caregiver information and assistance, Tucson Medical Center, Tucson
- Dementia conference: Living with Dementia, Practical Strategies, Tucson
- Dementia conference: Living with Dementia, Practical Strategies (Spanish Translation), Nogales

Arkansas

All eight of the State's Area Agencies on Aging (AAA) will publicize the National Observance in all of their local media outlets. One AAA plans to feature a caregiver and recipient of caregiver services in the media.

Additionally, the national observance will be reported in "Aging Arkansas." This Arkansas aging newspaper that has a circulation of about 40,000 and is distributed statewide and to a limited area in surrounding states.

California

- The Sonoma County Board of Supervisors issued a resolution proclaiming November as Family Caregiver Month. The resolution acknowledges the importance of family caregivers and IHSS providers. Also, the IHSS Advisory Committee and the IHSS/Public Authority is sponsoring a reception for Caregivers.
- In honor of National Family Caregivers Month, the staff of Miller's Place Adult Day Care & Resource Center and Adult Day Health Care Center will conduct a training session for caregivers who will learn about how to better communicate with healthcare professionals. They plan to have 25 caregivers attend this first seminar and do the seminar in other areas of the county after the first of the year. Family caregivers will attend a retreat sponsored by the Valley Caregiver Resource Center. The Family Caregiver Support Program will provide respite services.
- Caregivers honored at annual event—In recognition of their dedicated service to seniors and people with disabilities in San Mateo County, the San Mateo County Public Authority and Aging and Adult Services are hosting an annual event honoring family caregivers and caregivers in the In-Home Supportive Services Program (IHSS). The event, which promotes self-care and respite, will feature resource tables, relaxing activities, and a delicious buffet brunch. Invitations have been extended to IHSS caregivers and caregivers in the Title III E Family Caregiver Support Program.

Colorado

- Colorado Springs/Pikes Peak Area Agency on Aging—In the Colorado Springs area they are focusing much of the November outreach to the faith-based community. They will be distributing caregiver support information from the National Family Caregiver Association, buttons from the Colorado Commission on Aging, and support center materials. This information will be distributed at events in two churches and at the Caring for the Aging and Those at End of Life- Memorial Hospital, Pastoral Care Department A Workshop for Clergy and Pastoral Caregivers.
- The Pikes Peak AAA—This agency is running a public education campaign on the three local television stations, running an average of four 30 second spots per day during the first two weeks of November. The spot emphasizes the importance of caregiver self-identification as a caregiver and the availability of support services in the community.
- Denver Metro Area Agency on Aging/DRCOG—An article on National Family Caregiver Support Month will be published in Seniors Marketplace News in the counties of Adams, Arapahoe, Denver, Douglas and Jefferson. It will be the first in a four-part series on the issue of family caregiving of elders. Future articles will be on the topics of: 1) Grandparents Raising Grandchildren, 2) Employed Caregivers of Older Family Members, and 3) Caregiver Support programs Funded by DRCOG.
- Boulder—
 1. Boulder County Aging Services Division along with Boulder, Lafayette, Longmont and Louisville Senior Services is hosting "Caregiver Wellness Day" for family caregivers. This is a county-wide celebration, resource fair and luncheon and will be held at two locations in Boulder County. Boulder County Aging Services Division and Aging Services Foundation is hosting a celebration and luncheon titled "Create our Future". This special event will be held in Longmont. The Program includes a Keynote address by Thomas Frey, Futurist with the daVinci Institute. There will also be a recognition and awards program. They have sent a proclamation to the Board of County Commissioners who will declare November to be Family Caregivers Month in Boulder County at one of their meetings.
 2. The staff has sent a booklet to about 250 faith communities in Boulder County summarizing discussions from the annual interfaith conference on caregiving held earlier in the year. The booklet also contained a section of suggested activities for observation of family caregivers month by faith communities.
 3. The staff will send an e-mail to all Boulder County employees via the intranet each week during November giving them tips on "sharing the caring" and on how to access information and services.
- Glenwood Springs—To kick off Caregivers Month, staff conducted a Caring for the Caregiver retreat in Glenwood Springs in late October. A Greet and Meet is being held for primary caregivers participating (15) in the retreat that focused on information sharing and training. Speakers covered topics such as stress relief, lifting

and transferring techniques, resources, Alzheimer's and dementia. The local Area Agency on Aging also put Public Service Announcements (PSA's) in all of their newspapers. There will be special events at six senior centers throughout the month.

- Weld County—The Weld County Area Agency on Aging is providing community education regarding the availability of Caregiver Services by additional articles in the newspaper and they are going to place a large sign on one of our city buses promoting the program.

- Grand Junction—In the Grand Junction area the AAA is holding a Caregivers conference. Topics at the conference include:

Legal Issues for Caregivers

Coping with End of Life Caregiving

Meal Planning for the Diabetic: "Meals that Promote Health"

Savvy Caregiving

Advanced Care Planning: "Respecting Choice"

Caregiving and Financial Issues

A panel of experts for Caregivers: An Interactive Discussion

Connecticut

Elderly Services Division Highlights—

- Bus advertisements recognizing Caregiver Month will be featured in Hartford, New Haven, Stamford, Danbury, Waterbury and New Britain and will include the 1-800 number.
- Age Matters, an Elderly Services Division newsletter will feature an article on caregiving.

Western Connecticut Area Agency on Aging Highlights—

- Conducting informational panel for Grandparents Raising Children at Grace Baptist Church.
- Conducting Caregiver to Caregiver Training on creating caregiver support groups.
- Organizing Caregiver Resource Corners in various Connecticut libraries throughout the month of November.
- Conducting a seminar entitled "Home Safe Home" which is a two part series that will inform participants on how to have a safer home.

South Central Connecticut Area Agency Highlights—

- Conducting Annual Salute to Caregivers Seminar and Breakfast.
- Conducting a caregiver workshop in conjunction with the Alzheimer’s Association.
- Conducting an open house at Southern CT State University human resources department in conjunction with the Sirico Center on Aging on communicating effectively with physicians.

Eastern Connecticut Area Agency on Aging Highlights—

- Conducting a Kinship Seminar for professionals at Eastern CT AAA.
- Conducting Caregivers in the workplace seminars for the Chamber of Commerce.
- Conducting a “Feeling Fabulous” presentation on financial planning for caregivers.
- Distributing caregiver information at a Senior Fair.
- Conducting a “Between Friends” seminar for older women on Caregiving, Medicare and Medicaid.

Southwestern Connecticut Area Agency Highlights—

- Sponsoring a seminar with the Jewish Family Services on the Impact of Caregiving on Family Dynamics.
- Sponsoring a seminar on understanding the needs of our aging parents with former AARP Connecticut President Gerd Wielding.
- Conducting National Family Caregiver Training Program in Spanish to local groups.

North Central Area Agency on Aging Highlights

- Conducting caregiving seminar. Arden Courts a local facility will provide respite care for caregivers that participate.
- Distributing agency newsletter and will feature articles on caregiving.
- Advertising caregiver month on radio, newspaper and public service announcements.

Delaware

Delaware has several activities planned for National Family Caregivers Month this November. They include the following:

- The Delaware Ecumenical Council on Children and Families, a faith-based health advocacy, education and services organization with a statewide presence, will sponsor a major mailing to congregations and other community-base organizations in November on caregiving issues. Utilizing the materials developed by AoA for National Family Caregivers Month and other resources, they will do a special newsletter and include fact sheets, posters and brochures on caregiver resources and support services from the Division of Services for Aging and Adults with Physical Disabilities.
- Working in collaboration with the AARP Delaware and a non-profit based organization, they will be holding a series of Elder Care Forums throughout the State

of Delaware entitled "AARP Issues & Answers Series: Caring for Aging Loved Ones." The forums will target caregivers of older adults and intends to provide direct information/education to Delaware's caregivers. To learn more, visit <http://www.aarp.org/de/Articles/a2003-10-06-issuesandanswers.html>

- As a part of the statewide CARE Delaware (caregiver support program) campaign, they will be sending out a press release for National Family Caregivers Month with an important message: "We're here to help." The press release will highlight caregiver support services throughout Delaware and is designed to make caregivers aware that these services are available. In addition, the news release will publicize their Web site and 800# to access services as well as the Eldercare Locator for nationwide assistance, linking families to organizations in their local area that provide caregiving support.
- To inform and educate working state employees who are also balancing the care of an older relative, the Delaware staff will be posting a message on a large marquee on the driveway entrance of our Department campus (potentially reaching 5,000 employees). The message will read: Caregivers Need Care Too! Nov. is National Family Caregivers Month, 1-800-464-HELP.
- Caregivers of older adults, age 60 or older will learn practical skills for providing the best possible care at home through a caregiver skills training entitled "Give Care. Take Care." Topics to be covered include home safety, body mechanics, nutrition, communicating, breaking out of isolation, personal care, resources in Delaware and more! More information on the workshops are available on our website, http://www.dsaapd.com/caregiver_skills_training.html.

Florida

Department Activities

Governor Bush and Secretary White are planning a press release. Secretary White has a speaking engagement with the North Florida Area Agency on Aging Caregiver's Forum (see **Northeast Florida Area Agency on Aging, Jacksonville, Florida**: activities).

Area Agencies on Aging:

- Northwest Florida Area Agency on Aging, Pensacola, Florida—This AAA will co-sponsor a series of seven television programs on caregiving. Area Agency on Aging partnered with Covenant Hospice and BLAB television (a local talk TV that covers the four county area) to produce a series of seven programs. It will run for two weeks, three times a day and tells people to call to request the information so they can follow along at home. They will be sent the Caregiver's training manual, the course outline, and a booklet entitled "**Hard Choices for Loving People**" and the evaluation with a self addressed stamped envelope to be returned at the end of the series.

- Area Agency on Aging for North Florida, Tallahassee, Florida—Holmes County Council on Aging will be sponsoring a Caregiver Recognition Dinner and door prizes for caregivers in that area. The Area Agency on Aging for North Florida will host another Caregiver Forum for the PSA at St. Paul's United Methodist Church in Tallahassee. Topics will include Humor Therapy, Music Therapy and Quality of Life, Memory and Aging, Stress and Functionality, and Meeting Your Nutritional Needs. Massage therapists and various health screenings will be available to the caregivers throughout the day free of charge. The intent is to provide the caregivers a chance to learn more about their roles as caregivers and meet others that share the same role in a relaxed, enjoyable atmosphere.

- Northeast Florida Area Agency on Aging, Jacksonville, Florida—The AAA will hold an all day Caregiver Forum, a day of relaxations and rejuvenation, entitled Connecting Hearts, Hope, Health & Help at the Coastal Community Center. Duval County Relatives as Parents Program (RAPPJAX) will sponsor a series of activities:

Gifts from the Kitchen - Grandparents Support Group.

Holiday Hospitality at It's Best.

A Caregivers Night Out - attending a play at the Times Union Performance Center

Schell Sweet Community Center - Edwards Waters College RAPPJAX Clothing Exchange and Grandparent Support Group City of Jacksonville -TLC Program.

Caregiver Thanksgiving luncheon at the Radisson Hotel

Mayo Clinic 6th Annual Family Medicine Health Fair Gateway Mall.

Northeast Florida Area Agency on Aging, AAA Health Fair and Screening.

- West Central Florida Area Agency on Aging, Inc., Tampa—Workshops and events will include:

"How to Effectively Communicate with Family Caregivers," for physicians and healthcare professionals, Memorial Hospital, Auditorium (co facilitating with Alzheimer's Association).

"How to Effectively Communicate with Your Healthcare Professional," for family caregivers, Memorial Hospital, Auditorium (co facilitating with Alzheimer's Association).

"How to Effectively Communicate with Your Healthcare Professional," for family caregivers, United Way, Manatee County, cosponsoring with Neighborly Senior

Network, co facilitating with Alzheimer's Association., Hillsborough Dept on Aging Services.

Caregiver Workshop and Fun Day:

West Shore Senior Center and Brandon Senior Center.

Thanksgiving luncheon for all caregivers, participants, and families at all of their Senior Centers.

"Kick-off" for Weekend Holiday Caregiver Respite. HOPE of Hardee County. Mayor Ken Lambert will issue a proclamation for National Family Caregivers Day.

Caregiver Puzzle: Putting the Pieces Together: The Experience of Caregiving, Senior Service Center, Bartow, Florida

The Advisory Board will read a proclamation.

AARP/DCF Tax Aide is planning a meeting for caregivers to coordinate free 2003 tax return filing for kinship

National Parents as Teachers Day will include kinship caregivers at Lowery Park

Annual Polk County Family Caregiver of the Year Award ceremony and luncheon will take place in Lakeland.

Senior Solutions of Southwest Florida, Ft. Myers, Florida—AAA plans for National Family Caregivers Month include issuing a press release to acknowledge the work that caregivers provide in the aging network.

- **Area wide Council Area Agency on Aging, Ft. Lauderdale—**

The Broward Alzheimer's Coordinating Council (BACC) Conference has taken place annually during the month of November since 1987. The BACC Council is comprised of service providers in Broward County who render service to Alzheimer's clients and their caregivers.

This year's all day Conference is entitled, "***Alzheimer Care: ABCs of Dementia.***" The Conference is open to both caregivers and professionals, with several tracks to serve all attendees.

The Golden Access Partnership for Seniors (GAPS), will sponsor several programs during November. These programs include:

The Cancer Caregiver Stress Management at the North Broward Medical Center;

A weekly program for caregivers of patients with Parkinson's Disease called "Quality of Life Program;"

Caregiver Day luncheon for Alzheimer's caregivers at the North Broward Medical Center. The Medical Director of the North Broward Memory Disorder Center will give the keynote address; and

The Caregiver Assistance Program, an educational program for Alzheimer's caregivers.

Georgia

In recognition of National Family Caregiver's Month, the Division of Aging Services is sponsoring a forum regarding caregiver issues at the RDC/AAA offices in Macon. This activity will include a drawing for reimbursement of \$500 towards registration and expenses for one person from a AAA/AAA provider to attend the ASA/AoA Conference to be held in San Francisco next April. This forum is open not only to Caregiver Specialists, but any other staff members and providers may participate. Many other activities are being planned locally.

Idaho

The Idaho Commission on Aging has been promoting AAA Caregiver Events. One event that is scheduled for family caregivers in the Twin Falls AAA is a workshop on "How to Work Effectively with Healthcare Professionals," which focuses on those caregivers caring for a sick or disabled family member or friend.

Illinois

- The Governor's Office will issue a proclamation designating November as Caregiver Month in Illinois. There will be ceremonies in one to three locations sponsored by the Governor's Office that will involve acknowledging the work of caregivers and thanking specific caregivers.
- Several press releases are planned demonstrating Illinois' support of National Caregiver Month.
- The Springfield AAA, Project LIFE, will hold a caregiver conference.
- The State Unit on Aging held a two-day staff retreat in October to review Illinois' progress in implementing the National Family Caregiver Support Program. During the retreat, they assessed program accomplishments and are making plans for the future.
- The Suburban AAA has publicized Caregivers Month issued a press release that generated placement. Staff identified a caregiver for an interview on WGN

Television. The interview aired three times, once on a local broadcast and twice on a national broadcast.

Indiana

Governor Kernan plans to issue a proclamation to commemorate the month. The State Aging Unit has compiled a "Best practices in Caregiving" document that was distributed at the Indiana Governor's conference in October. This document will also be promoted throughout the state via the AAA Caregiver Professional Advisory Committees in November. The State Unit replicated the AoA materials and sent them out to the AAAs. The State plans to use the Governor's conference, as a marketing vehicle to promote information about caregiving via our FSSA booth--where consumers, providers, etc...can walk right up and obtain written information and would have access to us for technical assistance and to answer questions.

Iowa

Here are the activities that being planned for National Family Caregiver Month for the State of Iowa.

Spencer, IA – Mayor has signed a proclamation announcing November as National Family Caregiver Support Program month.

Waterloo, IA – This is what HVAAA is doing for National Family Caregivers Month in November:

We are using a lot of the information from the AoA kit and

- Distributing press kits to all of the newspapers in our area to publish the information
- Distributing the poster/flyers/other information to all libraries in our area
- Sending information to all churches and asking them to put it in their church bulletins
- Making colored copies with our numbers as well as national numbers of the Caregiver Survival Tips to have available to case managers, caregivers, speaking engagements
- For those persons we know are caregivers and who have attended our conferences, we are purchasing phone number memo boards and sending each one with a letter that we haven't forgotten them and to remind them we are here for them. We also plan to send them something at Christmas time if even just a card that we're thinking of them.
- We are putting an additional 4 page insert in our November newsletter, *The Elderway*

Ottumwa, IA – We are having a caregiver conference on November 6, 2003. We have promoted the Conference in many ways:

- mailing 1200+ brochures in the 10 County Area,
- mailing a Press Release about the Conference to the 10 County area media,
- KTVO Television interviewed Barb Haines and I here at the office and
- KBOE Radio Station of Oskaloosa interviewed Barb Haines and I by telephone

The following pages include information about additional events that are scheduled in Iowa. This information can be viewed at any time on <http://www.iowafamilycaregiver.org/>, events tab

Kansas

The Kansas Department of Aging reports that Governor Sibelius signed a proclamation declaring November 2003 as Caregiver Awareness Month in Kansas. The department also issued a press release by Secretary Johnson Betts.

AAA Activities include Library displays; announcement in church bulletins; city/county proclamations; radio advertising; press releases; National Caregiver Awareness Month - prepare and distribute information on " Here are some ways you can celebrate in you community"; and "Job Jar Days" (Showing support to a caregiver by offering to help around the house).

Minnesota

Statewide caregiver activities planned for this November include:

1. A total of 2,000 community posters (in English, Hmong, and Spanish) for distribution in public sites such as libraries, clinics, government centers, etc.
2. Approximately 2400 "Share the Care" brochures in Spanish to be distributed to AAAs who will use with outreach activities.
3. An estimated 186,000 "Caregiver Prescriptions" to be distributed at Pharmacy counters statewide.
4. A re-run of "Thou Shalt Honor" program on public TV station.
5. Radio PSAs will be broadcast the entire month of November on a radio network with statewide coverage. Some stations will re-broadcast the PSAs during the holidays and in January. The network also reaches some Spanish speaking stations.
6. They also requesting a Governor's proclamation for Caregivers Month.
7. Because of the overwhelming success of the Depression Campaign in October, they Will distribute an additional 10,000 pieces of information in November during Caregivers Month.

Some of the regions are planning their own activities as well. For example, one provider has arranged for a Borders book store to include a caregiver book in their "Top Picks of the Month" list. Another provider is holding a caregiver recognition event that is being held at a church with an education session, and respite. They are encouraging providers, AAAs to share information about their regional activities on their Caregiver list serv.

Missouri

The state department sent out a press release and staff conducted two radio interviews, one in Clayton Missouri and another in Lebanon Missouri.

- District III Area Agency on Aging (Warrensburg)—They are utilizing the materials from AoA and are sending out a press release, radio PSA, (staff will be on the radio in Warsaw and Warrensburg), editorial, posters, PSA newspaper ad, and they have developed packets to mail to churches in three counties. Staff will do three caregiver presentations in November.
- Southeast Missouri Area Agency on Aging (Cape Girardeau)—Two "Care Fairs" are scheduled, one in Fredericktown on and one in Piedmont. Both fairs will be located at the front of the local Wal-Mart stores, a location selected because caregivers are short on time. This location will allow them to stop briefly and pick up information to review later without making a special trip. Local aging related businesses and services will be manning booths and providing "give always". At these fairs staff will also have drawing prizes (that have been donated). To be eligible for the drawings, participants will fill out a card with contact information and will be asked to indicate if they are interested in Family Caregiver Support Groups. The cards will later be used to form the core of a support group. Three radio interviews are scheduled for late October and early November to discuss National Family Caregiver Month and have provided information and facts for a number of other area radio stations. They also will be mailing / Faxing press releases to all of the local newspapers.

- Region X Area Agency on Aging (Joplin)—Activities will include:

1. Today @ 50+ will feature Family Caregiver Month:

Front page pictures and story
Family Caregiving story using AoA Fact Sheet information
Employed Family Caregivers story using AoA Fact Sheet information
Caregiver Corner (regular column)

2. Letters and brochures (Supporting Caregiving Families from the National Family Caregivers Association) to all area churches.
3. Caregiving 101, a six-week series for family caregivers began in October and concludes in November.

- Central Missouri Area Agency on Aging (Columbia)—They are doing a special edition of their monthly newsletter, the Silver Eclectic, on caregiver issues. They are also sponsoring on local National Public Radio station, KBIA, three segments of the "Living With It" series on dealing with chronic illnesses.
- Northeast Missouri Area Agency on Aging (Kirksville)—They are participating in an education session- 'Caring for the Elderly at Home," the session will be provided in two locations in the PSA. They are also sending out a press release.
 - Southwest Office on Aging (Springfield)—Caregiver recognition materials are being provide for 40 senior centers including tee shirts, tote bags and posters, etc. Along with the packet of materials, Senior Center Administrators are being given the AoA web site as a resource for suggestions on activities for the month of November.

Nebraska

1. Governor Mike Johanns signed a proclamation declaring November as National Family Caregivers Month. Caregivers from across the state were invited to this event and to a luncheon held at the Governor’s Mansion following the ceremony. The Nebraska Lifespan Respite Coalition planned this event with State Senator Dennis Byars who was instrumental in getting the Lifespan Respite Coalition established. A similar event was held in Kearney for the western part of the state. Several of the AAA’s participated in these events.
2. Northeast Nebraska Area Agency on Aging in Norfolk held a training session with the Alzheimer’s Association in late October and included information about the Family Caregiver Support Program. About 130 people attended this event and each person received information about the program and the five support groups that Northeast has established and a pen, notepad and bookmark. All Senior Centers received a poster about caregivers and new managers received a tote bag. The agency also placed newspaper ads honoring caregivers and a radio spot.
3. Caregiver Support Services and the Nebraska Stroke Foundation held a Luncheon and Training Session “Celebrating the Giving Heart” in recognition of National Family Caregivers Month in Omaha.

New Mexico

As part of National Family Caregivers Month, the New Mexico Aging and Long-Term Care Department developed several information resources for caregivers that include:

- Support Available to Family Caregivers
- Community, Friends Can Support Caregivers
- Caregivers Must Be Sure to Care for Themselves
- Caring for Alzheimer's Patient Takes Special Skills

In addition, 22 organizations in 13 counties participated in Caregivers Month by sponsoring 20 events. Events included activities such as a caregiver seminar, videoconferences, a health fair, a dance, and a memorial walk. Other activities included a radio public service announcement honoring caregivers, a newspaper article, a proclamation, recognition cards, mailing information flyers, and advertising.

North Carolina's Support of Family Caregivers' Month

This summary serves to highlight some of the events taking place in North Carolina to recognize, honor, and support family caregivers during November—Family Caregivers' Month. Many other activities are being planned locally.

- North Carolina Division of Aging—To assist Area Agencies on Aging and local communities with their activities, the Division arranged a Governor's Proclamation (see <http://www.governor.state.nc.us/News/Proclamations/Proclamation.asp?YR=2003&MN=11-November&FN=00%2Dfamily+caregivers+month%2Exml>). The state unit on aging developed information for the faith community, including a ready-made insert for use within bulletins (see <http://www.dhhs.state.nc.us/aging/fcaregr/faithcomm.htm>). The Division has contacted state-level associations/conferences to promote use of this material. They also partnered with AARP and the AAAs, to complete and build on a series of workshops targeted on the working caregiver—Aging, *Caregiving & Employee Productivity: How Can Everybody Win?* (see <http://www.dhhs.state.nc.us/aging/fcaregr/fcevents.htm>). Also, the staff promoted use of the AOA Caregiver Kit among AAAs and other partners. They will begin promoting a public television program to be aired in January on the caregiving of persons with Alzheimer's disease.
- Region A Area Agency on Aging—Activities to take place in all seven western most counties: They are printing at least 50 posters to distribute to waiting rooms of county Departments of Social Services, Health Departments, Family Resource Centers, Hospital Lobbies and Emergency Rooms, and Doctors' Office Medical Centers. They plan to send articles to county newspapers, using selected information from Caregivers' Month kit and local information pertaining available caregiver resources. The AAA will utilize a local radio station contact to record Public Service Announcements, then burn enough CDs to distribute to other stations throughout the region. They are scheduling time for informal interviews on morning radio talk shows at WBHN 1590am and WRGC 680am regarding Caregivers' Month and local initiatives to support family caregivers in Region A.
- Region E Area Agency on Aging—Activities will include:
 1. Second Annual Caregivers Forum, Cooking, Cars, Checkbooks and Communicating scheduled at the First Baptist Church in Hickory, North Carolina. Topics include Helping An Older Adult at Meal Time, Planning A Nice Dinner,

Cook It Quick, Car Talk, Navigating Health Care Coverage, 10 Mistakes People Make in Banking & Finances, Common Do's and Don'ts of Investing, Isn't It Time We Talked, and How Can I Be Sure. This is a collaborative Regional effort of 15 service agencies.

2. The FCSP Video and PSA's professionally produced by Jackson Group Interactive, and announcements of upcoming FCSP events are being aired by Charter Communications on cable television. The 30-second PSA's are running on Family, Lifetime, Oxygen, and the Weather Channel in each of the four counties in Region E. Charter Communications is matching the purchased time slots which equals 240 PSA's.
3. The First Caregiver's Retreat held on the first Saturday of each month in September, October, and November in Burke County concludes with the final session Pamper the Caregiver at Blue Ridge Community Action in Morganton, NC. The Burke County Family Caregiver Council has addressed the needs of Caregivers with sensitivity training, a panel of specialists from Adult Homes, Hospice, and Information and Assistance, and a "Pamper the Caregivers" Retreat. Caregivers will receive *free* respite care for their care recipients from Blue Ridge Adult Day Care, three Home Health Agencies, and the Senior Companion Program.
4. A Respite Care Directory for Caregivers published by the WPCOG Area Agency on Aging is being distributed in the region. The directory contains information on cost, types of service, medication procedures and admission requirements.
- Region F Area Agency on Aging—Activities coordinated from AAA office in all counties include:

Running articles about local caregivers.

Distributing Caregiver 2004 Wall Calendars to all caregivers receiving services during November.

Distributing revised Caregiver Brochures and posters to all counties.

Placing articles in local Provider Agency newsletters.

Working with local cable stations to run PSA provided by AOA.

- Stanly County also reports—

A brief one-hour overview of Alzheimer's in conjunction with the November support group meeting.

A display case at the Senior Center for month of November on Alzheimer's and caregiver resources.

Hosting a Caregiver Information Fair at the Senior Center. Will have representatives from service agencies, home health, and assisted living facilities. Caregivers also invited to stay for monthly luncheon and musical program.

- Rowan County—The AAA is promoting its SAFE Program (Safety Assessment for Emergencies). Caregivers and seniors receive an in-home safety assessment and are eligible for carbon monoxide detectors, smoke detectors, and dead bolt locks.
- Region G Area Agency on Aging—Since November is National Caregiver/Hospice/Alzheimer's Month, the AAA has decided to present together and tie caregiving to Hospice Care and the Alzheimer's Association. They will provide a presentation in each of seven counties and will relate the topic to caregiving. This opportunity brings together the local hospices and two Alzheimer's chapters together, with the local AAA. In Guilford County, there will be a half-hour television show aired (at least twice, but generally numerous times) on the local public cable access entitled Aging Well with the AAA Family Caregiver Resource Specialist and the regional Grandparents Raising Grandchildren expert discussing caregiving in recognition of National Caregiver Month. Their office has also made all local aging network/FCSP agencies aware of the FCSP Packet available on the AoA website – with the FCSP Logo from NC!
- Region I Area Agency on Aging—Greeting cards are being sent to all caregivers in the region thanking them for all they do and announcing that it is caregiver month. AAA staff continue to hear from caregivers that they need more respite hours. In honor of caregiver month, they are having a drawing for extra hours of respite care. Each county in the region will receive two extra hours of respite to give to the winner of the drawing. The winners will also be announced in their regional newsletter. They are sending the proclamation to all of the newspapers in their region and are asking them to print an article on caregiving. They are distributing a festive holiday package containing lotion, baby powder, peppermints, a stress ball, and a box of greeting cards.
- Region L Area Agency on Aging—Two training sessions are being offered entitled, "She's Got Alzheimer's...What Do I Do Now." The AAA is planning a regional caregiver day out to the Carolina Christmas Show in Raleigh, offering respite for full-time caregivers and using the bus trip to hand out updated materials, etc. They are finalizing donations for breakfast on the bus, entry tickets, etc. Also, they are submitting an editorial article to all newspapers and are checking the cost of revising and running the AOA Caregiver Month block ad in the local newspapers. They are partnering with the Red Cross to offer "Legal Issues Training for Caregivers." Red Cross is doing the mailing for the event.

- Region N Area Agency on Aging—They will publish the proclamation declaring November Caregivers Month in each county newspaper. They are holding a workshop on Healthcare Decisions targeting caregivers in Hoke County. Also, they will hold a “Can We Talk?” forum with caregivers in Robeson County. The AAA is providing an additional donation to each of our five counties' libraries of written resources for caregivers.
- Region O Area Agency on Aging—They are in the process of working with UNCW-TV to create four thirty-minute series on caregiving entitled "The Caregiving Journey" that will air during Family Caregiver Month. They are portraying caregivers in their homes and have focused on how care teams are assisting caregivers. There will be a media release and get-together to share information about the caregiver program. They will have a videotape of the series to share.
- Region Q Area Agency on Aging—Region Q and others are sponsoring a workshop for caregivers on communicating with a person who has Alzheimer's and/or dementia to be held in Greenville. The workshop is free to anyone who wishes to participate. The workshop facilitator is Teepa Snow of the Eastern Chapter of the Alzheimer's Association. They are initiating the *Making the Link* program in Martin County. Informational booklets regarding caregiver information and resources will be dispersed to the medical community. Caregiver articles will be published in the local news.
- Region R Area Agency on Aging—There will be a Health Fair in Tyrrell County. The AAA Family Caregiver Resource Specialist will present at regular monthly AARP meeting and will be a guest speaker on a radio show at Elizabeth City State University during November. She also will present at the Elizabeth City/Pasquotank County School System Administrators' meeting November concerning Grandparents Raising Grandchildren (GRG). She will have a Resource Notebook to give to each school in the system. The book is full of fact sheets and information from AARP, Generations United, Cooperative Extension Services in various states, AOA, NC Division of Aging, and other sources for grandparents and professionals. This specialist is in the process of contacting Mayors and other local officials to see if they are willing to make a local Caregiver Month Proclamation. She has spoken to the lifestyles editor at the local newspaper and he is interested in running an article about a caregiver. Also, she is also trying to get radio PSA's in all of the counties during November.

The whole month of November is dedicated to Caregivers on Cleveland County's public TV program Polk County is holding a Caregiver Fair sponsored by St. Luke's Behavior Health. McDowell County and Cleveland County are holding seminars.

Oklahoma

Oklahoma Aging Services Division forwarded the AoA kit to all of the AAAs. In addition:

1. Lawton's Mayor Powell will be signing a National Family Caregiver Month proclamation.
2. A press release will be distributed to all types of media within the service area explaining National Family Caregiver Month and how the public can help caregivers.
3. A promotional campaign promoting the Caregiver Support Program will provide coverage throughout the eight counties served. The coordinator of the statewide respite voucher program is sending out "forget me not" cards to an estimated 3,000 caregivers that she has served.
4. They will kick off two support groups starting with an evening support group meeting in Lawton the first Thursday along with the day support group meeting. A new support group will be established in Chickasha.
5. A large Caregivers Expo will be held at the new Oklahoma Department of Veterans Affairs Lawton Ft. Sill Division Veterans Center. Guest speakers will provide vital information to caregivers. In addition to free door prizes, refreshments, blood pressure, glucose and cholesterol screenings, free chiropractic spinal screenings will be available. Various vendors will provide information targeted toward caregivers. This Expo is sponsored by 12 community organizations. Representatives will appear on a television program promoting the Caregivers Expo.
6. The Center for Creative Living will promote the month and activities in their newsletter with coverage of 2,700 contacts. The Caregivers Support Program newsletter will encourage caregivers to reach out for help with coverage of 450 contacts within the eight county areas.
7. One AAA III-E grantee at Oklahoma State University began a celebration with a Caregiver Appreciation Banquet held at St. Gregory's University in Shawnee, OK. Caregiver support groups and facilitators were honored (including Shawnee's Pottawatomie and Absentee Shawnee tribal support groups). They have invited the editor of *Caregiver* magazine to speak at Oklahoma State University campus in November.

Oregon

Meetings and other gatherings are planned during November to help celebrate National Family Caregiver Month. Examples of activities are:

- Certificates for respite and massages are being given to caregivers.
- A group of Occupational Therapy students will visit the homes of caregivers to determine if making some changes in the home would better serve the caregiver with giving care and then the FCSP funds would be used to make changes.
- Some families are given a “Respite Weekend Getaway.”
- PSA’s are being done locally and at the state level.
- Articles for papers are also being done locally and at the state level.
- Caregiver conferences are being planned in different areas, which will include some training and celebrating.
- Newsletters at the state and local level are being developed to help spread awareness to the general public.
- Visits to churches and faith based organizations are being planned at some of the local areas to help educate and provide resource information.
- Oregon is also initiating a work group to meet in November to begin planning a state family caregiving conference for November 2004.

Utah

The Senior Technology Fair has a full track on caregiving in November that has been promoted to seniors and their caregivers. In addition, Salt Lake County is having a major Senior Expo in October entitled, "The Heart of Caregiving--Taking Care, Giving Care." While it isn't in November, it is a major caregiver event in Salt Lake City held in honor of National Family Caregivers Month. The Governor will issue a Proclamation for National Family Caregivers Month.

Washington:

Washington will conduct a statewide campaign to provide kits to working caregivers. This is being done through the AAA network. They are also using the National Association of Area Agencies on Aging’s employers caregivers kit and will be distributing this as widely as possible during Caregiver Month.

The state is also using the month to announce the availability of \$27,000 in \$1,500 mini grants to accomplish the following:

- 1) Teach caregiver practical skills that can be used in daily caregivers responsibilities;
- 2) Provide current information on supportive services and resources;
- 3) Offer the opportunity for emotional support and recognition of family and unpaid caregivers; and
- 4) Raise community awareness of caregiving.

All applicants must provide evidence of collaboration with NFCSP programs.

West Virginia

Governor Wise has already signed a proclamation for National Family Caregivers Month. He will present the proclamation and will personally recognize several family caregivers at the Governor's Senior Forum in West Union, West Virginia. State staff will also highlight the caregiver program on the homepage of the state Web site during the month of November. Additionally many of our local providers have planned various activities to observe Caregivers Month.

Wisconsin

- **Milwaukee County** will be sending out recognitions to approximately 1,000 Family Caregivers during November. Interfaith is also working with the Neighborhood Outreach Program to honor volunteer caregivers nominated by the NOP directors with certificates and gift cards. Also, Milwaukee County will hold a Caregiving Town Hall meeting that will feature clips from the nationally broadcast documentary *And Thou Shalt Honor*. The Town Hall Meeting will be taped and edited for broadcast statewide on Public Television in conjunction with the re-broadcast of *And Thou Shalt Honor*.
- **Dane County** (Madison) will be holding a workshop called One Step Closer. It introduces principles and techniques for building better rapport for caregivers with those in their care. Lunch will be served with time for fellowship and sharing. Then, the workshop presenter will perform his interactive concert, Songs of Life featuring songs about aging, memories and feelings. This event is co-sponsored by the Dane County Caring for the Caregiver Program and the Madison Senior Center. There is no charge to the participants.

Dane County previously offered a grant to focal points and other agencies in the aging network to sponsor activities for caregivers in their specific areas. Activities include:

Approximately 10 agencies are doing things like sending flowers to their caregivers, offering gift certificates, caregiver baskets, respite certificates, a breakfast for caregivers, and many more.

Each caregiver support group in Dane County will receive a gift and a copy of the book "The Caregiver's Book" by James Miller.

The AAA will be a sponsor on WPR for five weeks where they will announce National Family Caregiver Month and provide contact information to access resources.

Three people will be interviewed on a radio talk show, highlighting the NFCSP, Powerful Tools for Caregiving classes, and resources for caregivers.

The AAA has requested to be on a WPR talk show.

A Capital Times writer will create a column about National Family Caregiver Month.

They have requested that a caregiver be featured in "Know Your Madisonian" in the WSJ.

- The **Marquette County** Board of Supervisors passed a resolution during an October meeting proclaiming the week of November 17 to celebrate National Family Caregiver Support Program in Marquette County. The video *And Thou shalt Honor* will be shown at the Marquette County Service Center with a candlelight vigil will follow honoring caregivers of Marquette County. A Treat a caregiver to lunch open house is scheduled in Montello. This open house will also have Human Services staff available to answer questions and give information about programs and services to help elderly citizens. Transportation will also be provided through the COA Unit. Special invitations will be sent to all CBRFs and the nursing home. Ads will be published in the local paper and through the county churches. The Central Kitchen of the Elderly Nutrition Program will provide lunch.
- **Marinette County** Elderly Services is having a Senior Workshop in Marinette. The keynote speaker will engage participants in exploring The Healing Power of Laughter. The workshop also includes a morning and afternoon breakout session with topics like Who Gets Grandma's Yellow Pie Plate, Is it Alzheimer's or is it Aging, In-home Safety, and More than just Medicare these days. The registration fee of \$12 for seniors and \$18 for non-seniors includes a family style lunch and entertainment by the Odd Couple.
- **Rusk County** is doing its first ever Powerful Tools For Caregiver's program during the month of November.
- **Eau Claire County:** The Department on Aging and several other agencies serving older people are hosting a day long event called Just Be...A Renewal Day For Family

Caregivers of Older Adults. The day is planned to be a relaxing day where all the caregiver has to do is "just be". They can do Scrap booking, journaling, time management, exercise, aromatherapy, yoga, massage, quiet room for meditation, music therapy, and the keynote speaker is presenting on the topic of Daily Habits of Loving Yourself.

- **In Ozaukee County** during the month of November articles on caregiving will be published in the local papers. The County Aging Unit also will continue the Powerful Tools for Caregivers Program. In addition, the annual caregiver program will be held in December to offer caregivers with help in getting through the holidays at a local Adult Day Center. The title of the program is Lessen the Stress and Enjoy the Holidays. The caregivers will be given an aromatherapy sample. We will also have a representative from Rhythm for Unity lead a drum circle. We have had this same drum circle leader at other events and he is fantastic at getting people engaged and they always leave feeling good! He is presently leading a weekly drum circle at the Adult Day Center (Lakefield Adult Day Center, operated by Luther Manor). A light supper and respite will be available.
- **Clark County:** A Caregiver Conference was held in October - Workshops were given on Staying Safe At Home, The Stay Well Program, Nutrition: The Best Defense for Your Health, Living with Loss/Healing with Hope, and STAGENORTH presented a play by Julie Jensen, "Last Lists of My Mad Mother."

Wyoming

The Governor will sign a Proclamation acknowledging Caregiver's and November as Caregiving Month. The Wyoming Aging Division will feature this special month in their statewide newsletter. Information on the National Family Caregivers Support Program will be distributed to all Senior Centers to be delivered to participants in their programs. AARP will produce a series of radio announcements for statewide airing and AARP will have an article on Caregivers Month in the Wyoming Sage, a small newspaper with a distribution of about 100,000 households.

Revised 11/26/03