

HELP WANTED!

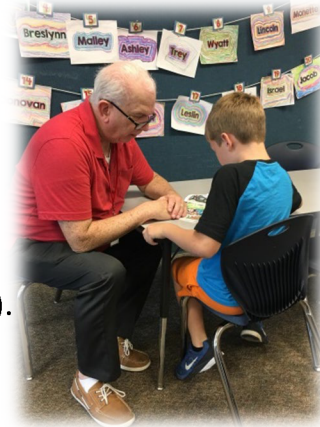
Earn \$200 per month! We need you! Become a **Foster Grandparent**; assisting children with reading and math skills in your local schools.

You will receive a stipend, mileage and meal reimbursement. To qualify you must be 55 or older and be income eligible. (Income must be less than \$2,200 a month for a single person).



You will receive a small stipend, but the real reward is the fulfillment that comes from fostering hope in the hearts of children. You are older, wiser—and **you are needed!**

Call Joni at, 435-673-3548 x122, to be part of the Foster Grandparent Program!



Don't miss your chance to make sure your Medicare coverage meets your current needs! Medicare's Open Enrollment Period (OEP) runs from October 15 through December 7 each year. During this time, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year. **To have a Medicare Counselor complete a plans comparison with you, contact:**

AAA-Five County Cedar City Office or Virtual Appointment: Amy (435)867-6020

AAA-Five County St. George Office: Tom (435)-673-3548

During Open Enrollment, there is a higher risk than usual for fraudulent activities. Knowing how to protect yourself from, detect, and report marketing violations can help save both you money. Before you enroll in a plan, make sure you understand what the plan covers, how it affects your other benefits and coverage. For more information, contact your local SMP at 435-673-3548.

TRICARE for Life OPEN ENROLLMENT SEASON

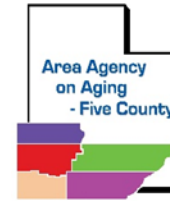
Nov. 8 - Dec. 13

Qualified to purchase dental and vision insurance benefits.*

For more information, visit
tricare.mil/openseason
Left panel scroll down, click dental.
Look at FEDVIP.



*You must enroll during Federal Benefits Open Season



Involved Aging: News and Announcements

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www.areaagencyonagingfivecounty.org

www.facebook.com/AgingFiveCountyUtah

www.pinterest.com/fivecountyaging/

November, 2021

Happy National Family Caregivers Month!

At AAA-Five County we want to thank all family caregivers for the tremendous amount of care, love, coordinating services and all other tasks they provide to loved ones, family and friends in our communities. We understand that as a caregiver you have less time and energy to care for yourself and to search for the information and resources you may want. We have several programs that can help family caregivers.

- Online Caregiver Support Group 1pm – 1:30pm every Thursday, aka Tea Time with Sheri. Our caregiver support groups that used to be in person have moved online due to the on-going pandemic. To sign up and get the link to call in or log in, email Sheri Reber at sreber@fivecounty.utah.gov
- Caregiver Respite Program: this is a short term program that where we work with contract home care agencies to provide in-home respite for family caregivers as well as helping caregivers access other helpful community resources. To get on the applicant list, call us at 435-673-3548.
- Caregiver classes: our caregiver classes have also gone online. We offer a 6 week Caregiver Academy, which has weekly workshops in topics such as caregiver self-care, getting other family or friends involved, future and legal planning, and how to find the resources and services you need. We also offer classes for caregivers of loved ones with Alzheimer's or dementia which include topics such as dealing with difficult behaviors, better communication with the person with dementia, and preventing caregiver burnout. To find out more call us at 435-673-3548.
- We do not provide emergency or crisis counseling call 911 for that or for Alzheimer's/dementia issues we highly recommend calling the Alzheimer's Association 24/7 Helpline at 800-272-3900.

For other resources not on this list that you may be looking for, feel free to contact us at 435-673-3548 or visit our website: www.areaagencyonagingfivecounty.org/ or Facebook Page: www.facebook.com/AgingFiveCountyUtah/ and Facebook Group for Family Caregivers: www.facebook.com/groups/aaa5countycaregiversupport.

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."



~Rosalynn Carter

Celebrated every November, National Family Caregivers Month is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities and increase support for caregivers. This is a time to recognize and honor family caregivers across the country. Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

NATIONAL CAREGIVER MONTH

November 2021



Did you know?

Utah has a lot of family and friend caregivers! Here are some of the most current stats on our friend and family caregiver population.

1 in 5 adults

in Utah are family caregivers!

59% are women
20% are 65 or older
35% are caring for parent or in-law
22% are caring for someone who has dementia

1 in 6 adults

who are not caregivers at this time do expect to become caregivers in the next 2 years.



They are unpaid!

Utah's average family caregiver does not get paid for the caregiving they do and they often work full or part time.

Most of these unpaid caregivers provide help with: household chores, transportation, errands/shopping, preparing meals, managing finances, manage medications, provide social support and companionship.

45 % also help with complex medical tasks.

69% report stress due to caregiving responsibilities.

caregiver stats sources:

<https://www.cdc.gov/aging/data/infographic/2019/utah-caregiving.html>

https://www.aarp.org/content/dam/aarp/research/surveys_statistics/ltr/2018/2018-caregiving-survey-utah-infographic.doi.10.26419/2Fres.00259.009.pdf

DEMENTIA & UTAH CAREGIVERS

National Caregiver Month November 2021



22%

of Utah's family and friend caregivers are taking care of someone who has dementia or Alzheimer's and this number is expected to increase in the near future.

34,000

adults over 65 in Utah are living with dementia of some kind as of 2020.

This number is expected to increase to 42,000 by the year 2025. That's a 36% increase!

\$160 million

is the current Medicaid cost of caring for people with Alzheimers and this is expected to increase by 50% by 2025.



173, 000, 000

is the number of hours of unpaid care provided by family and friend caregivers of people living with Alzheimer's.

\$2,180,000,000

is the total value of the unpaid care that family and friend caregivers are providing to those who are living with Alzheimer's.



For more info:

visit [alz.org](https://www.alz.org)

these stats are from

<https://www.alz.org/media/documents/utah-alzheimers-facts-figures-2018.pdf>

FOR MORE INFO ON UTAH FAMILY CAREGIVERS CONTACT YOUR LOCAL AREA AGENCY ON AGING OR VISIT [DAAS.UTAH.GOV](https://daas.utah.gov)

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The Tip Jar

Self-Care Road Trip Addition

Going on a SELF-CARE road trip?

When we go on a road trip, we usually take the time to do a check on our car to make sure that it is safe and in good repair.. What if we used that same logic for our own Self-Care?

Full tank of gas- Get good sleep and enough of it. You won't get anything done if you are tired.

New tires/tire checkup- Do you have good shoes? Do your feet hurt? We are busy as caregivers and have to have the right support for our body (feet) in order to support us and help us get through the day and alleviate falls.

Oil Changed? Are you drinking enough water? Getting enough nutrition- You do not want your "engine" to seize up.

Clean windows? Have you had your eyes checked lately? Maybe its time for some new glasses. As caregivers we often set aside some of the appts that we need.

Lights working? Do not be in the dark- learn about Caregiving skills and resources that are in your community.

Safety: Seatbelts, airbags, jumper cables- Its always important to have some "Safety" features in place- Back up plans, emergency numbers listed, medication lists, current pictures of your care receiver.

Road trip fun- snacks and music? Don't forget to schedule some self care fun.. What ever you enjoy is important to your overall well being and health. Take the time to make it happen.