

Boomers, Elders, and More E-Newsletter

A Monthly Elder Care Newsletter of the Vanderbilt Child & Family Center



A message from the Family Services Coordinator:

Greetings,

I hope that this newsletter finds you happy and warm. As we enter into the winter season, many caregivers report higher levels of stress, anxiety, and depression. This is often due to factors such as feelings of grief over the loss of usual routines or traditions, feeling overwhelmed with an increase in work and life obligations, or feeling pressure to attend social gatherings this time of year. I encourage you to be honest and reasonable with yourself about what you can and can't do. Practice saying "no" in order to create healthy boundaries that you can manage.

Last month, I was immensely encouraged and inspired by the individuals who attended the Caregiver Support Group. The session provided a great reminder to find humor in any situation—even in the darkest of times—because laughter can give you the hope to carry on. If you haven't had a chance to join any of our events yet, 2019 is just around the corner and will be packed with monthly support group sessions and the launch of a speaker series focused on a blend of topics related to caregiving.

Questions about any upcoming events and assistance finding community resources can be e-mailed directly to me at alice.shi@vanderbilt.edu. I'm always open to hearing your feedback, ideas, and your personal stories. Thank you for partnering with us as a reader of our monthly e-news. As the year draws to a close, we are grateful to you for the opportunity to join your caregiving journey.

*Warm Wishes,
Alice Shi*

Upcoming Events



Community Research Partners Presentation

Friday, December 7th

8:30 - 10:00 AM

95 White Bridge Rd., Suite 114

"Simplifying Caregiver Resources in Elder Care: Identifying the Support Needs of Caregiving Employees"



Caregiver Support Group

Wednesday, December 12th

12:00 - 1:00 PM

Light Hall Room 431

Guest speaker: Keith King from Alive Hospice will lead a discussion on the topic, "Let's Talk- Communication Techniques for difficult conversations".

**See pages 6-8 for details on upcoming events*



THE 7 DEADLY EMOTIONS OF CAREGIVING: HOW TO COPE

Written by Paula Spencer Scott

Nobody would ever choose a smiley face as the perfect symbolic emoticon for a caregiver. Caregiving for an ailing loved one is just too stressful -- often triggering damaging emotions that can not only undermine your good work but harm your health, as well. Here's how to cope:

Caregiver Emotion Trap #1: Guilt

Guilt is virtually unavoidable as you try to "do it all."

What causes guilt: Guilt stems from doing or saying what you believe is the wrong thing, not doing what you perceive to be enough, or otherwise not behaving in the "right" way, whether or not your perceptions are accurate. Caregivers often burden themselves with a long list of self-imposed "oughts," "shoulds," and "musts." A few examples: I must avoid putting Mom in a nursing home. I ought to visit every day. I shouldn't lose my temper with someone who has dementia.

Risks of caregiver guilt: Caregiver guilt is an especially corrosive emotion because you're beating yourself up over faults that are imagined, unavoidable -- or simply human. That's counterproductive at a time when you need to be your own best advocate.

What you can do: Lower your standards from ideal to real; aim for a B+ in the many aspects of your life rather than an across-the-board A+. When guilt nags, ask yourself what's triggering it: A rigid "ought"? An unrealistic belief about your abilities? Above all, recognize that caregiver guilt is virtually unavoidable. Because your intentions are good but your time, resources, and skills are limited, you're just plain going to feel guilty sometimes -- so try to get comfortable with that gap between perfection and reality instead of beating yourself up over it.

Caregiver Emotion Trap #2: Resentment

This emotion is still so taboo that many caregivers are loathe to admit it.

What causes resentment: Caregivers often feel put-upon and upset because of imagined slights by others, including siblings and adult children who don't do enough to help. Caregiver resentment is especially felt toward the person being cared for, when the caregiver's life feels hijacked by responsibility and out of his or her own control.

Risks of resentment: Without enough support or noncaregiving outlets, feelings of being ignored, abandoned, or criticized can fester into anger and depression.

What you can do: Simply naming this tricky emotion to a trusted confidante can bring some release. Try venting to a journal or anonymous blog. Know that resentment is a very natural and common response to long-term caregiving, especially if your work life, marriage, health, or outside activities are compromised as a result. Know, too, that you can feel this complicated emotion yet still be a good person and a good caregiver.





Caregiver Emotion Trap #3: Anger

Some people outwardly show their anger more than others, but almost no one is never angry.

What causes anger: We get mad for reasons both direct (a balky loved one, an unfair criticism, one too many mishaps in a day) and indirect (lack of sleep, frustration over lack of control, pent-up disappointment).

Risks of anger: Chronic anger and hostility have been linked to high blood pressure, heart attack and heart disease, digestive-tract disorders, and headaches. Anger that builds up unexpressed can lead to depression or anxiety, while anger that explodes outward can jeopardize relationships and even harm others. Managing caregiver anger not only helps your well-being but makes you less likely to take out your fury on your loved one.

What you can do: Rather than trying to avoid anger, learn to express it in healthy ways. Simple deep-breathing exercises can channel mounting anger into a calmer state, for example. Talk yourself down with soothing chants: It's okay. Let it go. Ask yourself if there's a constructive solution to situations that make you angry: Is a compromise possible? Would being more assertive (which is different from anger) help you feel a sense of control? Laughing at absurdities and idiotic behavior can provide a healthier biological release than snapping.

Caregiver Emotion Trap #4: Worry

A little goes a long way, but sometimes we can't turn off the fretting.

What causes worry: Good intentions, love, and wanting the best for your loved ones are the wellsprings of worry. Focusing intensely on the what-ifs provides a perverse kind of comfort to the brain: If we're worrying, we're engaged. Of course, that ultimately triggers more worry and upset because it's engagement without accomplishing anything.

Risks of worry: Being concerned is harmless. Overworry and obsessing, however, can disrupt sleep, cause headaches and stomach aches, and lead to mindless eating or undereating.

What you can do: If you notice worrying thoughts interfering with getting through the day or sleeping at night, force a break to the cycle. Try setting a timer and resolving to focus on something else when the five minutes is up. Then flip negative thoughts to their productive side: How can you help? Who can you call? Are there possible solutions? And don't be shy about seeking out a trained counselor to help you express and redirect obsessive ruminations more constructively.

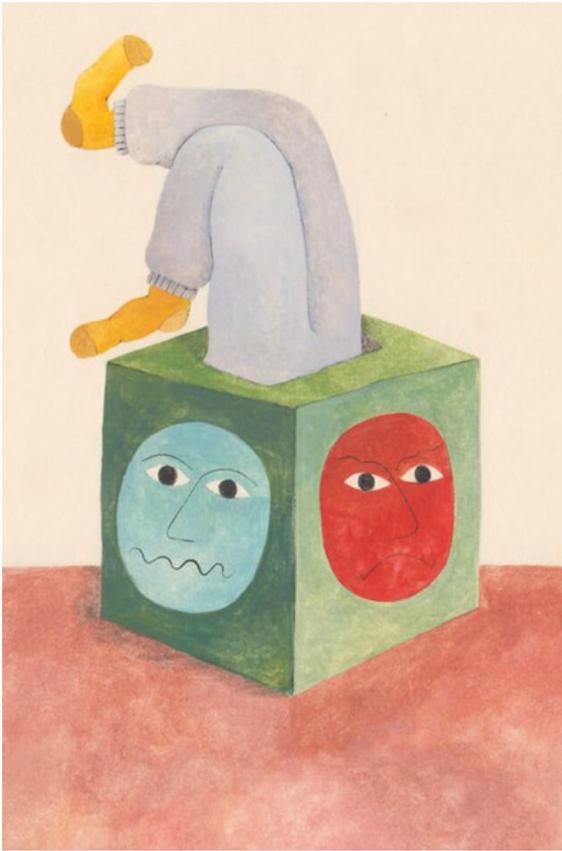
Caregiver Emotion Trap #5: Loneliness

Your world can shrink almost before you realize what's happened.

What causes loneliness: Friends may back away out of uncertainty or a belief they aren't wanted. Intense time demands lead you to drop out of outside activities. If you're dealing with dementia, the loss of your loved one's former level of companionship is another keenly felt social loss adding to [isolation][2].

Risks of loneliness: Your very brain is altered: People with large, rich social networks have different brain structures, new research finds. Loneliness seems to curb willpower and the ability to persevere, and it can lead to overeating, smoking, and overuse of alcohol. Lonely people also have more cortisol, the stress hormone. And social isolation is a risk factor for dementia.

What you can do: Expand your social circles, real and virtual. Arrange respite help, so you can add at least one outside activity, such as one you've dropped. Take the initiative to reach out to old friends and invite them over if you can't get out easily. Consider joining a support group related to caregiving or your loved one's illness. In online support groups, you can find kinship with those who know just what you're going through.



Caregiver Emotion Trap #7: Defensiveness

Protecting yourself is good -- to a point.

What causes defensiveness: When you're doing so much, it's only natural to bristle at suggestions that there might be different or better approaches. Especially if you're feeling stressed, insecure, or unsure, hearing comments or criticisms by others, or reading information that's contrary to your views, can inspire a knee-jerk response of self-protection: "I'm right; that's wrong!"

Risks of defensiveness: While nobody knows your loved one and your situation as well as you do, being overly defensive can make you closed-minded. You risk losing out on real help. You may be so close to the situation that you can't see the forest for the trees, for example; a social worker or friend may have a perspective that points to what really might be a better way.

What you can do: Try not to take everything you hear personally. Instead of immediately getting cross or discarding others' input, vow to pause long enough to consider it. Remember the big picture. Is there merit in a new idea, or not? What you're hearing as a criticism of you might be a well-intentioned attempt to help your loved one. You may decide things are fine as is, and that's great. But if you start from a point of calm and confidence, the focus becomes (as it should be) your loved one, not you.

*"Make time for yourself
so that you're living a
life outside of caregiving
that will support you
both now and later."*

Caregiver Emotion Trap #6: Grief

Don't think this one applies yet? Think again.

What causes grief: Although most people link grief with death, anticipatory grief is a similar emotion felt by caregivers who are coping with a loved one's long-term chronic illness, especially when there are clear losses of ability (as in dementia) or when the diagnosis is almost certainly terminal.

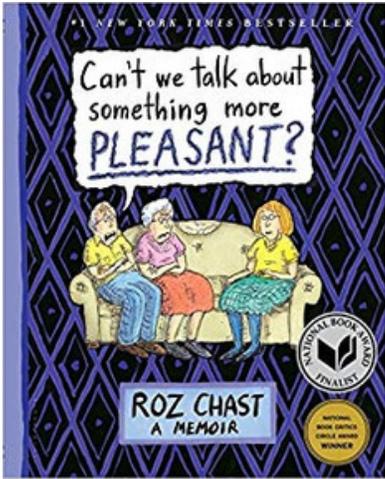
Risks of grief: "Long good-byes" can trigger guilt as well as sadness if one mistakenly believes that it's inappropriate to grieve someone still alive. Mourning the loss of a beloved companion is also a risk factor for depression.

What you can do: Know that your feelings are normal and as painful as "real" (postmortem) grief. Allow yourself to feel sadness and express it to your loved one as well as to supportive others; pasting on a happy face belies the truth and can be frustrating to the person who knows he or she is ill or dying. Make time for yourself so that you're living a life outside of caregiving that will support you both now and later.



Book of the Month

Can't We Talk about Something More Pleasant?: A Memoir



In her first memoir, New Yorker cartoonist Roz Chast brings her signature wit to the topic of aging parents. Spanning the last several years of their lives and told through four-color cartoons, family photos, and documents, and a narrative as rife with laughs as it is with tears, Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents.

When it came to her elderly mother and father, Roz held to the practices of denial, avoidance, and distraction. But when Elizabeth Chast climbed a ladder to locate an old souvenir from the "crazy closett?-with predictable results-the tools that had served Roz well through her parents' seventies, eighties, and into their early nineties could no longer be deployed.

While the particulars are Chast-ian in their idiosyncrasies-an anxious father who had relied heavily on his wife for stability as he slipped into dementia and a former assistant principal mother whose overbearing personality had sidelined Roz for decades-the themes are universal: adult children accepting a parental role; aging and unstable parents leaving a family home for an institution; dealing with uncomfortable physical intimacies; managing logistics; and hiring strangers to provide the most personal care.

An amazing portrait of two lives at their end and an only child coping as best she can, *Can't We Talk about Something More Pleasant* will show the full range of Roz Chast's talent as cartoonist and storyteller.





Upcoming Events

WEDNESDAY, DECEMBER 12
LIGHT HALL ROOM 431
12PM - 1PM

CAREGIVER SUPPORT GROUP

**"Let's Talk- Communication Techniques
for Difficult Conversations"**

Guest Speaker: Keith King
Community Relations Manager at Alive Hospice

Feel free to bring your lunch.
Coffee & Hot Chocolate will be provided.
Contact: Alice Shi | alice.shi@vanderbilt.edu



Community Research Partners presents

Simplifying Caregiver Resources in Elder Care: Identifying the Support Needs of Caregiving Employees

Friday, December 7, 2018, 8:30-10:00 AM

With 10,000 baby boomers turning 65 every day across the U.S., and the fastest growing segment of the older population being 85+, eldercare is on the rise. It's estimated that 60% of caregivers of older adults are working professionals, many whom are sandwiched between raising children and caring for aging parents. The 2014 Governor's Task Force on Aging report highlighted the need to improve education and support for caregivers. With this in mind, the Council on Aging of Middle TN (COA)



partnered with Vanderbilt's Center for Quality Aging to identify the support needs of working caregivers, and to assess their experience using COA's online care navigation tool and *Directory of Services*. The December Community Research Partners

presentation will feature findings from focus groups that explored the needs of caregivers at multiple work sites.



PRESENTERS:

Grace Smith, LMSW — Council on Aging of Middle TN

Kayse Martin — Council on Aging of Middle TN

James Powers, MD — Vanderbilt University Medical Center

Please RSVP by Dec 5th

FRIDAY, DECEMBER 7, 8:30 AM-10:00 AM

The Council on Aging of Middle TN

95 White Bridge Rd., Suite 114, Nashville, TN 37205

Parking available in front and rear of building.

Please RSVP to cerc@vumc.org or call (615) 963-2817

Light Breakfast Provided.

Sponsored by the
Meharry-Vanderbilt Community Engaged Research Core (CERC)



Boomers, Elders, and More Speaker Series

MEDICARE & TN SHIP

Presented by: Ali Hulten

TN State Health Insurance Assistance Program Coordinator

Join this lunch session for an overview of Medicare, low income programs for Medicare beneficiaries, the new Medicare card and related scams, and the different services SHIP provides.

WEDNESDAY, JANUARY 16, 2019
12 P.M. - 1 P.M.
LIGHT HALL ROOM 431

Question? Please contact:
Alice Shi, Family Services Coordinator at alice.shi@vanderbilt.edu