

July 2021

Boomers, Elders, & More E-Newsletter

Monthly Elder Care Newsletter of the Vanderbilt Child & Family Center

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Child and Family Center

A Message from the Wellbeing Manager

The Vanderbilt Child & Family Center is available to support you in your role as a family caregiver. The center is always thinking about programs and events that will help you relieve some stress.

Over the last few months, the center has been planning sessions; with you in mind. In August (August 18), we will have a representative speaking on the resources available for veterans, which includes the Aid & Attendance benefit. In September (September 16), we will have a representative from Social Security discussing eligibility for retirement benefits; how does early retirement affect your benefits; and when should you file for Medicare. Also, in September (September 23), a representative from the State Health Insurance Assistance Program (SHIP) will discuss the basics of Medicare. In October (October 27), a representative will speak on Advance Planning for Family Caregivers. Lastly in November, we will be celebrating you in honor of National Caregiver Month with someone talking on Self-Care Tips. The sessions will be held from 2 p.m. to 3 p.m.

The sessions will be paused during July and December. We will continue having the caregiver support group during these months.

Vanderbilt Child & Family Center cannot plan these sessions without your suggestions. If you have a suggestion for a guest speaker or a topic of interest, please me at stacey.l.bonner@vanderbilt.edu.

As always, the Vanderbilt Child & Family Center appreciates your help in spreading the word about family caregiving resources that are available to the Vanderbilt Community.

Upcoming Event

Family Caregiver Support Group

Thursday, July 8th

12:00 – 1:00 PM

Location: Zoom

The Caregiver Support Group is a monthly group that offers a safe space to discuss the stresses, challenges, and rewards of providing care for an aging loved one.

Please RSVP for Zoom details to stacey.l.bonner@vanderbilt.edu



AARP Smart Driver Course

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers ages 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course, and you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Our Smart Driver online course will help you:

- Receive a multi-year discount on your auto insurance. *
- Refresh your driving skills and your knowledge of the rules – and hazards – of the road.
- Reduce your chances of committing a traffic violation or getting into an accident.
- Learn at your own pace – you'll have 60 days to complete the course!

Course highlights:

The AARP Smart Driver online course covers:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Prevention measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.
- Easy-to-follow format incorporating adult-learning principles.

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. *

Will I get an auto insurance discount for completing the course online?

The AARP Smart Driver online course is recognized as an approved accident prevention course for drivers ages 55 and older by the Tennessee Department of Safety. Insured drivers ages 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges valid for 3 years after completing this course. Please check with your insurance company or agent for any additional requirements for eligibility.

Read the full article at [Defensive Driver Course Designed For Older Drivers \(aarpdriversafety.org\)](https://aarpdriversafety.org) to receive pricing, FAQs and who to contact.

5 Ways to Minimize Late Day Confusion

If you're caring for someone with Alzheimer's disease or another form of dementia, you may dread late afternoon and evening. That's when a group of symptoms associated with this disease could become particularly challenging.

You may have heard it called "sundowning," but this condition can be best described as late-day confusion. Do any of the following symptoms sound familiar: anxiety, aggression, ignoring directions, pacing and wandering? These are behaviors that have been tied to "sundowning," according to the experts.

So why is this late-day confusion so stressful for family caregivers? These symptoms could inadvertently put a senior in harm's way. One caregiver noted that her dad had left the house alone in the evening with his walker to look for his best friend's house. His confusion later in the day resulted in an unsafe situation for him.

Planning ahead and taking a proactive approach can go a long way toward helping to keep a senior with dementia safe and reducing your stress level.

Five Tips to Help Minimize Late-Day Confusion

1. **Avoid the triggers.** A number of things could trigger this condition including fatigue, low lighting, increased shadows, disruption of the body's "internal clock," difficulty separating reality from dreams, and the presence of an illness such as a urinary tract infection. Triggers vary from



person to person, so it can be a good idea to check with your loved one's doctor to ensure there are no underlying health conditions or triggers.

2. **Maintain a regular schedule.** Experts say any disruption in schedule can lead to late-day confusion. Try to keep a regular schedule for meals, bedtime, trips outside the home and other daily activities.
3. **Reduce noise and distractions.** Any type of noise or outside distraction can create anxiety for an older adult with dementia. Try to minimize loud sounds or other disruptions that could cause stress for the senior in your life. Playing gentle background music may help.
4. **Adjust lighting.** Like sound, lighting can be a problem for those with Alzheimer's disease or another dementia. Try to keep lighting in the home consistent by drawing blinds or adjusting shades. Bright and glaring light could aggravate late-day confusion.
5. **Engage your loved one in meaningful and calming activities.** Distract your senior during this time of day with activities. Have him/her help with dinner, read or watch the news, work on a puzzle, tend the garden or sing songs.

Read the full article at [5 Ways to Minimize Late Day Confusion \(homeinstead.com\)](https://www.homeinstead.com/5-ways-to-minimize-late-day-confusion/).

Something you may need, but very few have.

If you are a Vanderbilt employee there are two types of Will Prep available to you: Hyatt Legal's Plan and WillsCenter.

Hyatt's Legal's Plan

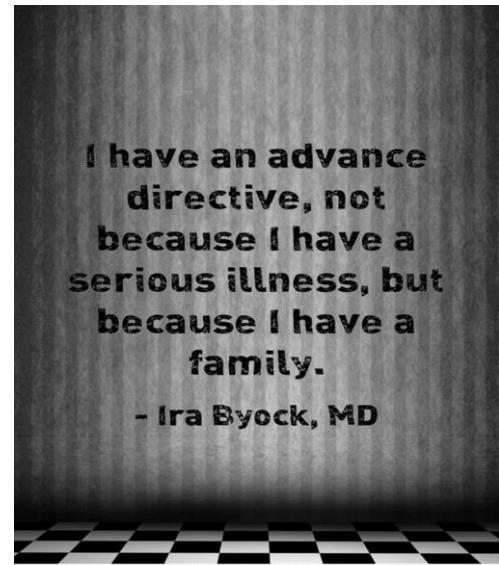
If you are a Vanderbilt employee and enrolled in supplemental life insurance, you and your spouse can take advantage of MetLife's will preparation service, through Hyatt Legal Plans' network of more than 12,000 participating attorneys, which also includes wills and power of attorney preparation services.

It is offered through Hyatt Legal Plans, a MetLife company, and provides access to attorneys who participate in Hyatt Legal Plans' network for preparing or for updating wills, living wills and powers of attorney. You may also use a non-participating attorney and receive reimbursement for covered services according to a set fee schedule. You will be responsible for any of the attorney fees that exceed the reimbursed amount if you choose the out-of-network option.

Virtually everyone needs a will. Without a will, a person's assets are generally distributed according to state law, regardless of his/her actual intentions. Having a will can help you set important decisions, such as who inherits your property, who handles your affairs, and who will care for your children.

People procrastinate for many reasons, but thanks to the Will Preparation service, you can prepare or update your important documents easily and economically. And, you'll add to your peace of mind knowing that you're helping to protect your family's financial future.

More information on how to access the service can be found here [Optional Life Will Preparation \(vanderbilt.edu\)](http://vanderbilt.edu/OptionalLifeWillPreparation).



WillsCenter.com

All benefits-eligible employees have access to MetLife's basic, self-serve online will preparation service. You are able to create your will, living will and power of attorney documents using this online service. It is easy to use, secure and available 24/7 at no cost to you. Within this secure web space, you can easily create and store personalized state-specific documents for you and your spouse, use the interactive question and answer process to create your documents, see your documents assemble as you enter your answers into the online questionnaire, and edit, download and print your legal documents along with directions for easy execution. After you create your will you will need to have it notarized which will cost whatever the notary charges.

More information on how to access the service can be found here [Wills Center](http://WillsCenter.com).

The Caregiver's Daily Affirmations

By caregiver's survival network

I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgment.

I make progress every day whether I see it or not.

I care for myself with dignity, love, and respect.

I am not alone.

I am capable.

If nothing else, I am getting stronger every day.

I am not afraid to ask for help.

I am appreciated.

I am loved.

