



MONTHLY NEWSLETTER: *February 2025*

A Note from Haven's Dementia Care Manager

National Caregivers Day was first introduced by the Providers Association for Home Health and Hospice Agencies, PAHHHA, in February 2015 with the first celebration taking place in 2016. Since then, the third Friday of February has been designated as a day to recognize and honor caregivers for the care, dedication, and love that they provide to a family member or friend. In 2024, the Alzheimer's Association reported that over 11 million Americans provided care to a loved one with dementia without any pay or reimbursement. Many reported that they have no additional support from family or their community and that they are learning "day to day" how to meet the needs of their person.

It is our goal in the Haven Dementia Care Program to improve the quality of life for our patients, provide support and education as needed for their caregivers, and to provide education to our community partners. Please know that we recognize and appreciate the care that you provide on a daily basis to your loved one. We are also honored that you have welcomed us to take part in your journey. In this edition, we will focus on caregiver burnout, ways to reduce it, and respite care. We hope that you find the information useful.

If there is a topic related to dementia that you would like more information on, please email me at anita.howard@havenhospice.com.

Sincerely,
Anita Howard
Dementia Care Program Manager



Learn more at
[HavenHospice.com/Dementia](https://www.havenhospice.com/Dementia)

What is Caregiver Burnout

Caregiver burnout is caused by long-term stress that can affect you physically, emotionally and mentally. Trying to meet all the demands of caregiving without a break can have a negative impact on the way you care for yourself and your loved one. Take steps to get balance back in your life if you are having any of the following symptoms:

- Feelings of anger or frustration toward the person with dementia. (“She knows how to turn on the TV – she just wants me to do it for her.”)
- Weight loss or weight gain. (“Who has time to exercise or eat healthy?”)
- Issues with concentration and problem solving. (“I forgot what I was doing.”)
- Loss of interest in family, friends and activities that you used to enjoy. (“None of it matters anymore. I can’t leave him alone and they don’t understand.”)
- Feelings of depression and/or anxiety. (“Who’s going to take care of him if I’m not able?”)
- Difficulty falling or staying asleep. (“I’m up and down all night with her.”)
- Feeling tired all the time. (“I don’t have any energy even if I sleep at night.”)
- Frequent headaches or increased bodily pain. (“I hurt all the time.”)
- Increased drinking or smoking. (“I need something, or I can’t function.”)
- Denial about your loved one’s condition. (“I know he can do more and will get better with therapy.”)

Ways to Reduce Caregiver Stress and Burnout

Providing care for someone living with dementia can take a toll on the caregiver, both physically and emotionally. To stay healthy, caregivers should:

- Ask family, friends, and others for help. Accept help when offered. Know that it is ok to ask for help with a specific task like running errands, providing meals, visiting the person, taking the person out for a brief time, providing child and/or pet care. Explain what needs to be done but don't criticize if the task is not completed exactly how you would do it. Often, people do not know the best way to help a caregiver so asking them for something specific can be beneficial for all parties.
 - [Worksheet: Coordinating Caregiving Responsibilities](#) is attached and can be found at the following link above.
 - Also, several free resources are available online through the Alzheimer's Association at <https://www.alz.org/help-support/caregiving/care-options/care-team-calendar>
- Learn as much as you can about your loved one's condition and how to manage it.
- Spend time with family and friends. Isolation can lead to depression. People need people.
- Take breaks each day to reflect on hobbies and interests of your own. Even 10-minute breaks can help you reboot.
- Eat healthy foods, drink plenty of water, exercise on a regular basis, and sleep 8 hours.
- Consider using an adult day care center for a few hours or days per week to provide a safe, supervised environment with activities for your loved one while you take care of you and/or other household needs. A list of these community resources can be found at
- <https://www.communityresourcefinder.org/> and click on Community Services.
- Join a support group for caregivers of those living with dementia to talk

about your experiences and feelings as well as learn from others on the journey.

- See your doctor on a regular basis and take care of your medical needs.
- Keep your health, legal, and financial records up to date. More information can be found at the website for Alzheimer's Association link <https://www.alz.org/help-support/caregiving/financial-legal-planning> or through Haven's Advance Care Planning service at <https://havenhospice.com/acp>.
- Arrange for respite care – short-term caregiving service that provides care to your loved one while you take a break.
- Talk to a counselor or therapist, if needed.
- Remember that you are doing your best and that the care that you provide makes a difference for your loved one.

Respite Care

Respite care can provide you with a break away from your caregiving role to focus on you and your health so that you can be at your best when you are with your loved one. Respite care may take place in the home, community or faith-based organization, adult day care, or healthcare facility. It may be for several hours to a few days depending on your needs and what is available in your community. Fees for respite care vary depending on the provider and services offered. It is often covered or partially covered by insurance and/or other community programs.

Respite Care at Haven

For our patients on hospice, we offer 24/7 care from medical staff in a homelike environment for up to five days in one of our five hospice care centers or in a Medicare approved skilled nursing facility within your community.

Service locations include:

- E.T. York Hospice Care Center (4200 NW 90th Blvd. Gainesville, FL 32606)

- Tri-Counties Hospice Care Center (311 N.E. 9th St. Chiefland, FL 32626)
- Suwannee Valley Hospice Care Center (6037 W. US Hwy 90 Lake City, FL 32055)
- Custead Hospice Care Center (745 Blanding Blvd. Orange Park, FL 32065)
- Roberts Hospice Care Center (6400 St. Johns Ave. Palatka, FL 32177)

Why Ask for Respite Care?

Caregiving takes strength, patience, and perseverance. It is not easy to meet the demands of 24/7 caregiving and find time for self-care. Some reasons to make a request include:

- To help prevent physical and emotional exhaustion or “caregiver burnout.”
- To focus on personal health and wellness needs to help prevent insomnia, depression, and stress.
- To recover from an illness, hospitalization, or surgery
- To go on a vacation, attend a wedding, graduation, or other important life event.

How to Request Respite Care

Talk to your RN case manager or social worker. They will help you prearrange dates for care and secure a location for services.

Worksheet: Coordinating Caregiving Responsibilities



Caregiving comes with many responsibilities, from helping with housework to driving an older person to doctor's appointments. It can be helpful to divide up the caregiving duties among family and friends. You can use this checklist to help you coordinate. It is arranged by type of task, such as "health and medical care." Add other activities as needed and note who is taking care of each one in the "Caregiver" column.

Type of task	Related activities	Caregiver
Household needs	Do laundry and other housework	
	Prepare meals, with awareness of any special diets or dietary restrictions	
	Shop for food and other necessities	
	Assist with home maintenance, such as making repairs and doing yardwork	
	Provide transportation, such as car rides to appointments	
Self-care, supervision, and mobility	Assist with personal care, such as bathing, dressing, eating, and using the toilet	
	Help with getting in and out of beds and chairs	
	Getting around inside or outside the home	

Type of task	Related activities	Caregiver
Emotional and social support	Provide companionship and someone to talk to	
	Encourage the person to participate in hobbies and other leisure activities	
	Help the person manage their feelings	
	Troubleshoot problems that come up	
	Provide respite care to a primary caregiver	
Health and medical care	Encourage a healthy lifestyle and self-care	
	Keep track of medicines and make sure they are taken at the right time	
	Manage other medical care at home, such as wound care or giving shots	
	Respond to acute needs and emergencies	
Coordinating care	Find out information and keep other caregivers up to date on changing conditions	
	Manage a shared notebook and calendar to coordinate care among family members and friends	
	Communicate with doctors, nurses, pharmacists, and other health care providers	

Type of task	Related activities	Caregiver
Coordinating care (continued)	Locate, arrange, and supervise nurses, social workers, home care aides, and other service providers	
	Coordinate medical appointments	
	Participate in treatment decisions	
	Order and pick up prescription medicines	
Financial and legal	Handle financial matters, such as paying bills and managing budgets	
	Manage legal matters, including official records such as wills and insurance policies	
	Participate in advanced care planning	
Other tasks		





Dementia Caregiver Support Groups: February 2025

If you are caring for a loved one with a dementia-related diagnosis and need some additional education and support, please join us. *Refreshments will be provided.*

Tuesday, February 4, 2025 | 4 - 5 p.m.

Haven Hospice Tri-Counties Care Center, Admin. Building (311 N.E. 9th St. Chiefland, FL)

Thursday, February 6, 2025 | 4 - 5 p.m.

Online Meeting (Email Anita Howard at Anita.Howard@HavenHospice.com for link to meeting)

Wednesday, February 12, 2025 | 3 - 4 p.m.

Senior Recreation Center, Eldercare of Alachua County (5701 NW 34th Blvd, Gainesville, FL)

Thursday, February 13, 2025 | 4 - 5 p.m.

Starling at Nocatee Assisted Living and Memory Care (999 Crosswater Pkwy, Ponte Vedra Beach, FL)

Tuesday, February 18, 2025 | 4:30 - 5:30 p.m.

The Windsor at Ortega (5939 Roosevelt Blvd, Jacksonville, FL 32244)

Thursday, February 20, 2025 | 3 - 4 p.m.

Vintage Care of Palatka (203 S Moody Rd, Palatka, FL)

Tuesday, February 25, 2025 | 4 - 5 p.m.

Tri-County Nursing Home (7280 SW State Rd 26 Trenton, FL)

Wednesday, February 26, 2025 | 5:30 - 6:30 p.m.

Grand Living at Tamaya - "Studio Room" on the 4th floor (3270 Tamaya Blvd., Jacksonville, FL)

Thursday, February 27, 2025 | 5:30 - 6:30 p.m.

Allegro Senior Living - Fleming Island (3651 US Hwy 17, Fleming Island, FL)

RSVP to Anita Howard at 352.215.7465 or Anita.Howard@HavenHospice.com

Learn more about our program at HavenHospice.com/Dementia

800.HOSPICE | HavenHospice.com

Resources for Support

Alzheimer's and Related Dementia Education and Referral Center

Email: adear@nia.nih.gov

Phone: 1-800-438-4380

www.alzheimers.gov

The ADEAR Center can provide information on diagnosis, treatment, patient care, caregiver needs, long-term care, research and clinical trials. Staff can refer you to local and national resources.

Alzheimer's Association

Phone: 1-800-272-3900

www.alz.org

Offers information, a help line and support services for those living with dementia and their caregivers.

Eldercare Locator

Phone: 1-800-677-1116

<https://eldercare.acl.gov>

Provides information about local resources such as home care, Meals on Wheels, adult day care and nursing facilities.

National Adult Day Services Association

www.nadsa.org/consumers/choosing-a-center

Phone: 1-877-745-1440

Provides a safe environment, activities and staff that pay attention to the needs of the person while under their supervision. Adult Day Care Services typically charge an hourly rate.

National Institute on Aging

Email: niaic@nia.nih.gov

Phone: 1-800-222-2225

Offers free publications about aging that can be viewed, printed or ordered online.

References

9-Steps_Dementia-Caregiver-2.pdf. https://archrespice.org/wp-content/uploads/2021/12/9-Steps_Dementia-Caregiver-2.pdf. Accessed January 31, 2025.

Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures. <https://www.alz.org/getmedia/c65b6229-48cf-4a7b-a447-328fdf05e35d/alzheimers-facts-and-figures-2024.pdf>. Accessed January 31, 2025.

Caregiver Stress | Alzheimer's Association. <https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-stress>. Accessed January 31, 2024.

NATIONAL CAREGIVERS DAY - February 21, 2025 - National Today. <https://nationaltoday.com/national-caregivers-day/>. Accessed January 31, 2025.

Worksheet: Coordinating Caregiving. https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-coordinating-caregiving-responsibilities_1.pdf. Accessed January 31, 2025.