



# The Caregiver News

December 2017

## 10 Great Gifts for Caregivers

Every year caregivers are asked the same questions, “What do you need?” and “How can I help you?” Usually, caregivers are too tired to remember what might be helpful.

Ideas from caregivers:

1. **Caregiver Coupon Book.** Ask for service coupons, including one free meal, an hour of homemaking, or maybe an evening with dad so mom can go out with her granddaughters. Service is the perfect, free gift.
2. **Meal Gift Cards.** Offer gift cards for items that can be delivered to the door. Make it easy for a caregiver to get through a long, challenging day.
3. **Time & Treats.** Ask family and friends to commit to one visit per month. Have them plan a simple night of socialization, snacks and fun. Have people sign up on a calendar.
4. **Peace and Quiet.** Sometimes the perfect gift is knowing a care receiver will be calm and settled when its time for sleep. Ask to have the family party at someone else’s home—and to return you home at a respectable hour. Socialize in a way that meets everyone’s needs.
5. **Games & Puzzles.** Ask for small items that help improve the mood, simulate the mind or support active engagement.
6. **An Annual Subscription.** Living on a fixed income means the TV guide is no longer affordable. Bring a little joy to the mailbox.
7. **Yard and Lawn Care.** Ask for paid assistance with chores. Have family pool their resources to provide one big, useful gift.
8. **Self Care or Relaxation Items.** Ask for an essential oil diffuser or gift cards for haircuts, manicures, vitamins, movie nights and more.
9. **Transportation.** [UTA passes](#) or a taxi gift certificate helps individuals go shopping, get to a hair appointment, the doctor and more.
10. **Letters & Communication.** Ask for a monthly correspondence—postcards from trips, holiday cards, silly selfies on the cell phone, or even a story about their life. Collect the items in a book, build memories together.

Families often struggle to know what to buy caregivers and their care receiver. Make it easy on them by putting a wish list together. Let them know what is helpful to make caregiving easier.

## More gift giving and receiving ideas:



**41 Gifts for Older Individuals**



**15 Favorite Gifts for Caregivers**



**The Art of the Thank You Letter**

## Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**—Murray Heritage Senior Center. Call 801.264.2635.
- **Alzheimer's & Related Dementia Groups**
  - ♦ Draper Library. Call 801-265-1944.
  - ♦ Sandy Senior Center. Call 385.468.3410.
  - ♦ Millcreek Senior Center. 801-265-1944.
- **Caregiver Lunch Bunch**—a peer group for family caregivers held from 11:30 am to 1:00 pm the first Thursday each month. December will be at the [Cheese Cake Factory](#). Call 385.468.3281.
- **FTD & Related Dementia**—Sandy Senior Center. Call 801.231.3442.
- **General Caregiver Groups**
  - ♦ Millcreek Senior Center. Call 385.212.9071.
  - ♦ South Jordan Senior Center. Call 801.819.9739.
  - ♦ Mt Olympus Senior Center. Call 801.424.2200.
  - ♦ Taylorsville Senior Center. Call 801.232.4045.
- **S.A.G.E./LGBTQ Seniors**—Tenth East Senior Center. Call 385-468-3140.

Visit the [slco.org/caregiver](http://slco.org/caregiver) calendar for details.

## Classes

### Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program for family caregivers who care for individuals with Dementia. Participants are introduced to eight stress therapy options.

### Caregiver Academy

The Caregiver Academy is a free six week skill workshop where caregivers learn to manage a care environment, run family meetings, cope with behaviors, find essential resources and much more.

### Sign Up Information

Visit the [slco.org/caregiver](http://slco.org/caregiver) calendar or call **385.468.3281** to find classes near you.

Reasonable ADA Accommodations for the above classes are requested through Susan Hoepfner at 385.468.3191 or [shoepfner@slco.org](mailto:shoepfner@slco.org).

## Giving Respite Through Donations

As the year 2017 draws to a close, the Caregiver Support Program would like to thank you for your donations. Each of you is very aware of the many stresses a caregiver faces. Caregivers work hard to communicate with care professionals; manage finances; advocate for their care recipient and manage personal caregiver stress and health concerns. And, this work is often performed while caregivers and care recipients are on a fixed income. Your support for our services is central to Aging & Adult Services responding to the needs of our many caregivers in Salt Lake County. We cannot thank you enough!

Donations can be made at [slco.org/aging](http://slco.org/aging):

1. Click on the Donation Button
2. Select "Other"
3. Use the drop down box to select the Caregiver Support Program
4. Enter the donation amount

1 Donation Information

Please select category below

<input type="checkbox"/> Home Services	\$	<input type="text"/>
<input type="checkbox"/> Meals On Wheels	Where need is greatest	\$ <input type="text"/>
<input type="checkbox"/> Senior Center	Where need is greatest	\$ <input type="text"/>
<input type="checkbox"/> Senior Transportation	\$	<input type="text"/>
<input type="checkbox"/> Other 2	Caregiver Support Program 3	\$ <input type="text"/> 4

Donations may also be mailed with the following form:

### Salt Lake County Aging & Adult Services Caregiver Support Program Donation

I wish to make the enclosed donation to **The Caregiver Support Program**.

Please acknowledge my tax deductible donation to:

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Your donation is greatly appreciated.

**Mail your donation to:**

Salt Lake County Aging & Adult Services

2001 S State Street, Suite S1-600

Salt Lake City, Utah 84114-4575