



# The Caregiver News

October 2020

## Isolation

Psychologist Gitta Jacob explains isolation is a very simple way—“People [can] lack the feeling of belonging to others. They feel isolated, as if they were cut off from the rest of the world.” Is this normal? How can people overcome the isolation and move forward?

This feeling of isolation is often the result of an emotional turning point:

- The loss of a social circle. Someone moves away, dies, or chooses to leave a friendship.
- Moving to a new location. It may take time to establish new friendships or connect to old ones in a new way.
- The loss of a family member or friend through marriage, prison time, or death.
- Social needs change. People drift apart and choose different paths for their futures.
- Medical isolations such as a pandemic or a compromised immune system restriction.
- The temporary or long term inability to connect emotionally with others—which might be generated by an inner or external fear, abuse, anxiety, depression, and/or any other emotional experience.

If it is such a normal part of life’s process, why does it seem so hard?

- Not all isolation is bad or unwelcome. People need time to ponder. That being said, reflecting on serious challenges that require loss and a new normal can be painful.
- People were made to connect, to share. When that does not occur the result can be mental anguish and/or physical pain.

Not all individuals are capable of working through strong emotions and isolation on their own. Help from a professional may be needed.

These tips may help:

- Be kind to yourself. Everyone struggles.
- Make decisions from your reality, not the reality others expect you to be living in.
- Talk to someone. Hearing yourself express a concern out loud is powerful—like whale song, it echoes through you and out of you to those trained to hear the message and respond.
- Call a 24/7 hotline: 1-800-273-8255 (hearing) or 1-800-799-4889 (non-hearing). Visit [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or [211utah.org](https://211utah.org) for other options.



APA Social Isolation



Isolation and Mental Health



Older Adult Social Isolation

## The Tip Jar

### Resilience Tips from Psychology Today:

- Prioritize sleep.
- Build an internal sense of control.
- Practice mindfulness.
- Pray or meditate.
- Unload when needed.
- Practice gratitude.
- Set one small goal every day.
- Challenge negative thoughts.
- Know when to get help.

Visit [psychologytoday.com](https://www.psychologytoday.com) for more information and valuable tips.

## Call for Training and Support Options

### Caregiver Academy\*

The Caregiver Academy is now available online as [Caregiver Talking Points](#) via WebEx. The WebEx webinars are held most Wednesdays from 12:30 pm to 1:30 pm.

### Stress-Busting for Family Caregivers\*

Stress Busting is currently planning online classes. Visit the [slco.org/caregiver](https://slco.org/caregiver) [calendar](#) for updates.

Call **385.468.3280** to ask questions or place your name on the caregiver education notification list.

\*Caregivers are unable to bring those they care for to class. Thank you for your understanding.

\*Reasonable ADA Accommodations are available upon request.

## Virtual Stress Busting Ideas

- The [Antarctic Dinosaurs Exhibition](#) at the Natural History Museum opens Oct 17, 2020 and runs through April 4, 2021. Visit [nhmu.utah.edu](https://nhmu.utah.edu) for more information.
- [Weirdo! Art of the Strange](#) starts Oct 6 at the Utah Arts Alliance. The collection is intriguing, bold, bizarre, and downright weird. “There is no beauty without some strangeness” (Edgar Allen Poe). Visit [nowplayingutah.com/event/weirdo-art-of-the-strange/](https://nowplayingutah.com/event/weirdo-art-of-the-strange/) for more information.
- Take a hike on the [Ghost Falls Trail](#). Small water fall, a moderate 1.9 mile hike winding through Oak and Maple Forest. No dogs or horses allowed on trail. Wild poison ivy along the falls and streams, recommended that all individuals stay on the trail. Visit the [draper.ut.us](https://draper.ut.us) website for more information.

Visit [nowplayingutah.com](https://nowplayingutah.com), [seniorsbluebook.com](https://seniorsbluebook.com), [slco.org](https://slco.org) [senior center](#) and [caregiver](#) calendars for more options.

## Pinterest.com/slcoaging

Visit [Pinterest.com](https://Pinterest.com) for other [quotes](#) and insights.

HEALING DOESN'T  
MEAN THE DAMAGE  
NEVER EXISTED. IT  
MEANS THE DAMAGE  
NO LONGER CONTROLS  
OUR LIVES.

- Unknown -

## Support Groups and Virtual Senior Center

- **Amyotrophic Lateral Sclerosis (ALS)**
  - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
  - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
  - ♦ [Draper Library](#). Call 801.265.1944.
  - ♦ [Millcreek Senior Center](#). Call 801.265.1944.
  - ♦ [Jewish Family Services](#). Call 801.746.4334.
  - ♦ [University of Utah Alzheimer's Center](#). Call 801.585.7575.
- **Caregiver Lunch Bunch**—1st Thursday each month at 11:30 am. The group is doing social distance lunches at various locations. Contact [Dee](#) at 385.468.3248.
- **Online Caregiver Support Group**—2nd and 4th Thursday each month at 3:00 pm. This group meets online using WebEx Meeting. Contact [Christian](#) at 385.468.3236.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **Parkinson's Support Groups** in Utah. Call 801.585.2354.
- **S.A.G.E./LGBTQ+ Seniors**—[Utah Pride Center](#). Call 801.539.8800 ex 101. Various support groups offered.
- **Virtual Senior Center**. Call 385.468.3015 for details.