



The Caregiver News

February 2018

Stranded in the Danger Zone

Author Jim Hightower says “there is nothing in the middle of a road except yellow lines and dead armadillos.” Hesitating to make decisions is like laying on the yellow lines of a highway, placing one’s self at risk of becoming caregiver roadkill. Tired caregivers often collapse on the “Indecision Highway”, stranded in the danger zone—wounded and floundering in fatigue and frustration.

There are no perfect caregivers and no perfect decisions. The key to making good care choices is to realize that there are many good ways to make something happen. Choose a path, product or service that looks relatively good and give it a try.

No decision will make everyone happy. As human beings, we all have different life experience. This individualized experience leads us to assume that what works for “me” works for “you”. Advice is valuable—listen with an open mind, but never make a decision based solely on the limited understanding of someone outside the care circle. Thank those who provide options and concerns, but make

a decision using the caregiver and care receiver’s desired outcomes.

To jump start the decision process, it is important to understand why a decision needs to be made. Ask yourself “why” five times, answering each question. Why am I asking mom to move? She can’t climb the stairs and she’s falling. Why can’t she climb the stairs? She has weak leg muscles. Why are her muscles weak? She doesn’t exercise. Why doesn’t she exercise? She won’t go alone and I work. Why am I willing to find her a new home but not a place she feels safe enough to exercise? Is moving still the right decision? (Hint: Salt Lake County Senior Centers offer [Health Promotion](#) and other classes that assist independence.)

Once a caregiver or care receiver understands why change is necessary it is easier to accept the need for a decision. Accepting that we are on a road that moves us toward a useful destination helps caregivers and care receivers open up to discussing pros and cons, concerns, options and all the small steps necessary to make a good care decision.



How to Make Decisions

“The risk of a wrong decision is preferable to the terror of indecision.”
Maimonides,
Spanish Philosopher

Decision Quotes



Tips to Decision Making

The Tip Jar

Making Choices About Aging

“The time may come when an individual can not heal or live safely on their own. An individual may need to consider in-home care assistance or a short or long term placement in a health care facility.”

Visit the “Making Choices About Aging” section of the [caregiver guide](#) (page 32) on the [slco.org/caregiver](#) resource tab for more tips about in-home and facility care options. Visit the [55 Plus Senior Resource Directory](#) to find services.

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. Come learn eight stress therapy techniques.

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, and find resources.

Visit the [slco.org/caregiver calendar](#) or call Kathy at 385.468.3281 to find classes near you. Reasonable ADA Accommodations for the above classes are requested by contacting Susan at 385.468.3191 or [shoepfner@slco.org](#).

Stress Busting Ideas

Show yourself a little love and take time for self-care:

- [Cupids Chase 5k](#). February 10 starting at 8:00 am. Sugarhouse Park, 1300 E 2100 S. Email [shannon.wilkins@comop.org](#) for details.
- [Chinese New Year Celebration](#). February 17 starting at 1:00 pm. West Jordan Library Viridian Event Center, 8030 S 1825 W. Call 801.948.7858 or email [viridian@slcolibrary.org](#) for details.
- [Utah State Chariot Races](#). February 24 and 25 1:00 to 4:00 pm. Golden Spike Event Center, 1000 N 1200 W, Ogden. \$6 dollars.



The Travelin' McCourys
February 8 at 8:00 pm
State Room, 638 S State, SLC
Call 801.596.3560 for details.

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

Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
 - ♦ [Riverton Senior Center](#). Call 385.468.3040.
- **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. 1st Thursday each month from 11:30 am to 1:00 pm. Call 385.468.3281 to sign up.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **General Caregiver Groups**
 - ♦ [Millcreek Senior Center](#). Call 385.212.9071.
 - ♦ [Magna Kennecott Senior Center](#). Call 385.468.3281.
 - ♦ [Mt Olympus Senior Center](#). Call 801.424.2200.
- **Parkinson's**—[Riverton Senior Center](#). Call 385.468.3040.
- **S.A.G.E./LGBTQ Seniors**—[Tenth East Senior Center](#). Call 385-468-3140.

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

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Find Help in your Community
You can start your search by selecting zip code OR city/state OR topic.

Search by Location or Search by Topic

Zip Code:

City: State:

Search by Topic

- Adult Day Program
- Alzheimer's Disease
- Behavioral Health
- Caregiver
- Elder Abuse Prevention
- Financial Assistance
- Food & Nutrition
- Health Insurance
- Healthy Aging
- Home Repair & Modification
- Housing Options
- In-Home Services
- Legal Assistance
- Long Term Care
- Nursing Home & LTC Facilities

Search Reset

The Eldercare Locator is the official national database of Area Agencies on Aging across the United States. By adding a zip code into the database, long distance caregivers can find the Aging Service office closest to their care receiver. Visit [eldercare.gov](#).