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**Involving Others in Caregiving**

A few minutes of organization and a friendly approach can help provide a steady stream of assistance and creative problem solving.

1. Determine the tasks and assistance needed. Take a sheet of paper. Draw a vertical line down the middle of the paper. On the left side, list everything that needs to be done. On the right side of the paper list all the family, friends, neighbors and medical professionals who can assist in meeting needs.
2. Have the list out on the table, or even take it to appointments, so others can see what's needed when they visit. Let people determine if they can achieve something on the list during a time and date that works for them, especially if the work includes chores, shopping and lawn care.

3. Consider emailing or mailing the letter out to family, to see who might have time to stop by when they drive through to help with a few essential chores.
4. Send thank you cards to those who achieve even the smallest task. We all work harder and with more joy when we know our work is appreciated.
5. Consider making a fun snack on chore nights when people come to mow the lawn, etc. A little socialization is always fun and makes a chore seem lighter.
6. Reach out to community volunteer groups, government support programs and other groups if needs cannot be met by family and friends.

Individuals are more likely to offer support if they know they can choose a bite-sized task in a time frame that works within their schedule.



...choose a bite-sized task that works within their schedule.

## The Role of the Long Distance Caregiver

The caregiving role is not the full responsibility of the person who lives closest to the care receiver. Any caregiver, near or far, can play a vital and assistive role in caregiving for family and friends.

Long distance caregivers can:

- Research information, products and services on the internet
- Order and pay for food or take out meals so it can be delivered to the care receiver's home
- Help arrange and pay for in-home services
- Create and track a care receiver's automated bill payments
- Call or send cards to the care receiver
- Create a family update web or social media page and check in weekly with the local caregiver to keep it updated
- Treat the local caregiver to movie tickets, a spa gift card or other much needed support
- Ask about, listen to and assure local caregivers

### The Tip Jar

#### Family Meetings

- A monthly family meeting keeps all those involved in the care process up to date on changes, events and needs.
- Each individual should be allowed to self-determine what they can offer. Brainstorm ideas on how others might help.
- People first, tasks second. Just because a task is necessary does not mean a family member has to do it.

Visit the Caregiver's Guide in the [slco.org/caregiver](http://slco.org/caregiver) resource tab for more information.

**res·pite** 'respət, ri'spīt/ *noun* : a short period of relief from something difficult.

### Spring into something creative and new!

- Write your own memoir. Two part workshop available at the [Whitmore Library](#) starting May 4 (2197 Fort Union Blvd) For more information call 801.957.2192.
- Race for the Cure 5K will be May 13. Registration at 7:00 am and the race/walk begins at 9:00 am at Library Square (200 E 400 S, Salt Lake City). More information available through email at [info@komenutah.org](mailto:info@komenutah.org).
- [The Will Rogers Follies - A Life In Review](#). Shows run daily through May 13th. Pioneer Theatre, University of Utah, 300 S 1400 E. Call 801.581.6961 for ticket information.



**World Dance Folkfest**  
at the SCERA Theater  
May 15 at 7:00 pm  
745 S State St., Orem  
Get away for a night.  
Call 801.225.ARTS

# Calendar of Opportunities

## Caregiver Academy Workshops:

**The 6-Part Caregiver Academy** is a free six week skill workshop for family caregivers. Caregivers learn to manage a care environment and find essential resources.

Visit [slco.org/caregiver](http://slco.org/caregiver) or call 385.468.3281 to find a class near you.

## Stress Busting for Family Caregivers:

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

Visit [slco.org/caregiver](http://slco.org/caregiver) or call 385.468.3281 for upcoming classes.

Reasonable ADA Accommodations Contact: Susan Hoepfner 385.468.3191 [shoepfner@slco.org](mailto:shoepfner@slco.org)

## Support Groups

**Caregiver Lunch Bunch**—a peer support group held the 1st Thursday of the month from 11:30 am to 1:00 pm. **May**—Spud Toddos, 7251 So. Plaza Center Dr. Suite 120 West Jordan. Menu: [www.spudtoddos.com/menu](http://www.spudtoddos.com/menu). Call Kathy at 385.468.3281 for details.

### Alzheimer's, Frontotemporal Degeneration (FTD) & Other Dementia Groups:

- **Draper Library**, 1136 E Pioneer Road. Held the 1st Thursday of the month at 5:00 pm. Call Laura at 801.882.4759 for details.
- **Sandy Senior Center**, 9310 S 1300 E. Held the 1st Thursday of the month at 6:00 pm. Call Sandy Senior Center at 385.468.3410 for details.
- **Sandy Senior Center**, 9310 S 1300 E. FTD Group—Held the 2nd Wednesday of the month at 10:00 am. Call Bonnie at 801.231.3442 for details.
- **Magna Kennecott Senior Center**, 9228 W 2700 S. Held the 2nd Thursday of the month at 1:00 pm. Call Elizabeth at 801.613.4650 for details.
- **Millcreek Senior Center**, 2266 E Evergreen Ave (3450 S). Held the 2nd Thursday of the month at 1:00 pm. Call Laura at 801.882.4759 for details.
- **Mt Olympus Senior Center**, 1635 Murray-Holladay Rd. Held the 3rd Thursday of the month at 9:30 am. Call Ginny at 801.424.2200 for details.

### All Other Support Groups:

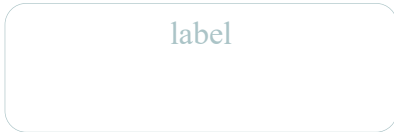
- **Caregiving**—**Millcreek Senior Center**, 2266 E Evergreen Ave (3450 S). Held the 1st Wednesday of the month at 10:30 am. Call Amy at 385.212.9071 for details.
- **Caregiving**—**South Jordan Senior Center**, 10778 S Redwood Rd. Held the 2nd Tuesday of the month at 11:00 am. Call Terra at 801.819.9739 for details.
- **S.A.G.E./LGBTQ Seniors**—**Tenth East Senior Center**, 237 S 1000 E. Held the 2nd Tuesday of the month at 1:00 pm. Email [rstarley@xmission.com](mailto:rstarley@xmission.com) for details.
- **ALS**—**Murray Heritage Senior Center**, 10 E 6150 S. Held the 2nd Thursday of the month at 7:00 pm. Call 801.264.2635 for details.

Other support groups and events can be found on [uw.org/211](http://uw.org/211) or [seniorsbluebook.com](http://seniorsbluebook.com).



**Salt Lake County Caregiver Support Program**  
**2001 South State Street S1-600**  
**PO Box 144575**  
**Salt Lake City, Utah 84114-4575**

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**A Caregiver needs a variety of resources, skills and ideas. Here are a few helpful resources:**

- **24 hour Crisis Hotline 1.800.273.8255 or 911, UNI Crisis Intervention: 801.587.3000**
- **Adult Protective Services at 801.538.3567 or 1.800.371.7897**
- **Salt Lake County Aging and Adult Services 385.468.3200**
- **Salt Lake County Caregiver Support at 385.468.3280**
- **Utah Information Hotline, dial 2-1-1**
- **Elder Care Locator for long distance caregivers at 1.800.677.1116**
- **Department of Services for People with Disabilities at 801.538.4200**
- **Grandfamilies at 801.326.4409 and Salt Lake County Youth Services at 385.468.4500**
- **LGBT Aging Center, SAGE or Utah Pride Center at 801.539.8800**
- **Office of Public Guardian at 801.538.8255**
- **Salt Lake County Human Services Programs at 385.468.7060**
- **Utah Independent Living Center at 801.466.5565**
- **Utah Parent Center at 801.272.1051**
- **Veterans Caregiver Support Program, Utah Coordinator at 801.582.1565 ext. 4165**

**Promoting independence through advocacy, engagement and access to resources**