An event for caregivers of Holocaust Survivors

Featured Speakers:
Barbara E. Paris M.C
Kristen Mallen LMSW

Cooking Demonstration:
Victoria Dwek

November 26th 2019 6:30 p.m. prompt
Keser Tzvi Hall 212 Wilson Street

A night of inspiration and entertainment!

The Jewish Federations of North America
Center for Advancing Holocaust Survivor Care

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The JFNA Center for Advancing Holocaust Survivor Care.
HOLOCAUST SURVIVORS AND THEIR CAREGIVERS
Family caregivers are “second generation survivors.”

- Physical health and mental health are both declining in aging survivors.
- By 2020, the youngest survivor will be 75 years of age.
- There are approximately 13,000 Holocaust survivors living in Brooklyn.

Survivors today.

- Benefits:
  - Multiple medications with side effects often outweighing benefits.
  - Multiple doctors leading to uncoordinated care.
  - Eating disorders, and more.

- Conditions:
  - Constipation, weight loss, urine incontinence, skin breakdown, arthritis, diabetes, cancer, impaired mobility, dementia.
  - Multiple chronic medical illnesses – heart disease, strokes.
FALLS

"Syndrome".

Even without injury - patients can develop "fear of falling"

The bathrub.

Assistive devices, low chairs and toilets, stepping in and out of

Fitting shoes, poor lighting, cluttered pathways, incorrect

External causes: uneven floors, area rugs, slippery floors, ill-

Weakness and more:

Arthritis, strokes, osteoporosis, dizziness, shifts in blood pressure,

Physical causes: poor vision, poor hearing, poor balance,
Fall Prevention

- Have a health care provider assess the need for an assistive walking device.
- Get treatment for osteoporosis.
- Foot health care checked by a health care provider.
- Make sure vitamin D level, vision, hearing, blood pressure in multiple positions and bars, hand rails, raised seats, proper footwear.
- Review the home environment – safe flooring, remove clutter, good lighting, grab and muscle strengthening.
- Exercise and physical therapy – for both upper and lower extremities, balance.
- Tell your doctor about every fall – this can help prevent future falls by identifying.
Recommended Immunizations: Influenza, Pneumovax 23. Tdap (Tetanus, Diphtheria, Pertussis) and Shingles (series of 2 injections).

Never use someone else’s medicine – what helps your neighbor may be harmful to you.

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Your primary care provider should see ALL the pill bottles including

INTERACT with your prescription medications and can be harmful.

All over-the-counter medicines and health food store supplements

adjusted as we age.

Medicines interact with each other and dosages often need to be
Eating can be a trigger for Holocaust survivors.

- For loose teeth and bridges.
- Ensure regular dental checkups, proper fitting dentures and cheek.

Feeding tubes do not prevent aspiration.

Learning proper ways to eat, and how to feed patients, is key in preventing aspiration.

Result in swallowing problems and aspiration. Learning proper ways to eat, and how to feed patients, is key in preventing aspiration.

- Being overweight and underweight both affect physical well-being.

EATING PROBLEMS
Breakdown:
- Skin should be kept free of urine and stool at all times to prevent skin breakdown.
- It is not considered "normal aging." Urinary incontinence has many causes that should be addressed.
- Bowel movement patterns vary— but not having a bowel movement for more than 3 days should be reported to the doctor.
- Appetite, stomach aches and agitation, medicines and illnesses. Patients can present with decreased activity, confusion, and common and related to decreased mobility, diet,

Bowel and Bladder Problems
Avoid sleeping pills. Can try melatonin.

Daytime "rest" should be in a lit space, preferably not in the bedroom.

Television in bed: Limit fluids in the evening and no alcohol or caffeine.

Sleep hygiene: Stable bedtime in quiet comfortable room; no reading or

Dementia, Caffeine and alcohol use.

Causes of poor sleep include medical illness, pain, medications,

Anxiety and depression.

Holocaust survivors who may suffer from post traumatic stress disorder,

Difficulty with sleep is common among the elderly and particularly

Sleep hygiene
Post Traumatic Stress Disorder (PTSD)

...
Resources: Carngkind, Alzheimer's Foundation.

- Agitated and aggressive patients.
- Massage and touch therapy can be more helpful than medications in calming.
- Keep stimulated - drawing, reminiscing, visitors, day programs, card games, etc.
- Avoid confrontation – don't force timed activities or embarrass someone by pointing out he/she is forgetful.
- Dementia patients may become fearful, unable to express themselves verbally.
- Changes, and difficulty with self-care.
- Over time, dementia patients can develop poor judgment, personality.
Better Caregiver:

- Taking time to maintain your physical and mental health will make you a better caregiver.

- Recognize burnout syndrome and seek assistance from other family members, community agencies, and support groups.

- Caring for elderly parents, caregivers are also the "sandwich generation." Caregivers can feel worn out and may take on a sense of guilt for their parents' past traumas.

- Many children of survivors have a very strong sense of obligation to their caregivers and may be susceptible to PTSD.

- Recognize that you are a second-generation survivor and therefore care also...
TIPS FOR KEEPING SENIORS SAFE AT HOME

Barbara E. Paris, MD
Kristen Mallon, LMSW
Division of Geriatrics, Maimonides Medical Center

Important Topics

- Fall prevention
- Tracking medication
- Managing illness
- Awareness of abuse and crime
- Caregiver needs

Falls

Multiple causes include poor balance, arthritis, poor vision, weakness, osteoporosis, dizziness, medical illness, ill-fitting shoes and incorrect assistive devices

How to make home environment safer

- Remove all clutter and area rugs
- Have good lighting in rooms, hallways and night-lights
- Stairways should have handrails
- Chairs should have cushions and armrests
- Remove everyday items from high or difficult to reach shelves
- Phones should be within easy reach and have answering machines
- Consider a personal emergency response system
- Wear properly fitting shoes or slippers – do not walk around in socks or stockings

Bathroom Safety

- Bathtub with mat or nonskid strips and foam rubber tub faucet cover
- Bath chair with back and armrests
- Washable wall-to-wall bathroom carpeting
- Raised toilet seat with armrests
- Waterproof phone and medical alert button
- Grab bars near toilet and shower
Prevention Tips

- Exercise
- Tai Chi and other balance programs
- Low heeled well fitting, soft soled shoes
- Proper assistive devices
- Sit for 20 minutes after a heavy meal and when getting out of bed

Prevent Medication Errors

- One health care provider responsible for knowing all the patient’s medications
- One accurate up-to-date list of medications and over-the-counter vitamins and supplements
- One pharmacy
- Be aware that one medicine can have several different names
- Over-the-counter medications, vitamin and herbal supplements may dangerously interact with prescription medications and should be reviewed with your doctor
- Never use another person’s medications

Take Care of Health Issues

- Regular check-ups, not just when feeling sick
- Healthy food choices
- Regular exams for vision, hearing and teeth
- Vaccines – flu, pneumonia, tetanus, diphtheria, whooping cough, and shingles

Hearing Loss

- Have the doctor check for earwax periodically
- Do not use Q-tips or try to clean the inner ear
- Special amplified phones and doorbell that include flashing lights
- Speak clearing and face the person. No need to yell

Hypothermia (too cold)

- Body temperature can be easily lowered causing hypothermia
- Signs of hypothermia include: shivering, body temperature below 96 degrees, confusion, excessive sleepiness, shallow breathing, and weakness
- Home thermostat should be no lower than 68-70 degrees
- Seek assistance if you have financial difficulty paying the heating bill
- Wear layered clothing and have extra blankets
Hyperthermia (too hot)

- Signs include confusion and dry skin, headache and nausea
- Drinks liquids
- Keep rooms ventilated
- Go to air conditioned community centers
- Seek assistance if you have financial difficulty obtaining an air conditioner

Prevention Strategies for Bed Sores

- Change body position frequently
- Keep skin clean and well lubricated
- Manage fecal and urinary incontinence with protective creams and frequent changes of underclothes

Elder Mistreatment

- Mistreatment is often not intentional but can be occur because of caregiver stress or lack of understanding of the needs of the older person
- Confused and depressed patients may suffer from self-neglect
- Most people will not tell you that they are being mistreated – you need to ask and be hyper-vigilant
- Be aware of mood changes, becoming withdrawn or fearful
- Be sure to speak to the older person alone and visit frequently
- Be wary of scam mail and other unsolicited offers for help

Sleep Disorders Tips

- Patients with dementia may develop irregular sleeping patterns
- Pain, difficulty breathing, frequent urination are common reasons for disrupted sleep
- The bedroom should only be used at night for sleep
- Eliminate caffeine products and chocolate in the evening
- Limit liquid intake after dinner
- Wait at least one hour after dinner before going to bed

General Home Safety Tips

- Keep lists of phone numbers of neighbors, super-intendants, ambulance, doctors
- Keep list of allergies
- Keep thermometer and Tylenol in the home
- Have a backup plan when main family caregiver out of town
- Keep extra keys with a neighbor or superintendent
- Have smoke and carbon monoxide detectors, fire extinguisher
Tips for the Caregiver

- Take care of yourself
- Do not be ashamed to ask for help
- Use community resources to support you
- Respite programs, community centers, transportation and Meals on Wheels for the patient
- Caregiver support groups
- Know that you are doing the best job that you can do!

Resources

- Caring Kind – Dementia Resource/Support for Caregivers
  Tel #: 646-744-2900
  www.caringkindnyc.org

- Alzheimer's Association – Dementia Resource
  Tel #: 800-272-3900
  www.alzny.org

- Bikur Cholim – Support for Holocaust Survivors
  Tel #: 718-438-2020
  www.bicco.org

- OHEL – Social/Emotional Resource
  Tel #: 800-603-OHEL (6435)
  www.ohelfamily.org

- Self Help – Support for Holocaust Survivors
  Tel #: 212-971-7600
  www.selfhelp.net

- JASA – Support for the Elderly (including meals programs)
  Tel #: 212-273-5272
  www.jasa.org

- Access-a-Ride – Transportation Service for the Elderly
  Tel #: 877-337-2017
  https://access.nyc.gov/programs/access-a-ride

- Adult Protective Services (APS) – Elder Abuse Hotline
  Main office #: 212-630-1853
  Brooklyn Borough Office #: 718-722-4830 and 718-722-4812
  http://www1.nyc.gov/site/hra/help/adult-protective-services.page