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THE CAREGIVER ROADMAP

A RESOURCE GUIDE DESIGNED TO HELP
YOU NAVIGATE ALL THE TWISTS AND
TURNS OF CAREGIVING AND FINDING
JOY ALONG THE JOURNEY

THE INDEX



DayBreak Senior Services is a locally owned and operated Senior Day Facility in Ogden, Utah providing the communities of Northern Utah an affordable elder care option. We are designed to provide social and basic health services in an environment where seniors can spend the day enjoying a variety of fun and engaging activities and socialize with others in a safe and supervised environment outside their home. We aim to diminish caregiver burnout by giving caregivers a break for the day, allowing them time for self-care and revitalization. We believe both caregivers and those they care for deserve a **DAY-cation**! We created this resource guide to provide support for caregivers and their loved ones as they adjust to a new normal. It's often times uncomfortable and challenging but also not without joy and laughter.

WHAT'S INCLUDED

1. **Research Your Destination** - *Understanding what being a full-time caregiver means*
2. **Planning When and Where To Stop** - *Recognizing the signs of caregiver burnout and identifying burnout among your loved one*
3. **Document the Journey** - *Creating a memory box*
4. **Ask For Directions** - *Resources, organizations and groups available to support you through all stages of caregiving*
5. **Have Fun!** - *Finding joy throughout your new normal*

DayBreak Senior Services

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Research Your Destination

I'm caring for
someone full time.

Now what?



Sharing Caregiving Responsibilities

Sharing responsibilities with other families members, friends or other members of your support network is important to help you reduce stress while caring for a loved one. Start by creating your care team and agreeing who will be responsible for what components of care. Without clearly defining the family's expectations and each person's role in providing care, it's all too easy for one person to end up shouldering all the work. Ideally, you'll be able to allocate responsibilities to play off one another's strengths. For example, if one sibling is great with finances, he might take over balancing accounts and paying bills. Perhaps someone else is great with keeping everyone updated, and she can be the communications point person. Clearly defining who will do what can go a long way to preventing future conflict.. Every member of the care team should have a solid understanding of your loved one's limitations and capabilities along with relevant information about the illness or disability, treatments, medications, and other care details. While the family is considering how to allocate responsibilities, each person should be open and honest about his or her own limitations. Care team members should ask themselves about how they'll be able to fit caregiving responsibilities into their schedules and how frequently they'll be able to check in or visit their loved one. Those who live close will likely take on the role of primary caregivers. But those who are farther away can still take a share of the load by performing tasks like paying bills, organizing communications, and providing respite care to give primary caregivers a break.

Research Your Destination

Ask For Help When Needed!

It's equally important to build a support system outside of your care team. Relying on resources available in the community can aid in supporting you and your loved ones mental, physical and emotional health. DayBreak Senior Services allows you the chance to enjoy a break from your daily responsibilities of caregiving. It will also give your loved one the opportunity to get out of the house and engage in a variety of activities



Benefits of Adult Day Services

- **Quality Care**

With a smaller capacity, the ratio at DayBreak Senior Service will never be more than 1:6 (one Certified Nursing Assistant per six participants) All DayBreak staff consists of CNA's who are trained in caring for those affected by isolation and depression, frailty and physical dependence, incontinence, dementia and other memory impairments, strokes, Parkinson's disease and other age-related chronic illnesses. Smaller ratios allow for a more personalized experience for our participants.

- **Promotes Independence**

At DayBreak, seniors are able to engage in a variety of fun activities and socialize with others in a safe and supervised environment outside their home. All DayBreak's activities are catered to meet all participant's individual needs and abilities.

- **Affordability**

DayBreak is the most affordable elder care option in our community. At a fraction of the cost of assisted living or in-home care, DayBreak offers both half and full-day rates with no long-term commitments. All rates are inclusive of meals, activities and supplies. DayBreak is proud to be an approved vendor for qualified individuals with the VA and Medicaid

- **Provides Daily Respite for Caregivers**

Daybreak will allow you to focus on your health and lower your stress levels while you continue to provide quality care for your aging adult. Additionally, our services will give you a chance to rest and spend higher quality time together after taking those much-needed/deserved breaks



Planning When and Where To Stop

Signs of Caregiver Burnout

Caregiver burnout can lead to feelings of anxiety and depression and left unaddressed can lead to serious consequences including elder abuse.

You may be experiencing caregiver burnout if these symptoms apply to you:

- Physical and emotional fatigue.
- Feeling hopeless, isolated, and/or trapped.
- Irritability, tearfulness, or emotional numbness.
- Anxiety and/or depression.
- Increased sicknesses, such as colds.
- Losing your empathy for the person you're caring for and/or feeling resentful towards them.
- Feeling impatient and argumentative, either with the person you're caring for or people around you.
- Withdrawing from, or losing interest in, activities and hobbies you once enjoyed.
- Physical symptoms, such as increased headaches, ulcers, and stomach aches.
- Feeling like your life revolves around your caregiving duties.
- Withdrawing from friends and family.
- Waking up and dreading the day ahead of you.
- You don't want to ask family or friends for help as you fear being a burden.
- Unhealthy coping behaviors, such as eating junk food, smoking, and drinking.
- Feeling like you want to hurt yourself and/or the person you're caring for.
- Disrupted sleep and/or reliance on sleep medication.
- Changes in your appetite, such as skipping meals or eating more than usual.
- Losing or gaining weight.

If you are struggling with your duties as a caregiver, it's okay to ask for help.

Contact DayBreak Senior Services to learn more about available support options.



Planning When and Where To Stop

How Can I Prevent Caregiver Burnout

- Find someone you trust -- such as a friend, co-worker, or neighbor -- to talk to about your feelings and frustrations.
- Set realistic goals, accept that you may need help with caregiving, and turn to others for help with some tasks. Local organizations or places of worship may provide support groups (either in person or online) for caregivers or family members of those suffering from diseases such as cancer or Alzheimer's. These organizations may also provide respite care to allow the caregiver to have time away from the patient.
- Take advantage of respite care services like **DayBreak Senior Services**. Respite care provides a temporary break for caregivers. This can range from a few hours of in-home care to a short stay in a nursing home or assisted living facility.
- Be realistic about your loved one's disease, especially if it is a progressive disease such as Parkinson's or Alzheimer's. Acknowledge that there may come a time when the patient requires nursing services or assisted living outside the family home.
- Don't forget about yourself because you're too busy caring for someone else. Set aside time for yourself, even if it's just an hour or two. Remember, taking care of yourself is not a luxury. It is an absolute necessity for caregivers.
- Talk to a professional. Most therapists, social workers and clergy members are trained to counsel individuals dealing with a wide range of physical and emotional issues.
- Know your limits and be honest with yourself about your personal situation. Recognize and accept your potential for caregiver burnout.
- Educate yourself. The more you know about the illness, the more effective you will be in caring for the person with the illness.
- Develop new tools for coping. Remember to lighten up and accentuate the positive. Use humor to help deal with everyday stresses.
- Stay healthy by eating right and getting plenty of exercise and sleep.
- Accept your feelings. Having negative feelings -- such as frustration or anger -- about your responsibilities or the person for whom you are caring is normal. It does not mean you are a bad person or a bad caregiver.
- Join a caregiver support group. Sharing your feelings and experiences with others in the same situation can help you manage stress, locate helpful resources, and reduce feelings of frustration and isolation.

Planning When and Where To Stop

Signs Your Loved One May Need Help

- 1.Changing eating habits, resulting in weight loss, appetite loss, or missed meals
- 2.Neglecting personal hygiene, including clothing, body odor, oral health, nails, and skin
- 3.Neglecting the home, with a noticeable change in tidiness and/or sanitation
- 4.Exhibiting inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at unusual hours
- 5.Changing relationship patterns, causing friends and neighbors to express concern
- 6.Physical injuries, such as burns, which may have resulted from general weakness, forgetfulness, or misuse of alcohol or medication
- 7.Decreasing or stopping participation in activities that were once enjoyable, such as a bridge or book club, dining with friends, or attending religious services
- 8.Exhibiting forgetfulness, resulting in unopened mail, newspaper piles, unfilled prescriptions, or missed appointments
- 9.Mishandling finances, such as not paying bills or paying them more than once and losing or hiding money
- 10.Making unusual purchases, such as more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements

"He absolutely loved it. He came back a different person. It was almost as if he didn't have dementia. I saw signs of who he was and he can't wait to go back."

-DayBreak Caregiver

DayBreak may be able to help!

Adult Day Services like DayBreak is a great option for seniors who cannot be safely left alone or experience anxiety when no one else is around. DayBreak can also help senior adults who can no longer structure their own daily activities or have problems focusing on an activity like reading or watching TV. The opportunities to socialize with peers and the emotional support our CNA's provide can also help relieve feelings of isolation and depression.

Documenting The Journey

Creating a Memory Box



At DayBreak we know those living with Alzheimer's disease, dementia, or other forms of memory loss can benefit from a memory box, which functions as more than just a link to the past. It can stimulate the senses, trigger recall, or even help your loved one make new friends. Memory boxes can be filled with items such as family photos, postcards, newspaper clippings, or souvenirs. A memory box paints a picture of a person's past. They can take many forms, imagination is your only limit. Was your loved one an avid musician or maybe a basketball fanatic? Consider including something related to music or old jersey. The goal is to create a reflection of your loved one's identity, and the benefits can be far-reaching.



Provide Sensory Stimulation

Memory boxes packed with items your loved one can touch, read, smell, or even listen to engages the senses – and the result can be highly beneficial. Flipping through old photos or playing out a tune on that old harmonica enlivens the senses. It can boost mood and self-confidence by stirring feelings of familiarity. We've all been transported back in time when a familiar song comes on the radio or we smell a particular food that reminds us of our childhood.



Documenting The Journey

Creating a Memory Box



Encourage Memory Recall

A memory box is a link to your loved one's past. Their treasured mementos can help draw out fond memories and reconnect your loved one to their interests and identity. Those connections can do wonders for their sense of self-worth.

Start a Conversation

Studies have shown that a healthy social life boosts cognitive health. What better gateway to conversation than a memory box? It puts your loved one's interests front and center, creating instant common ground. Talking about hobbies and interests can jog old memories and spark confidence and help your loved one make new friends.



Offer Opportunity to Learn Your Loved One's Past

In determining what to include, you may learn things you never knew about them – past jobs, past adventures, hobbies, and other fun facts. And not only will creating a memory box serve as a bonding opportunity, it'll help preserve your loved one's legacy and link them to later generations. Imagine a young child learning of his great-grandfather's military service or athletic exploits through tangible items like medals, trophies, or newspaper clippings? It's a gift that will keep on giving for generations to come.

Documenting The Journey

Creating a Memory Box

The memory “box” can take a number of forms—maybe a basket, an inexpensive plastic container with snap-on lid, or a shoebox. Putting the box together could be a fun, intergenerational activity for your family. Enlist the help of the grandchildren to decorate the box or contribute to the collection.

Memory Box Ideas

The memory box can include any item that might mean something to the person with dementia:

- A baseball glove
- A favorite article of clothing
- A trophy or medal
- Trip souvenirs
- A stuffed animal
- A music related item

Have the person with dementia hold each item and encourage that person to share what that object brings to mind. You can talk about how it feels—bumpy, smooth, fuzzy, hard—and what memories the person associates with it. The possibilities for what you might place in a memory box are endless.

Use your creativity to create a memory-stimulating collection of items customized specifically to the person with dementia.

You may want to get creative and create themed memory boxes with items relating to a specific experience:

Trip to the Beach Memory Box:

- Sea shells
- Pan filled with sand, large enough to place feet in
- Dried starfish
- Beach towel
- Sun tan lotion

Nature Walk Memory Box:

- Leaves
- Tree bark
- Flower petals
- Pine cones
- Acorns
- Rocks
- Pot of soil (particularly if the person likes gardening)



Documenting The Journey

Creating a Memory Box

Other keepsake ideas

- Copies of Family photos (Be sure to label photos with names and perhaps the year they were taken.)
- Favorite book(s)
- Baseball, hockey puck, baseball cards, etc.
- Different types of fabrics the resident finds appealing or comforting
- Favorite Perfume/lotion
- Potpourri sachet
- A bar of a favorite soap
- Children or grandchildren's artwork
- Gardening gloves or tool (Nothing sharp Please!)
- A family heirloom (NOT an irreplaceable one!)
- Letter(s) from a loved one
- A favorite recipe, perhaps from a Thanksgiving or cherished holiday meal
- Sheet music
- Favorite CD
- Keychain
- Postcards
- Baby toy or stuffed animal
- Newspaper clippings
- Jewelry (without pins), perhaps a favorite necklace that they frequently wore
- Old coins
- Wedding trinket
- Hairbrush
- A favorite pair of shoes
- A Christmas ornament, stocking, or Hanukkah candles
- A thimble, sewing pattern, or other craft item

In everything remember safety first. Avoid sharp objects or heavy items. If an item is rare or irreplaceable, consider leaving it out of the box. Using a label such as a string/tag or a sticker will help them to recognize the item. Including a piece of paper that lists all the items with a short sentence is also helpful.

Be creative and collect a variety of memory-stimulating items designed specifically for the person with Alzheimer's disease or dementia. If needed, you can create multiple memory boxes for different themes. Maybe one could hold memories of the kids and another of a favorite hobby. All keepsakes do not have to fit into a single box. *Have fun!*



Ask for Directions

Resources, organizations and groups available to support you through all stages of caregiving

Alzheimer's Association

800.272.3900

Parkinson's Foundation

1.800.473.4636

Weber/Morgan AAA (Area Agency on Aging)

801-625-3770

Weber Human Services Caregiver Support Program

801-625-3866

Community Resources:

<https://www.weberhsaging.net/community-resources>

Davis County Health Department Senior Services

801-525-5050

National Alliance for Caregiving

caregiving.org

Family Caregiver Alliance

caregiver.org

Ask for Directions

Resources, organizations and groups available to support you through all stages of caregiving

Veteran Affairs (Utah Dept. of)

1-800-894-9497

American Cancer Society

1-800-227-2345

American Diabetes Association

1-800-888-1734

Medicaid Information

1-800-662-9651

Adult Protective Services

1-800-371-7897

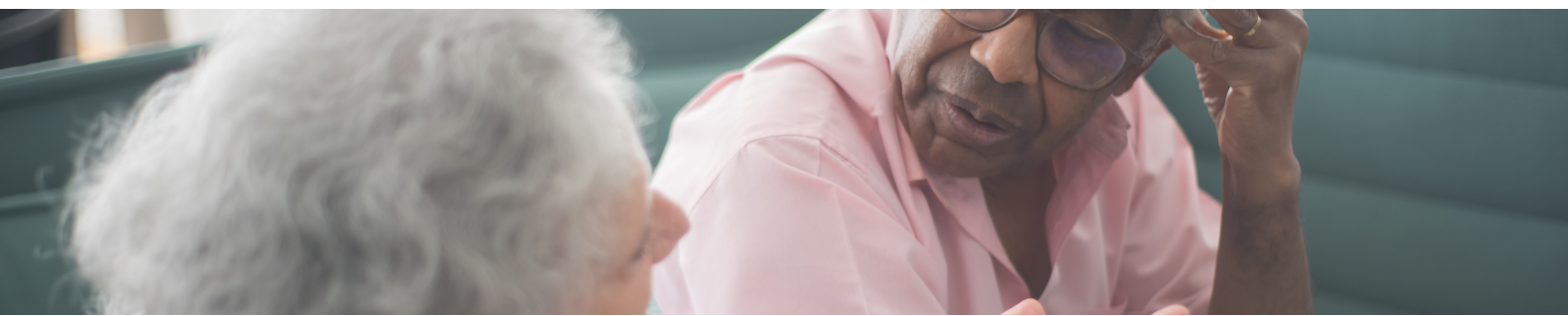
Elder Care Locator

1-800-677-1116

The 36-Hour Day

by Nancy L. Mace and Peter V. Rabins

DayBreak will be there for you before, during and after your caregiving journey and can assist with information and referrals for additional, necessary support. From your first visit, you're family at DayBreak.



Have FUN!

Finding joy throughout your new normal



While many moments throughout a caregiver's journey can be sad, frustrating and emotionally draining, at DayBreak, we recognize every day is an opportunity for new memories to be made and fun to be had!

Participants leave DayBreak with smiles on their faces and stories to share. When you take a break for the day, you can be better engaged when your loved one returns home. This can lead to strengthened relationships and opportunities for new conversations.

Myths About Adult Day Care

Myth 1: It's a glorified babysitting service for seniors

Topping the list of myths is that adult day care is basically an elder-focused version of day care or babysitting. This is a damaging bit of misinformation that deters many families from taking advantage of such an important source of respite. The thing is that caregivers want their elderly loved ones to spend time somewhere they enjoy.

DayBreak Senior Services offers a wide variety of daily and monthly calendar of activities inclusive of all abilities including crafts, field trips, traditional games, service projects, staff-led exercise, memory games gardening, music therapy, cognitive trivia, physical games, scenic tours, pet therapy, presentations, pampering/personal care, storytelling, healthy meals and plenty of opportunities for socialization and individual time for rest and relaxation.

Myth 2: Everyone who goes to an adult day center is sick and feeble

This is generally a concern for older people who don't want to be "dragged down" by their frailer peers. Many people falsely believe that these centers consist of just a bunch of old people grouped together but, participants cover a broad spectrum of ages and abilities. Larger centers are often capable of accommodating seniors across this spectrum, but there are smaller providers that specialize in caring for participants with specific physical and/or mental conditions. Offerings vary by community, so keep in mind that it may take a bit of research to find a provider that is a good fit for an aging loved one.

All **DayBreak** staff consists of trained Certified Nursing Assistants (CNA's) dedicated to providing a safe and healthy environment for our participants. Our team specializes in caring for those affected by isolation/depression, frailty and physical dependence, dementia, Alzheimer's, memory impairment, strokes, Parkinson's Disease and chronic illness. Additionally, DayBreak staff can assist with medication administration, toileting/incontinence care and grooming. We value the personal and unique relationships we are able to develop with each of our participants and their caregivers.

Have FUN!

Finding joy throughout your new normal

Myths About Adult Day Care

Myth 3: Every activity is scheduled, and seniors can't deviate from the agenda

The regimented schedule myth is closely related to the babysitting comparison above. This illusion stems from people's experiences with day care and school days where young children are given a schedule they must adhere to. This model is seen as a necessity for the younger set but is rightly thought to be infantilizing to seniors. Individuals at adult day programs are still capable of making their own decisions about how to spend their day at the center. In fact, many centers are open to new activity suggestions from their participants. At **DayBreak**, participants are always encouraged to participate in activities but never required to do so. We work on the monthly activity schedule with our participants to ensure their ideas and interests are included in our offerings.



Myth 4: Centers are focused on activities and care—there's no time for seniors to sit around and chat

Isolation and loneliness are prevalent among the elderly population and can be detrimental to both seniors' mental and physical health. Centers can offer a much-needed social outlet for older individuals. Many participants thrive due to a renewed sense of belonging. Seniors (can) develop strong bonds as they mingle with one another and share everything from personal stories to knowledge of medical conditions. Even if a loved one is not particularly outgoing, simply being around new people and experiencing a different environment from time to time can be a refreshing change. **DayBreak's** facility promotes opportunities for participants to rest, relax and chat with friends in a safe and supervised environment. Our staff ratio to participant will never be beyond 1:6 so our CNA's are also able to serve as friends and confidants.

Myth 5: Caregivers aren't allowed to participate

Some caregivers may think that an adult day center won't let them participate in activities with their elderly loved ones because the center may have something to hide. At **DayBreak**, we love when our caregivers can spend time with their loved ones at our facility and we plan monthly activities where caregivers are invited to attend and participate. We also have our Caregiver Circle which allows opportunities for socialization, connection and fun for our caregivers! **DayBreak** believes helping our caregivers build a network of support will continue to help relieve some of the burden they carry every day.



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“DayBreak is a great place for senior care. My dad attended DayBreak and the staff was so great to him. They are so kind and loving and truly care. They always had fun activities planned and kept us informed of everything. I would definitely recommend them to anyone looking for senior care”

- Daybreak caregiver

You are not alone.

Contact DayBreak today to schedule your complimentary tour and nurse evaluation. We know you will love our services so we invite you to try us out for free. Contact us to learn more.