

Minutes

Caregivers Committee Governor's Commission on Senior Services January 24, 2008 Department of Human Services

Attendees: Remona Simpson (Chair), Kay Kirkbride (Vice-Chair), Elaine Barrett, Eunice Dutton, Chuck Frazier, John Helm, Barbara Nelson, Marjorie Reuling, and Joan Staley

Excused/Absent: Kathleen Schonau and Kelly Wessels
Guests: Peggie Beck, Judy Bowen, Patty Brost, Robert Lawrence, Ross Mathews, Timothy McQueary, Marilyn Patton, Debbie Waring, and Glenna Wilder

Staff: Becky Murphy and Marc Overbeck

Called Meeting to Order

Introductions – Introductions were made by members and guests.

Review Agenda – Kay requested to give two updates.

Approval of December Minutes - MOTION: Approved minutes as written.
(Eunice Dutton/Joan Staley) *Passed.*

Announcements:

- Judy Bowen reported OPB and AARP received a grant, and OPB has made a documentary about caregiving for aging parents. There will be a Caring for Your Parents Outreach Stakeholder meeting on February 4, 2008, 11:00-2:00 in Portland, and outreach events planned in Portland, Corvallis, Eugene, and Bend.
- Robert reported there is a celebration scheduled for retiring legislators on February 4th, at 5:30 p.m., at the Salem Convention Center--sponsored by OHCA, AARP, and O4AD.

Emergency Preparedness Update – Washington County (Kay Kirkbride)

As a follow-up from the last meeting, Kay brought a sample of a 72-hour emergency kit. Partners in Action for Senior Safety (PASS) created the kits (\$25.00) for assisted living apartments. The kits will last up to five years. Handouts distributed were: a list of contents of a kit, Emergency Quick Reference for three facilities, emergency transportation information, a newspaper article, and information regarding retirement and assisted living housing.

Judy Bowen suggested possibly there could be funding through the Older American Act which supports survivors, to assist in the cost of the kits.

Patty and Eunice reported on past projects that had no follow-up mechanism. It was suggested that any future partnerships would have an agreement for evaluations and reports.

Powerful Tools for Caregivers Training (Kay Kirkbride and Debbie Waring)

Kay and Debbie introduced themselves--both promote health for caregivers. "Powerful Tools" training has been given to 15,000 people in 20 states (through Legacy Health System). The training in the six-week class, applies to various, diverse groups. Part of the premise is that if a caregiver takes care of themselves, they will be a better caregiver. Information about community resources for caregivers are available at each site where training is given.

Kay and Debbie taught an overview of a class on Managing Stress---understanding stress levels and coping. Caregivers are reminded they don't have to be alone---and how to "thrive rather just survive."

The objectives of the training are to relieve stress through the following means:

- Recognize warning signs of stress early:
- Identify sources of stress.
- Identify what you can and cannot change.
- Take action (have weekly action plan---something you want to do and reachable).

Handouts distributed were: Caregiver Help List, Tools for Releasing Stress, My Action Plan, Progressive Muscle Relaxation, Powerful Tools for Caregivers (which include websites, Caregiver Bibliography, and class schedule), and a summary of what the resource book includes (cost is \$25.00).

At the end of class, members listened to a relaxation tape.

Home Care Commission Update (Kay Kirkbride)

Kay gave an update on the Union agreement with the Home Care Workers.

Planning for the Next Meeting

No agenda items were suggested before adjournment.

Adjourned.