



# CASE

CASE WESTERN RESERVE UNIVERSITY

## Care for Caregivers *Prentiss Care Networks Project*

Funded by the Elizabeth Severance Prentiss Foundation



### Caregivers Caring for Themselves

*How to manage working and caregiving!*

The Western Reserve Area Agency on Aging (WRAA) reports that most of the 22 million Americans who are caregivers are also working full or part time jobs. This requires balancing two very demanding roles. To help with this the agency suggests using the Family Medical Leave Act to the best of your advantage. To see further details on FMLA visit the WRAA website at:

<http://www.psa10a.org/>

Caregiving/

balancingworkandcaregiving.asp

Also the U.S. Department of Labor has a comprehensive page at :

<http://www.dol.gov/esa/whd/>

fmla/

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### Meet The Advisory Board Co-Chairs



Susan Schwarzwald

*Western Reserve Area Agency on Aging*



Susan Axelrod

*Cuyahoga County Senior and Adult Services*

#### Co-Chair– Susan Schwarzwald’s Thoughts on Caregiving and Prentiss

In my work at the WRAAA, I am able to capture opinions, trends, findings, and emerging problems in the lives of community dwelling seniors and their caregivers. In administering the Older Americans Funds I collaborate directly with governments, nonprofits, for profits and faith based organizations which provide senior services. This overview of aging and multidisciplinary approaches contributes greatly to the (University) Center on Aging and Health and the concept of a caregiver network, or Care-Net. The Care-Net will enhance the work done by providers in our region including so I am pleased to be able to co-chair this important new community venture.

Susan Schwarzwald, M.S.S.A., is Director of Program Development and Planning for the Western Reserve Area Agency on Aging (WRAAA). Ms. Schwarzwald is currently responsible for strategic planning, implementation and allocation of funding for the Older Americans Act & State of Ohio Senior Service programs. Additionally, she manages the funds dedicated to Health promotion initiatives, Alzheimer Respite, and directs the Area Agencies’ housing program for a five County area. She has extensive experience with agencies providing social and nutrition services to seniors. She has done a lot of collaboration in the community including establishing a model of coordinated transportation for older persons in Cuyahoga County and successfully working to establish an electronic senior gateway to information called seniorsconnect.org.

#### A Student’s Thoughts:

“I, too, am a caregiver and had a vested interest in the future of caring for the elderly. [This research experience helped me to] understand . . . the future advances that such research would provide to care recipients and caregivers. I am so excited to see the impact the care network will have on our communities.”

Laura Mole ~Research Intern, Hiram College

## Meet the Community Advisory Board

Susan Schwarzwald, MSSA, Co-Chair

Director, Program Development

Western Reserve Area Agency on Aging

Susan E. Axelrod, BA, MA, Co-Chair

Director, Cuyahoga County Senior

& Adult Services

Paul W. Alandt, MA, STL

President & CEO, Golden Age Centers

Richard Browdie, MBA

President & CEO, Benjamin Rose Institute

Linda Dukes-Campbell, BS

Chief of Community & Media Relations,

NASA Glenn Research Center

Informal Caregiver

Cynthia H. Dunn, MSSA

President and CEO, Judson Services Inc.

Janice M. Dzigiel, MPA

Director, Center of Applied Gerontology,

Cuyahoga Community College

Stacey Easterling, MPH

Program Officer, The Cleveland Foundation

Stephanie FallCreek, MSW, DSW

CEO, Fairhill Institute

Stephen Foley

Attorney, Robert E. Sweeney Co. LPA

Informal Caregiver

Edna Fuentes-Casiano, BA

Program Director,

Catholic Charities/Hispanic Senior Center



### Role of the Advisory Board:

The Prentiss Care Network partners with agencies and families in the Greater Cleveland community who have an investment in caregivers of older adults. The Community Advisory Board helps to identify the needs of caregivers and evaluate the programs the project provides to the community in meeting those needs.

Jane E. Fumich, MS

Director, Cleveland Department of Aging

Zev Harel, PhD

Professor, Cleveland State University

Carla M. Harwell, MD

Medical Director,

Otis Moss Jr., Health Care Center/

University Hospitals

Marylou Kiley, PhD, MS, MA, BSN

Independent Contractor

Sheila Niles, MSN, RN, CS

Director, Community Projects & Elder Health,

Visiting Nurse Association

Linda S. Noelker, PhD,

Senior Vice President, Benjamin Rose Institute

Kathleen A. Ondus, MSN, RN, CS

Geriatric Clinical Nurse Specialist,

Director of Resident Health & Wellness

The Renaissance, Eliza Jennings Senior Care Network

Steven Raichilson, MHA

Executive Director,

Menorah Park Center for Senior Living

Stacey B. Rokoff, MSSA, LSW

Director, School of Caregivers, Fairhill Center

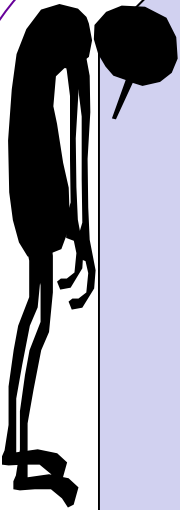
Mary K. Schwendeman

CEO, Alzheimer's Association

David Simpson, MA

CEO, Hospice of the Western Reserve

## Is Caregiving Wearing You Down?



It is important to recognize both the rewards and the risks of caregiving for older adults. Researchers and providers have frequently found a disproportionately higher presence of depressive symptoms among caregivers. These symptoms are thought to be related to the stresses of caregiving. Depression can lead to health problems and cause loss of function.

While many caregivers report that they get many rewards from caregiving, we also know that caregivers put a lot of energy and effort into caregiving. The challenge is to know when caregiving may be putting your own health at risk. There are a few signs to watch for that may suggest that the stresses outweigh the positives. Symptoms of depression may include lack of energy and loss of interest in usually activities you enjoy, and difficulties with appetite, sleep, concentration, and overall body comfort. While some people experience mood changes such as sadness, it is important to recognize that depression may be present even without sad or depressed feelings. The symptoms of depression can occur along with other medical conditions and may even worsen other medical conditions. The message is this: **You give so much...do not forget to take care of yourself.**

One resource, from the American Medical Association, is a short questionnaire that you, can take to evaluate your risk for sadness and depression (available in English and Spanish). It is available at the following website: <http://www.ama-assn.org/ama/pub/category/5037.html>

If you are at risk for stress and depression, help is available through **your usual health care provider**; or **phone 211**, United Way's "First Call for Help" line or visit their website at <http://www.uws.org/fcfh/index.asp>

E Juratovac

## Meet the Staff....



**Diana L. Morris, RN, PhD, FAAN**  
*Project Director, Prentiss Care Network Project*  
Associate Professor of Nursing, Frances Payne Bolton School of Nursing ; Associate Director, University Center on Aging & Health



**Aloen L. Townsend, PhD**  
*Co-Director, Prentiss Care Network Project*  
Associate Professor, Mandel School of Applied Social Science; Faculty Associate, University Center on Aging & Health



**Diane Ferris**  
*Manager, University Center on Aging and Health*



**Amany Farag**  
*PhD Student, Prentiss Care Network Project*



**Elizabeth O'Toole, MD**  
*Co-Director, Prentiss Care Network Project*  
Associate Professor Of Medicine and Bioethics Family Medicine, School of Medicine and Associate Director, University Center on Aging & Health; Co-Director, Western Reserve Geriatric Education Center ,and Director, Internal Medicine Section of Geriatrics and Palliative Care, Metro Health Medical Center



**Evanne Juratovac, MSN, RN, CS**  
*Project Coordinator, Prentiss Care Network Project*  
Lecturer, Frances Payne Bolton School Of Nursing



**Sandra Hanson**  
*Administrative Assistant, University Center on Aging & Health*



**Tresa Schumann**  
*Undergraduate Student , Prentiss Care Network Project*

Contact us at [caregiving@fpb.case.edu](mailto:caregiving@fpb.case.edu)



## Care for Caregivers— Prentiss Care Network Project

Prentiss Care Networks Project  
10900 Euclid Avenue  
Cleveland, Ohio 44106  
216.368.4945 | Fax: 216.368.6389

**CASE WESTERN RESERVE  
UNIVERSITY -  
UNIVERSITY CENTER ON  
AGING AND HEALTH**

Find more information at:  
<http://caregiving.case.edu>



Date	Event
<b>THE MONTH OF MAY *</b>	<b>OLDER AMERICANS MONTH</b>
May 3-May 17, 2005	Cuyahoga Community College– Activities for Dementia: Time Well Spent
May 3– May 10, 2005	Cuyahoga Community College– Aging and the Person with Intellectual Disabilities
May 5th, 2005	Lessons in a Lunchbox Faith in Action Medina County Caregivers
May 6, 2005	Cuyahoga Community College– DRIVE Re-fresher
May 10, 2005	The elder Caregiving Awards by the Ohio Department of Aging at the State House atrium, Columbus
May 12, 2005	Cuyahoga Community College– Understanding Social Security
May 17, 2005	Senior Citizen Day
May 25, 2002	City of Cleveland Senior Day City of Cleveland Department of Aging Cleveland Public Hall
June 3, 2005	<u>16th Florence Cellar Conference– Executive Caterers at Landerhaven</u> “Late Life Depression”

\*\*\* This years theme for Older American month is “Celebrate Long-term Living” as picked by the Administration on Aging to recognize the value of older persons contributions to their communities. For more information visit <http://www.aoa.gov/press/oam/oam.asp>

### Education Programs Available to the Community

The Prentiss Care Network staff have developed educational programs to meet the needs of both formal and informal caregivers of older adults through the Prentiss Care Networks project. The goal of the program is to provide education and training to all caregivers to improve care for the older adults. The Prentiss Project works with a variety of settings, including nursing homes, home care agencies, faith-based programs, community based family caregiving programs, and facility-based family support groups. Topics such as depression, pain management, anger management, and communication with cognitively impaired older adults can be adapted to fit the needs of a variety of caregiver audiences. The project staff are developing more programs to support the needs of the community. To find out about these programs for formal and informal caregivers or discuss other available options contact the Prentiss project at 216.368.4945 or visit the website for further details at [caregiving.case.edu](http://caregiving.case.edu).

**In the next issue...**  
*Our Community Collaborators*