



CAREGIVERS COUNT! 14TH ANNUAL CONFERENCE

**4-Part Series
Sept. 14, 21, 28
& Oct. 5, 2024**

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Daniel Sego

Born and raised in Greenwood, Indiana Daniel earned his clinical doctorate in occupational therapy from Indiana University in 2021. Since then, he has devoted his professional journey to exploring and implementing modern, evidence-based occupational therapy services to enrich the lives of individuals grappling with neurological challenges. Daniel's passion lies in working with those affected by acquired neurological conditions, and he has history of delivering rehabilitative services within diverse setting across the spectrum of recovery and disease progression. This hands-on experience, along with an academic and research based focused background, grants him a unique insight into the lived experiences of his clients and allows him to plan and implement the highest level of rehabilitative care. Daniel maintains a commitment to delivering literature-supported, modern intervention strategies while striving to integrate empathy, innovation, and collaboration into his work in facilitating independence.

Stay Active and Independent for Life!



Daniel Sego, OTD

Rehab Director Greenwood, IN

JJ Flentke PT MPH DPT CEEAA

National Quality Team

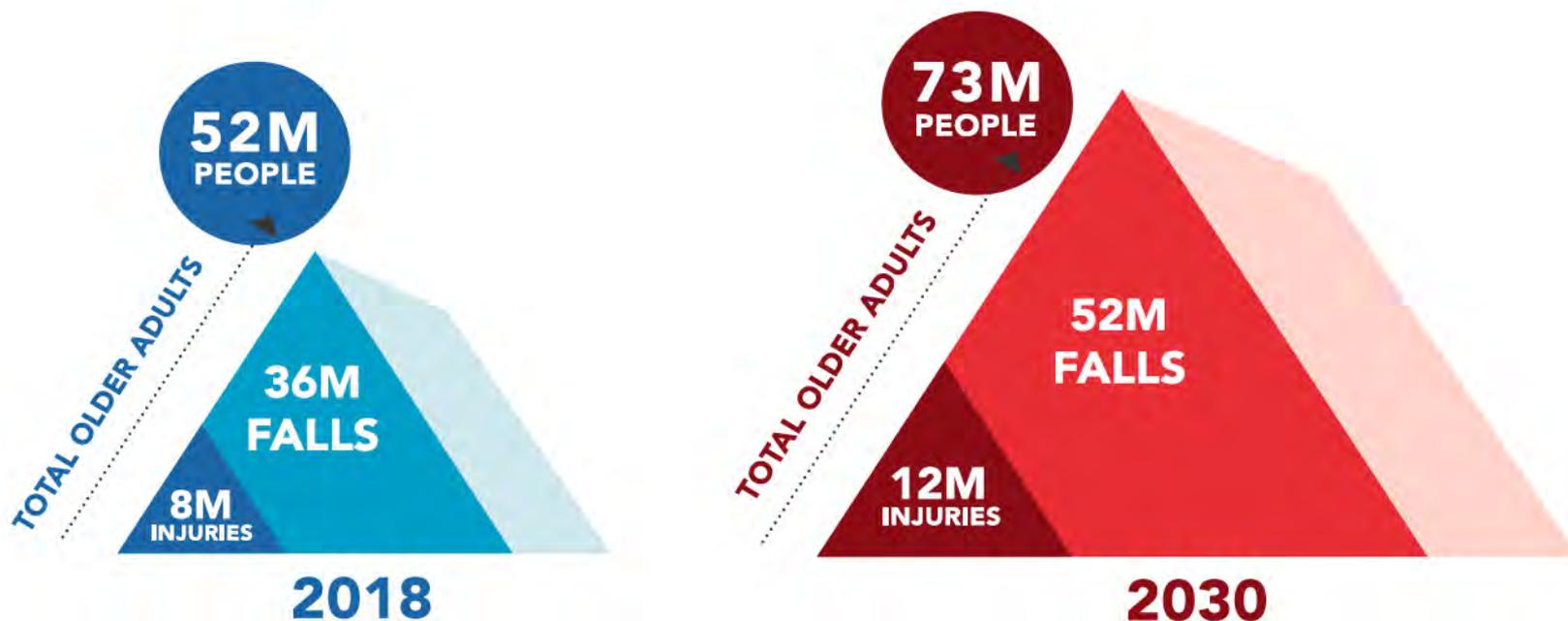




Objectives

- Understand the importance of balance for our seniors
- Discuss the variables that contribute to seniors falling including home safety
- Identify the systems in our body that control balance
- Recognize the tools that can be used to prevent falls

The incidence of falls for our seniors is increasing!



- Each year, 3 Million older people are treated in the Emergency room for fall related injuries
- Falls are the most common cause of a traumatic brain injury/concussion
- State Specific Data: <https://www.cdc.gov/falls/data/index.html>

“Falls are NOT a natural part of aging and CAN be Prevented!”

Falls can have serious consequences

- Bone fractures/surgery
- Head trauma
- Rapid decline in health
- Disability & loss of independence

Vicious Cycle

Fall >> Fear of Falling >> Avoid Activity >> Become Weaker >>
Poor Mobility >> Higher Risk for Another Fall



Every
20 minutes
an older adult dies from
a fall in the United States.
Many more are injured.
Take a stand to prevent falls

STEADI Stopping Elderly
Accidents, Deaths & Injuries



Why is balance Important?



- Falls among adults 65 and older caused over 36,000 deaths in 2020, making it the leading cause of injury death for that group
- Individuals with sensation loss due to diabetes/peripheral neuropathy are 15 times more likely to fall
- Men are more likely to die from a fall than women (95% of hip fractures are caused by falling sideways, and fall are the most common cause of Traumatic Brain Injury)
- One of five adults who sustain a hip fracture from a fall will die within a year of their injury
- The biggest predictor of a fall is the history of a fall in the last 12 months



Risk Factors



- Muscle weakness
- History of falls
- Dizziness
- Loss of sensation in your feet
- Use a walker or cane
- Problems with vision
- Arthritis
- Depression
- Memory Loss/Cognitive impairment
- Fear of Falling
- Certain diagnosis: Diabetes/Parkinson's, Cancer, Multiple Sclerosis



Rehab Without Walls®
Neuro Rehabilitation

4 Keys for Fall Prevention

- Make your Home Safer
- Medication Review by your doctor or pharmacist.
- Annual Vision Evaluations.
- Regular Exercise



How to Make Your Home Safer!

Lighting:

Too much/too little?

Floors

Contrast Colors on Stairs

Clean up spills

Throw rugs

Reduce Clutter

Bedroom

Bed height?

Sit up in bed and wait a
minute before standing

Bathroom

Grab bars instead of
towel racks

Non-slip strips/mats

Raised toilet seats

Dry off before getting
out of the shower!

Furniture

Avoid furniture with
wheels and glass
tables



Living room Safety

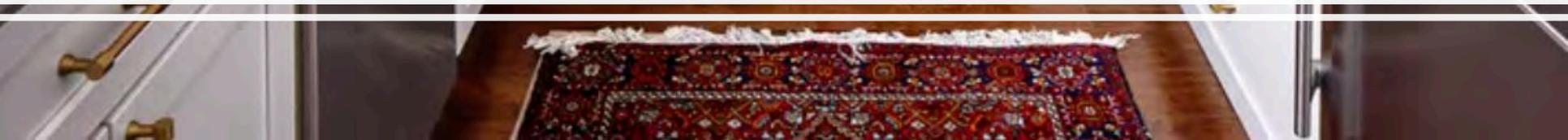
How can we make this better?



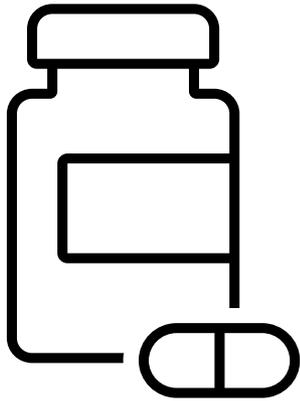
Bedroom Safety



Kitchen Safety



Medications



- Make sure that either a pharmacist or a physician reviews your medications
- Make sure meds are taken as prescribed. Please do not start/stop medications without consulting your provider
- After adjustment for confounders such as age, gender, weight or depression symptoms, the reviewed studies suggested that older adults who use antidepressants, sedatives or anti-epileptics were more likely to experience recurrent falls.
- Polypharmacy (use of four or more prescription medications daily) caused 1.5–2 times higher possibility of recurrent falls in older adults.
- Vitamin D- 800 International Units is correlated to lower fall risk

Medications that Increase Fall Risk

- Anticonvulsants
- Antidepressants
- Antipsychotics
- Benzodiazepines
- Opioids
- Sedatives-hypnotics
- Anticholinergic
- Antihistamines
- Blood pressure medications
- Muscle relaxants



Vision



- Yearly Vision Check by an Ophthalmologist! Especially if you have Diabetes
- Things to be aware of:
 - Cataracts- blurry/cloudy vision, colors are faded, poor night vision
 - Diabetic Retinopathy- damage to blood vessels inside eye due to diabetes
 - Glaucoma- damage to the optic nerve, vision first loss in periphery with transition to tunnel vision
 - Macular Degeneration- blurred vision in the central aspect
- Are your bifocals/trifocals making stairs/curbs hard?
- As we age, we need more light to see well



Exercise

- How should I exercise?
 - Combination programs most successful!
 - Aerobic
 - Resistance Exercise/**STRENGTH!**
 - Coordination/Balance
 - Exercise reduces falls by 19%-31%
- Most important.... Just Move!!!!!!
- Sitting is the new smoking!
- How often 5-7 days a week
- Exercise examples!



Major Components of Balance

- Vision
- Inner Ear Function (not related to hearing)
- Joint and muscle position
- Sensation in your feet
- Strength

Diagnoses that Affect Balance

- CHF- Heart Failure
- Dizziness
- Diabetes
- Parkinson's/ Movement Disorders
- Stroke
- Depression
- Dementia/Alzheimer's
- Emphysema
- Head Injury
- Dehydration
- Multiple Sclerosis



Physical Therapy

- Assess sensation- Can I feel my feet to balance?
- Assess balance and sensory integration (how am I balancing?)
- Assess functional strength compared to standardized norms
- Assess dizziness/inner ear function (balance center)
- Assess joint range of motion
- Home Safety/Equipment Needs
- Is all physical therapy the same?

Functional Testing



Evaluates the balance systems

- How many times can you stand up and sit down in 30 seconds?
- How far can you walk in 6 minutes?
- If you are leaning and must catch yourself, can you do it in one step?
- Can you stand on foam with your eyes open and closed?

Occupational Therapy

Home safety and Modification: Better to think ahead - Simple modifications can decrease falls. Would any equipment help?

Functional Activity Analysis/Modification: Is there a better way to do a task?

Activities of Daily Living: Are you performing them safely?

Medication Management: Are you taking your medications as prescribed?

Vision: Have you experienced vision changes? Is your home optimally set up for your vision? As your vision changes would you like to know more about the variety of low vision equipment that is available?

Strength: Do you notice weakness while completing activities of daily living?

How to Start Therapy?

Call Rehab Without Walls Greenwood:

317-324-3765

This is the fastest method! We can check your insurance benefits and request a referral from your provider/MD.



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Questions?

References

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Neuro Rehabilitation

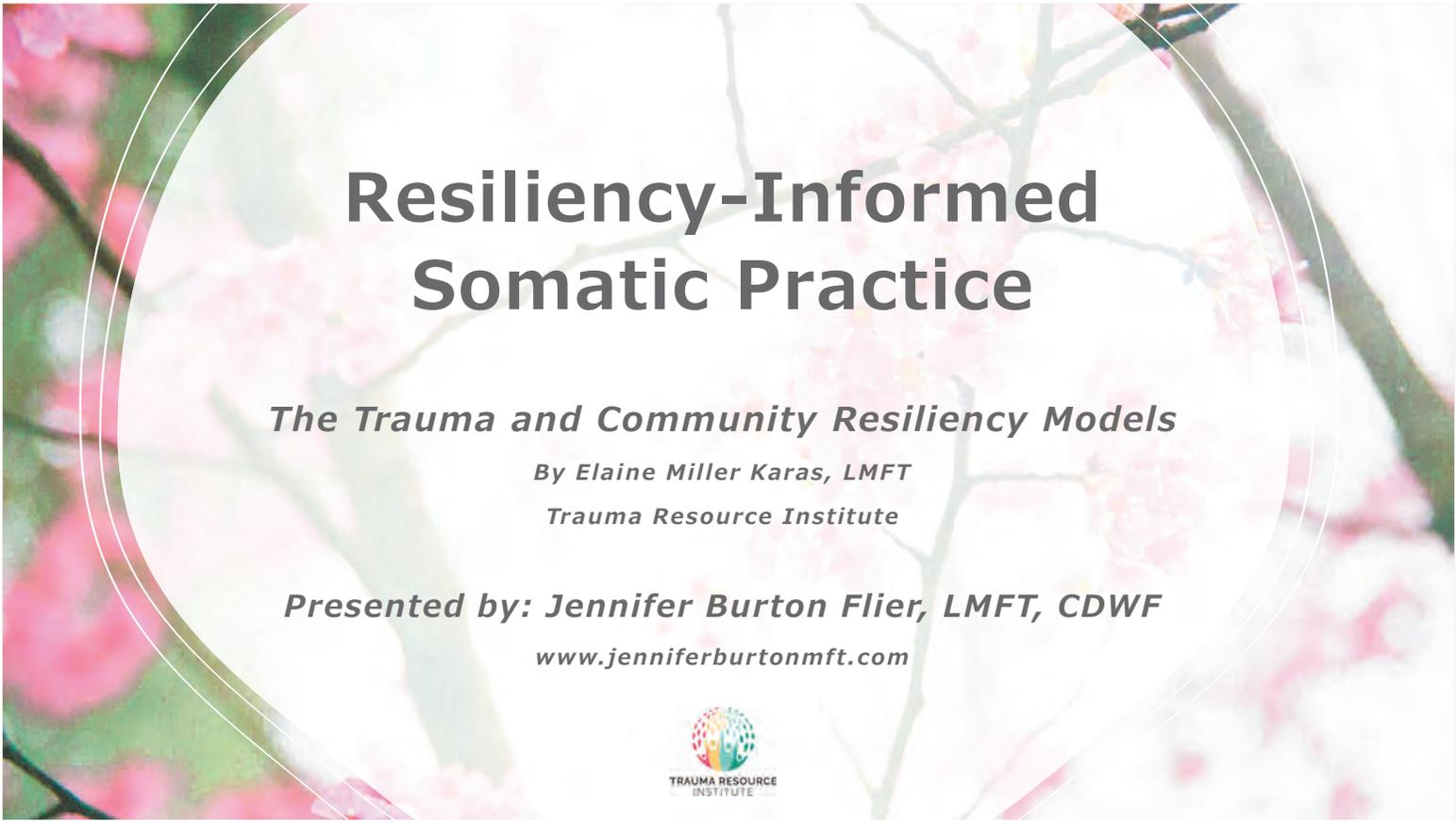
Gabby Jimenez

Gabrielle Jimenez "Gabby" is a hospice nurse, end-of-life doula, death and dying educator and author. She started The Hospice Heart Facebook page in 2019 hoping to create a safe place to invite others to talk about death, dying, and grief. She offers end-of-life education, tips and tools to support someone who is terminal, those who love and care for them, and anyone who works in the end-of-life field. This community has grown to over 145,000 compassionate people who safely share their fears, vulnerability, compassion, heart, and kindness towards others. Gabby has two goals; her first is to help improve the way human beings are cared for when they are dying and grieving, and the second is that the conversation becomes easier to have about death and dying, that fear is reduced, and curiosity is welcome. Her website offers blogs, poems, classes, podcasts, and the interviews she has done, and links to all of her books.

Jennifer Burton Flier

Jennifer Burton Flier, LMFT, CEAT, CDWF is a therapist in private practice (Los Angeles/San Francisco) and a senior faculty member with Trauma Resource Institute (TRI). She teaches both the Trauma and Community Resiliency Models with TRI and has traveled extensively in the US and to Northern Ireland to share wellness skills with various groups and cultures. CRM focuses on stabilizing the nervous system, or chasing our inherent resiliency, when we are under stress or triggered by traumatic events. By learning some simple skills and concepts about the body/brain, we can learn to reduce our stress responses, creating more balance and ease in our daily lives.

Jennifer was licensed in San Francisco and worked with families and children at TALK Like Family Support Center before relocating to her hometown of Los Angeles in 2001. While she now focuses primarily on her work with TRI and private clients in both Los Angeles and the Bay Area, Jennifer previously worked for nine years at Sherman Oaks Hospital PHP/IOP serving adults suffering from chronic mental illness. Currently, her practice centers around a specialization in healing trauma and attachment patterns with teens, adults, couples, and families. Amongst her many trainings post licensure, Jennifer is certified in EMDR, Expressive Art Therapy and Brené Brown's Daring Way™ and Rising Strong™ Models. She integrates TRI's models of TRM® and CRM® into all these modalities. Jennifer has been a featured guest on several podcasts including The Laverne Cox Show, Sluts & Scholars, and Resiliency Within.

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Resiliency-Informed Somatic Practice

The Trauma and Community Resiliency Models

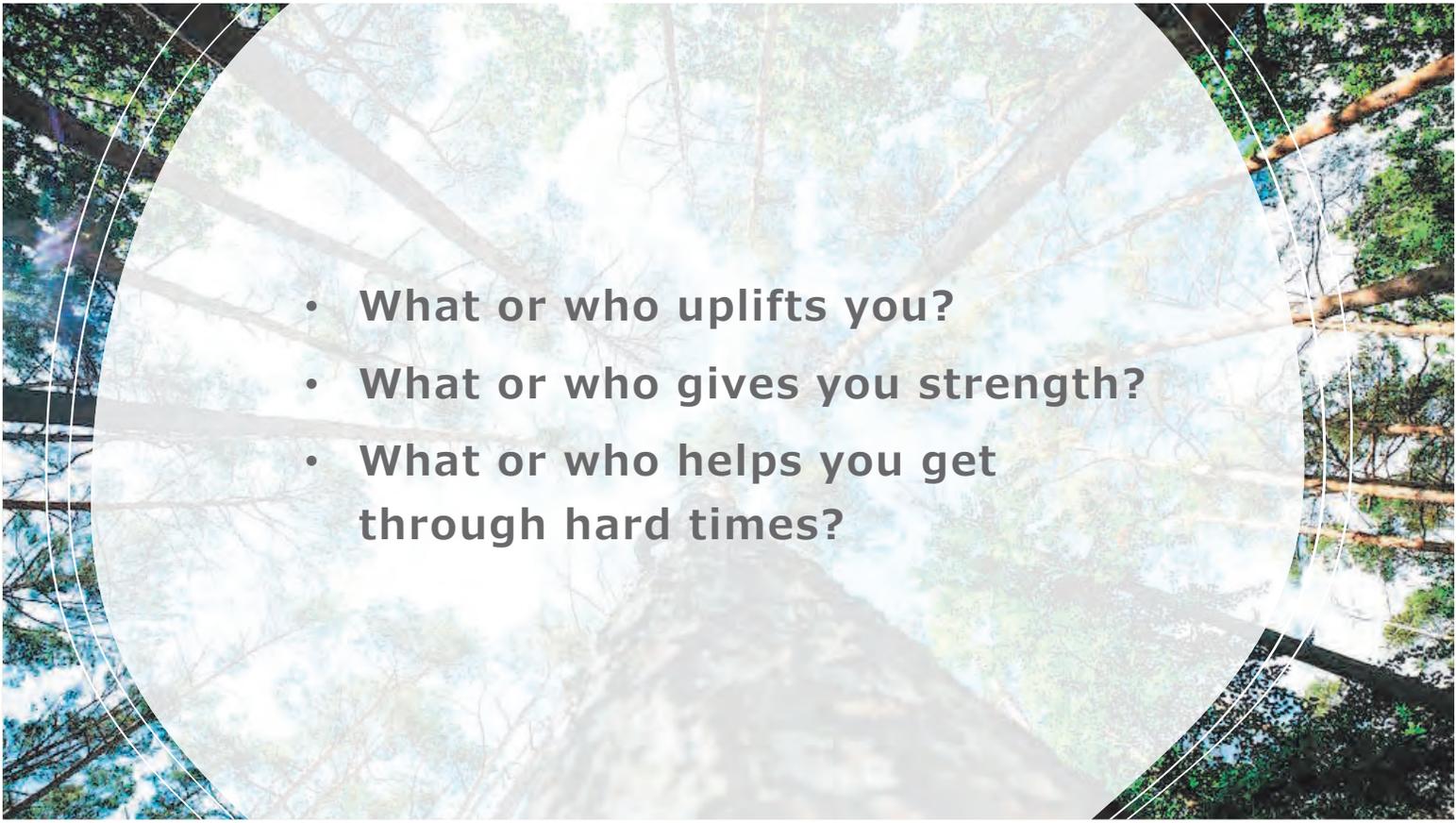
By Elaine Miller Karas, LMFT

Trauma Resource Institute

Presented by: Jennifer Burton Flier, LMFT, CDWF

www.jenniferburtonmft.com



- 
- A circular frame containing a low-angle photograph of a dense forest canopy with sunlight filtering through the trees. The text is centered within this frame.
- **What or who uplifts you?**
 - **What or who gives you strength?**
 - **What or who helps you get through hard times?**



CRM's Definition of Resiliency

- Cultivating our well-being
- Embracing individual and collective assets and strengths
- Being solution-focused about life's challenges
- Having compassion and optimism
- Acknowledging and collective suffering with kindness

Perspective Shift

Conventional Assumption

People are bad

People need to be punished

What is wrong with you?

Trauma-Informed Awareness

People are suffering

People need to learn about the impact of trauma and stress

What happened to you?

Resiliency-Informed Action

People are resilient

People need to learn how skills to increase well-being can reduce suffering

*What is right with you?
What are your strengths?*

Definitions of Toxic Stress and Trauma

The Stress Response Spectrum

Positive *Mild/Moderate Stressor*

Brief stress response in the body increases heart rate, blood pressure, and hormone levels

Balance returns quickly

Tolerable *Time-limited Stressor*

Short-term stress response results in short-acting adaptive body changes

Balance returns with help from support system and other interventions

Toxic Stress *Intense Stressors*

Ongoing body responses increases allostatic load – the cumulative burden on the body under chronic stress

Allostasis maintains balance of hormones and chemical messengers in the body. Too much stress and trauma creates wear and tear to the body and increases risk of health problems



TOXIC STRESS



TOO
MUCH
TOO FAST

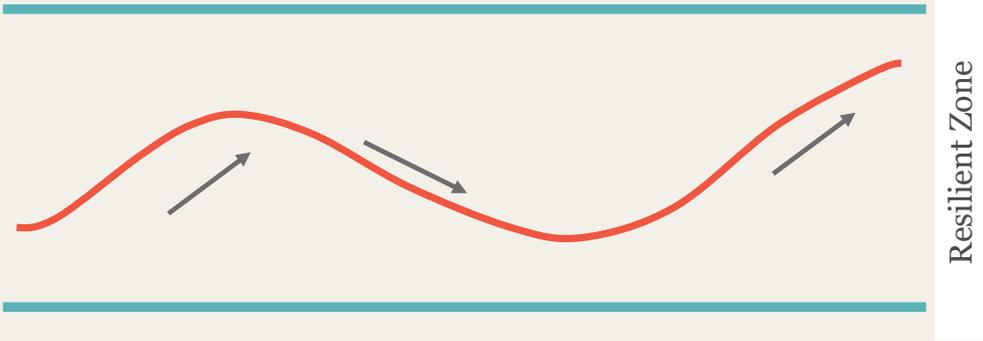
TOO
LITTLE
FOR TOO
LONG

TOO
MUCH
FOR TOO
LONG



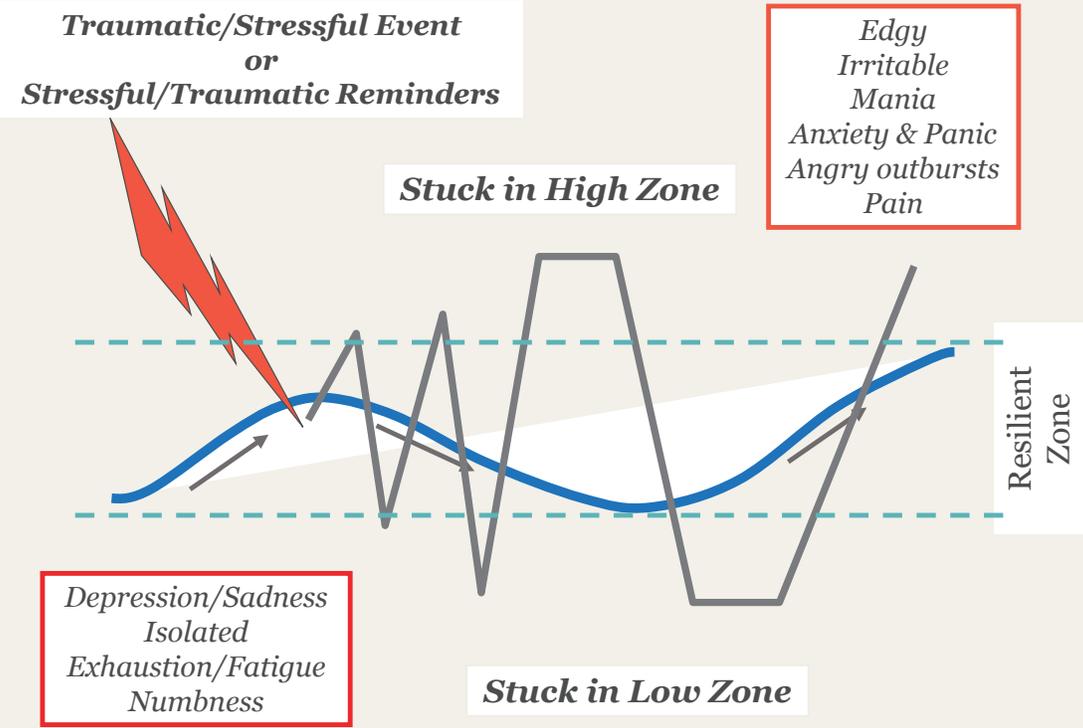
**Adversity is
Not Destiny**

The Resilient Zone - "OK" Zone



GOAL: TO WIDEN YOUR RESILIENT ZONE

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Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Karas

Biology vs. Mental Weakness

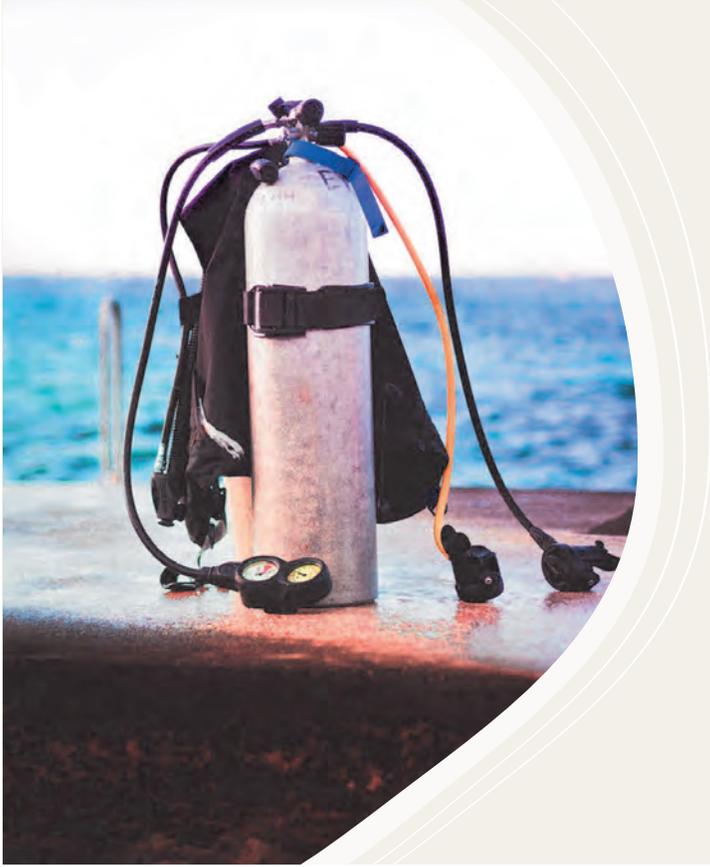
- CRM focuses on the biology of the human nervous system
- There are common reactions to stress/trauma that impact the body, mind, and spirit
- If we learn to read the nervous system, we can use wellness skills to both widen and return to our Resilient Zone



Six Skills of the Community Resiliency Model

1. Tracking
2. Resourcing
3. Grounding
4. Gesturing
5. Help Now
6. Shift and Stay





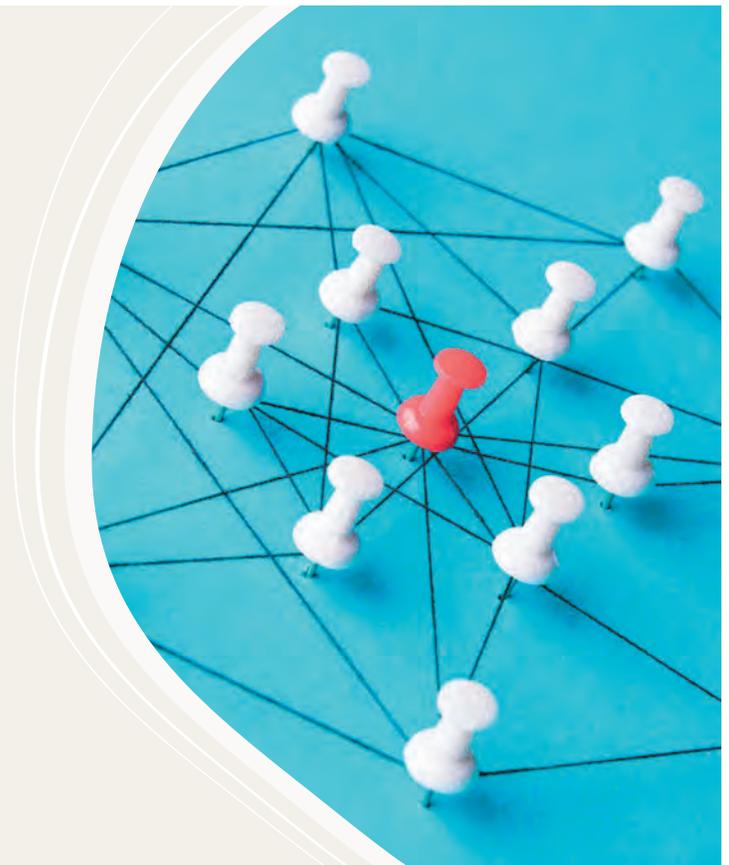
Apply your resiliency mask first

Learning skills to stay in your
Zone in order to better help others

Tracking: Skill 1

The foundation for stabilizing
the nervous system –
used with all the skills

- Tracking is noticing or paying attention to sensations – to what is happening in the body in the present moment
- Life experiences, including thoughts and feelings, have corresponding sensations in the body



Tracking

When we track our body, we get particularly curious about sensations that are pleasant and neutral and taking time with those sensations

Curiosity Questions:

- What do you notice on the inside?
- Are the sensations pleasant, unpleasant, or neutral?
- What is your internal climate?



*What we pay attention to
grows*

Resourcing: Skill 2

The best way to develop our sensory vocabulary is by identifying a personal resource and noticing sensations inside



What might be pleasant for the people in this photo?

Resourcing:

Any person, place, thing, memory, or personal quality that makes you feel calm, comfort, joy, strong, or resilient

- A resource can be real or imagined
- Resources can be internal or external



Resourcing:

A two-step process

1. Identify a resource (anything that provides comfort, joy, or peace – aka anything that doesn't suck)
 2. Intensify the resource: Ask 3 to 4 additional questions about the resource to expand the sensory experience
- *Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations*



Grounding: Skill 3

The direct contact of the body or part of the body with something providing support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships
- If our relationship to the earth is not safe, our other relationships do not develop optimally
- When grounded, we have a sense of self in relationship to present time and space
- We are not worried about the past or future



Grounding: Many options

You can ground in many positions:

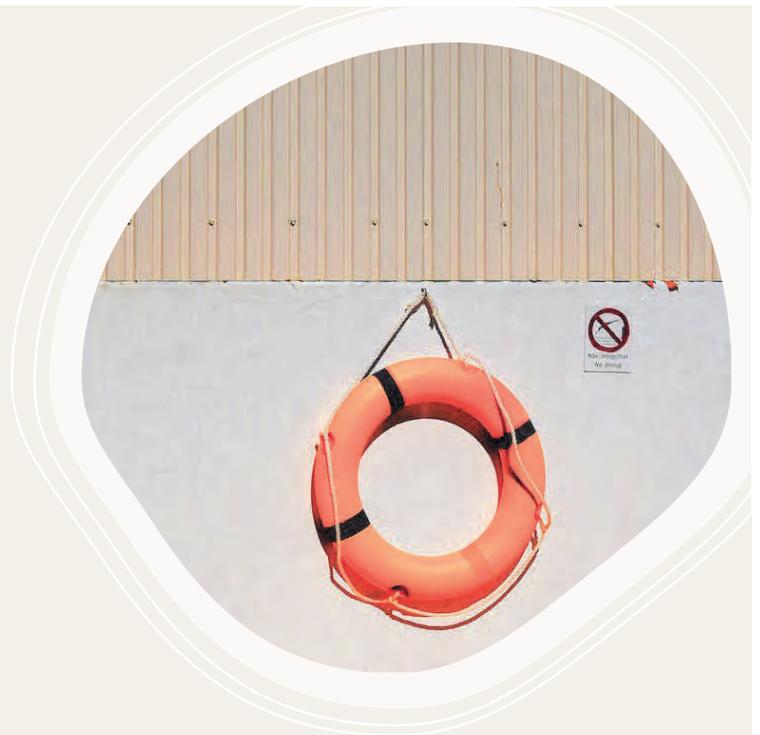
- Walking and paying attention to steps
- Lying on a surface or floating in water
- Standing against a wall
- Sitting on a chair, couch, or the ground
- Through a part of the body like hands or feet



Help Now/Reset Now:

Strategies for getting unstuck from the High or Low Zones

- There are 10 strategies to help you return to the Resilient Zone when we get stuck in the High or Low Zones
- People can add to this list or modify the strategies as needed
- These can be practiced while in the Resilient Zone, so they are available when we get bumped
- Please refer to iChill app or www.iChillapp.com to practice these and all CRM Skills



**Practice
Practice
Practice**



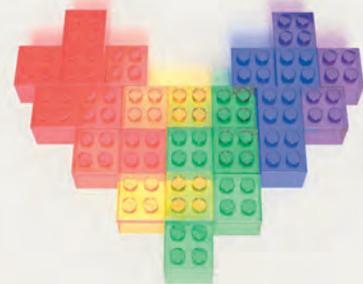
Connect With TRI



@TRIresilience



@traumaresourceinstitute



Christina Keys

Christina Keys chased the American dream. She had a successful career, traveled, was financially stable, healthy and happy then on March 16, 2013 at 3:42 everything changed. Her mother had a life changing stroke and was given 1% chance to live. She instantly went from career woman to caregiver.

Within 3 years of caregiving for her mother she was financially, emotionally, mentally and physically bankrupt. The doctors told Christina she would be lucky to live 6 months if that. Her body was literally shutting down from the stress of caregiving and trying to do it alone. She had a choice to make, figure out how to change her life and live while caring for her mother or give up and start making arrangements on how her mother would be cared for after her death.

She chooses to live and not only change her life but now helps to change the lives of caregivers who struggle while caring for loved ones. Turning a mess into a message and making it her mission to make sure caregivers everywhere are seen, heard, valued, and appreciated and are Never Alone. She founded and ran an award winning local non profit that supported Family Caregivers, was the Director of Community Growth for a National company where she created and lead a team of almost 200 Caregiving Champions in cities all across the US. She is now a National Speaker and Advocate as well as the Founder and CEO of Keys for Caregiving where she is Connecting businesses, organizations, and Family Caregivers to collectively transform the Care Space community and amplify our voices for change.

From 2013 - 2022 Christina cared for her mother who was her abuser throughout her childhood from until she passed. Christina now speaks on Family Caregiving, Caring for someone who was a previous abuser, Caregiver recovery as well as Advocating for positive changes for Family Caregivers.

Jenn Chan

Jenn Chan, CSA®, CCC™, is the CEO & Founder of Senior Shower® Project, a gift shop with a mission to celebrate family caregivers of older adults with a party. Inspired by 10+ years of caregiving for her grandma, Jenn dedicates her career to elevate the family caregiver role with fun, love, and positivity. She believes caregiving is a lifestyle and becoming a senior caregiver is a life milestone worth celebrating. As a Certified Senior Advisor and Certified Caregiving Consultant, Jenn works with non-profit organizations that serve LGBTQ+ older adults, dementia caregivers, and young adult caregivers. She leads self-care workshops and facilitates social support groups.

Ann Peterson

Ann Peterson is currently co-leading caregiver support groups and in the process of opening a fifth adult day center for Live Oak Adult Day Services. Earlier this year, she stepped down as Executive Director of Live Oak after five years of being responsible for day to day operations, staffing, fundraising, and compliance. She has many years experience working with older adults including as a staff Psychologist/Neuropsychologist at the Jewish Home and Hospital in the Bronx, NY and as an Assistant Clinical Professor at the Mount Sinai Medical Center in NYC. Before her doctoral training, she worked as an art therapist in San Jose at a subacute residential program for older adults.



GOLDEN CIRCLE FOR CAREGIVERS

JENN CHAN, CSA, CCC
ANN PETERSON

October 5, 2024

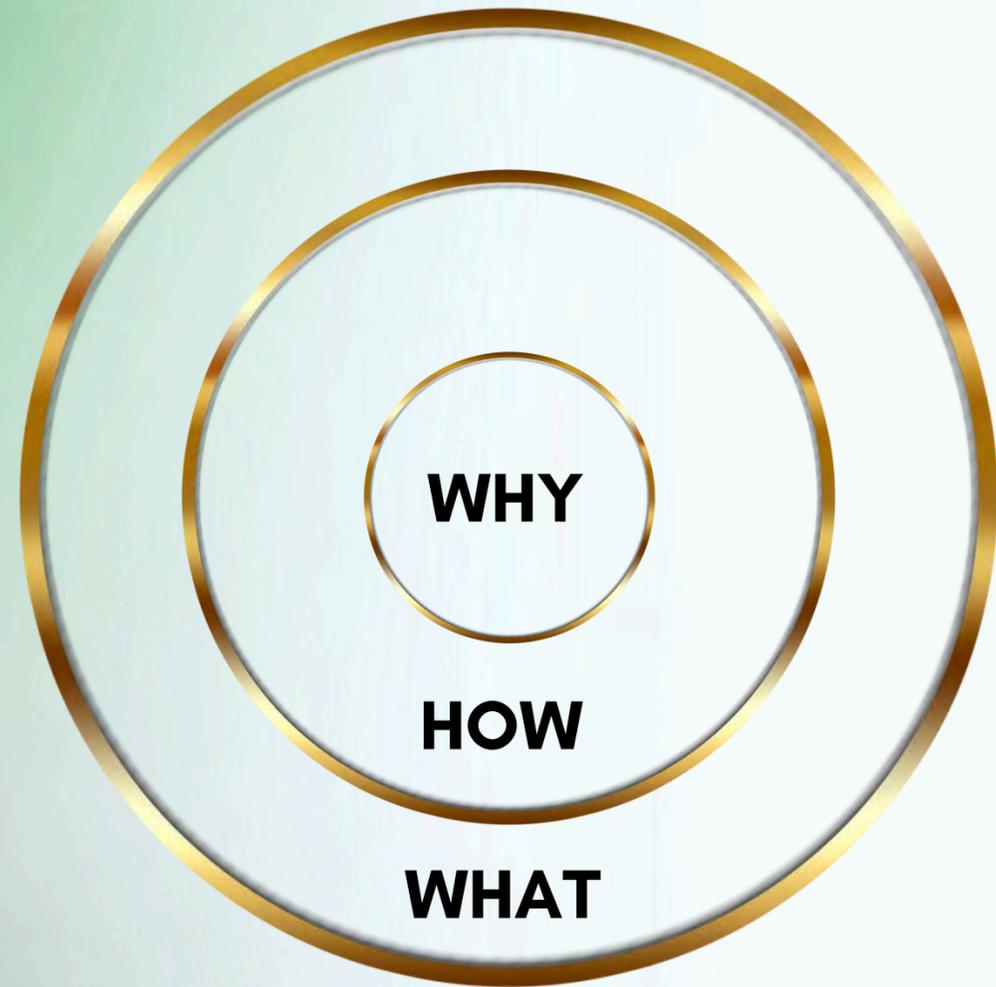
14th Annual Caregivers Count! Conference

GOLDEN CIRCLE FOR CAREGIVERS



<https://simonsinek.com/golden-circle/>

GOLDEN CIRCLE FOR CAREGIVERS

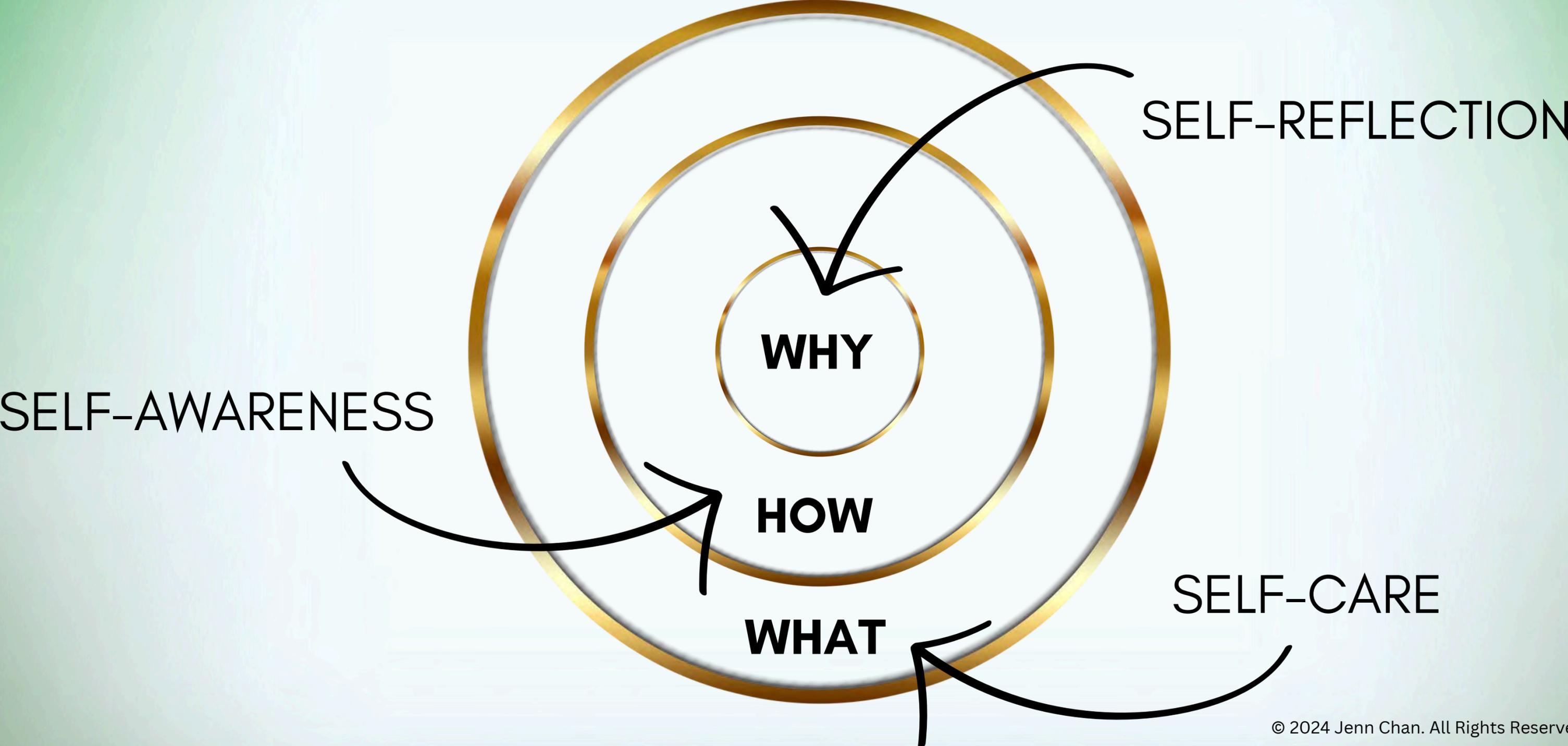


WHY - Why are you caregiving?

HOW - How do you show up as a caregiver?

WHAT - What do you do for yourself?

GOLDEN CIRCLE FOR CAREGIVERS



SELF-REFLECTION



Why are you caregiving?

➤ KNOW YOUR VALUES ◀

EXAMPLES OF PERSONAL VALUES

- **Accountability**
- **Belonging**
- **Culture**
- **Family**
- **Honesty**
- **Humility**
- **Integrity**
- **Kindness**
- **Love**
- **Loyalty**
- **Patience**
- **Respect**
- **Spirituality**
- **Tradition**
- **Trust**
- **Well-Being**

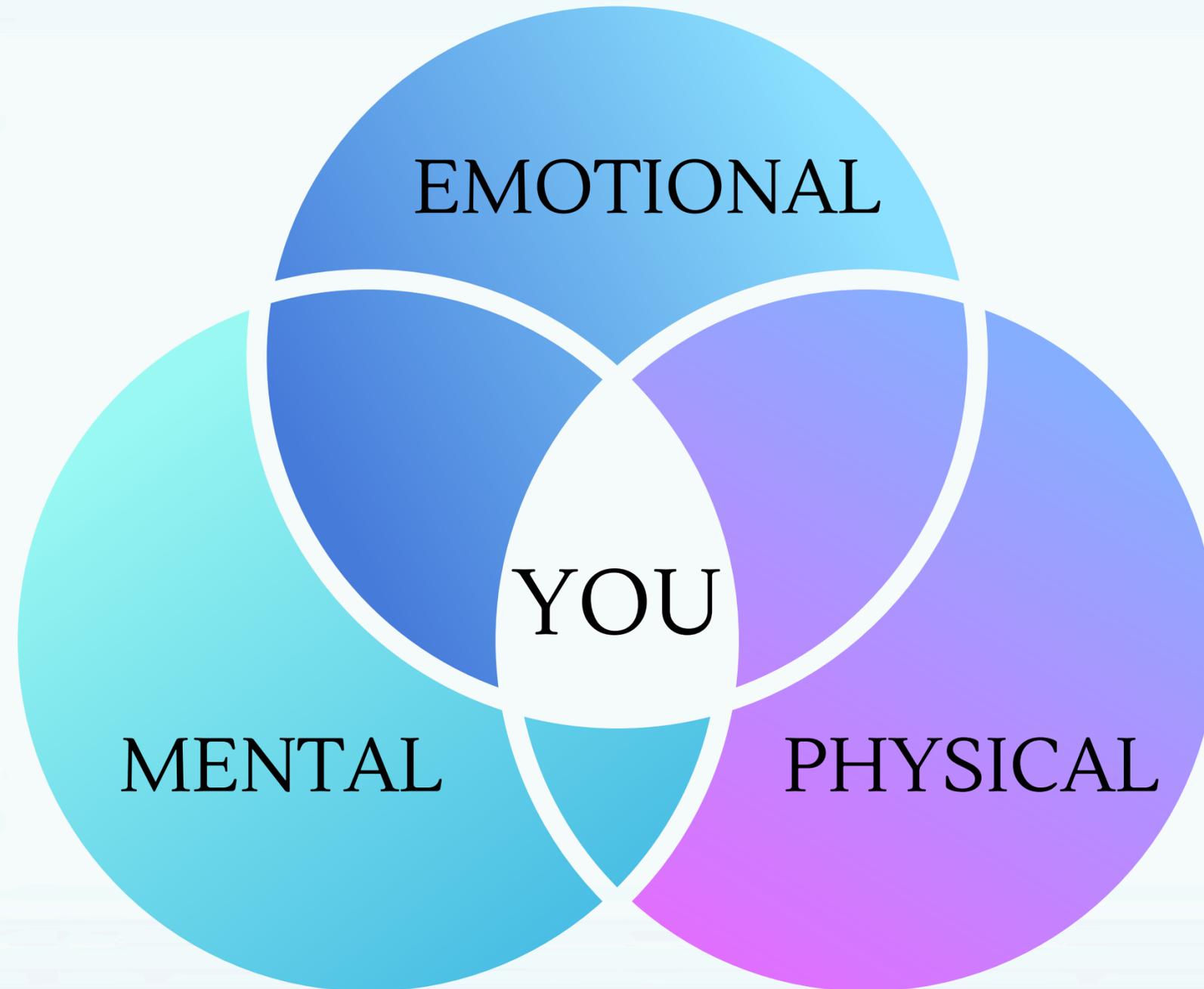
SELF-AWARENESS



How do you show up as a caregiver?

➤ KNOW YOUR CAPACITY ◀

CAREGIVER CAPACITY & WELL-BEING



SELF-CARE



What do you do for yourself?

➤ KNOW WHAT HELPS YOUR WELL-BEING ◀

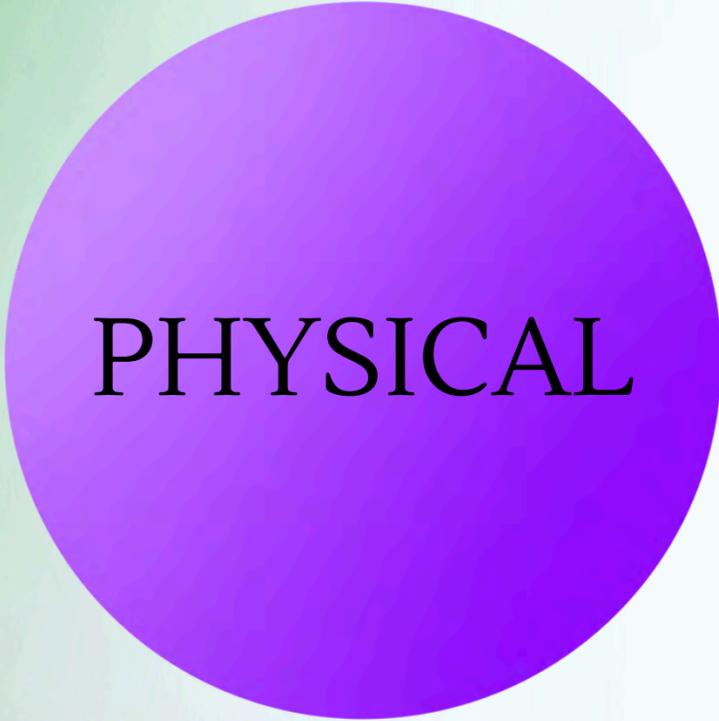
SELF-CARE HABITS



EMOTIONAL

- Express your emotions to someone
- Practice self-compassion
- Read books or listen to audio books
- Listen to caregiver podcasts
- Attend retreats, workshops and conferences
- Be with community (peer support group, join social media groups or #conversations)

SELF-CARE HABITS



PHYSICAL

- Connect with your body
- Breathe & breath work
- Sleep
- Relax
- Exercise
- Activities
- Nutrition
- Change environment
- Personal space
- Health check-ups

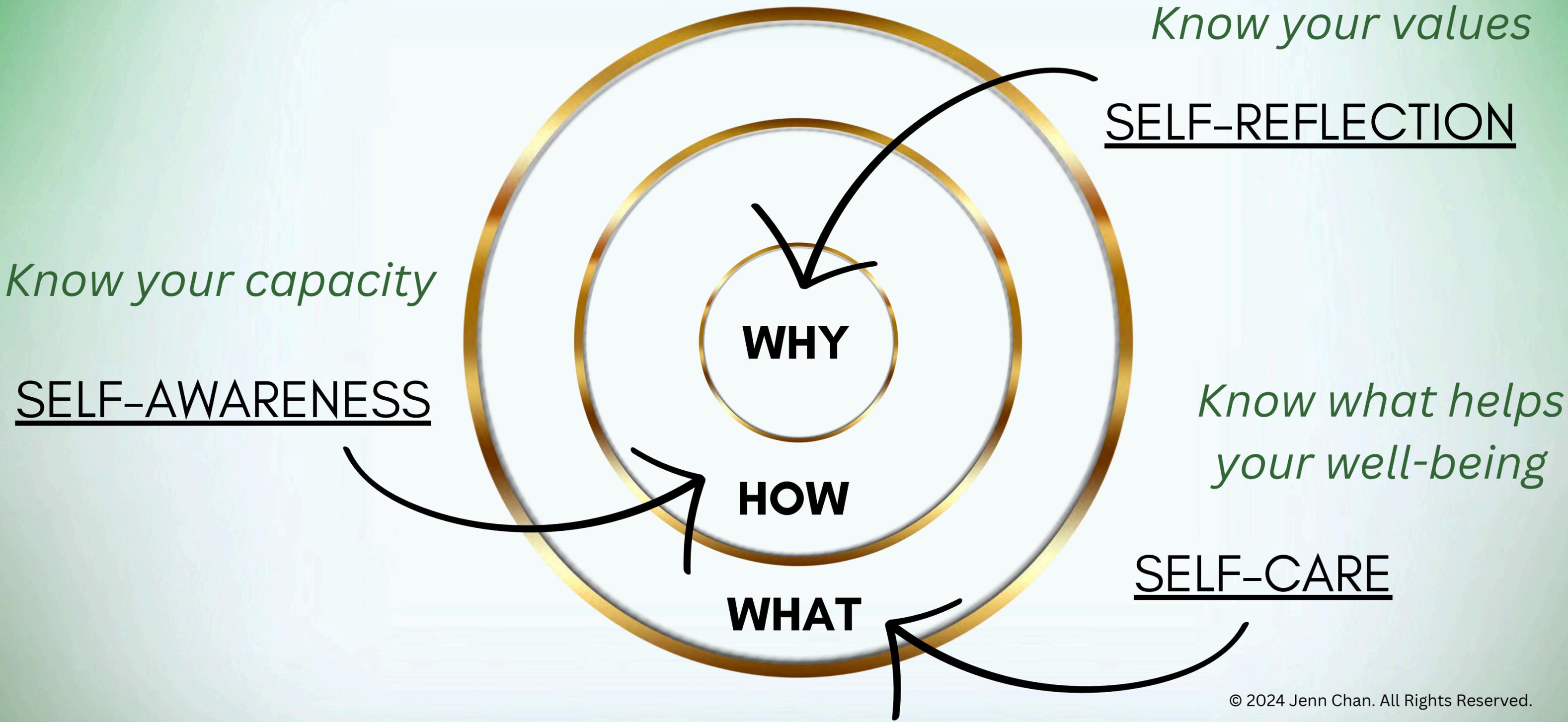
SELF-CARE HABITS



MENTAL

- Journaling
- Meditation
- Practice mindfulness
- Mantras
- Set reminders
- Use apps (Calm, Headspace, Gratitude)
- Sound bath
- Speak to a mental health professional

GOLDEN CIRCLE FOR CAREGIVERS



GROUP DISCUSSION

- 1.** What's your name?
Who are you caregiving for?
How long have you been caregiving?
- 2.** What are you currently doing to take care of yourself?
(Emotional, physical, and/or mental well-being)
- 3.** What is one new self-care activity/habit that seems doable for you today, this week, or this month?

CAREGIVER SUPPORT GROUP

- Share
- Learn
- Inspire
- Connect
- Support

HAPPY SELF-CAREGIVING!

JENN CHAN

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(408) 609-8511

Vivian I. Silva

Born and raised in Santa Clara, Vivian has 2 sons and 5 grandchildren.

In her mid-30's she went back to SJSU to earn a degree in Social Science and later volunteered with Portuguese older adults in San Jose. After becoming a board member at POSSO, she went back to SJSU to study gerontology and earned her certificate in 1988 followed by earning a Master's in Social Work.

Vivian's 30+ years of experience include working at 3 Bay Area Universities as an educator, Geriatric Care Manager, designing and facilitating groups and presentations at senior centers (speaking on various aging topics locally and nationally), writing articles on aging and filmed a documentary about a 5- generation family ages 8 to 103 years of age.

-----CAREGIVERS COUNT-----

**Vivian I. Silva, MSW/Gerontologist/Care Manager/Educator/Consultant
'Aging with Spirit' 1-408-209-1247 / consultvsilva@yahoo.com**

"LAUGHTER"

INTRODUCTIONS: WHERE BORN? WHAT MADE YOU LAUGH RECENTLY?

WHAT IT IS:

**-A RESPONSE WITH CAPACITY TO PERCEIVE, APPRECIATE, OR EXPRESS
WHAT IS FUNNY, AMUSING, INCONGRUOUS OR EVEN LUDICROUS**

WHAT IT IS NOT:

**-NOT THE SAME FOR EVERYONE AND NOT FOR US TO MAKE FUN OF OR
INTEND TO HURT SOMEONE'S FEELINGS**

HEALTHY BENEFITS:

- INCREASES WHITE-BLOOD CELL ACTIVITY HELPING IMMUNE SYSTEM BY
ELEVATING LEVELS OF CORTISOL AND EPINEPHRINE**
- EXERCISES INTERNAL MUSCLES (EVEN GOOD FOR BEDBOUND PATIENTS)**
- RELEASE OF ENDORPHINS IN THE BRAIN SO 'NATURAL PAIN KILLER'**
- RELIEVES TENSION AND UNCOMFORTABLE EMOTIONS**
- GIVES SENSE OF CONTROL OVER ENVIRONMENT**
- SELF-PROTECTION (I'LL LAUGH AT MYSELF BEFORE YOU LAUGH AT ME)**
- PLEASURABLE EXPERIENCE IN THE MOMENT**
- GIVES SOMETHING TO LOOK FORWARD TO (MAYBE A LITTLE HOPE AND
GRATITUDE)**
- DEFUSES ANGER AND FEAR**

BUILDS RELATIONSHIPS:

- CAN CONNECT FAMILY, FRIENDS, CAREGIVERS, CARE PARTNERS**

- FEELINGS OF PEACE AND JOY (EX: DANA REEVES)
- PUTS US IN THE PRESENT RATHER THAN YESTERDAY OR TOMORROW
- STORY OF WHAT WAS LAUGHABLE CAN BE REPEATED

IDEAS FOR CAREGIVERS/CARE RECEIVERS/CARE PARTNERS:

- WRITE DOWN OR TAPE FUNNY INCIDENTS AND STORIES AND GO AS FAR BACK AS CAN REMEMBER
- PLAY YOUR FAVORITE MUSIC AND DANCE AROUND FOR EXAMPLE WHILE DOING CHORES AND MIGHT MAKE CARE RECIEVER, CARE PARTNER SMILE OR LAUGH OR PLAY THEIR FAVORITE MUSIC IF DIFFERENT
- IT'S OK TO BE SPONTANEOUS AND SILLY! IF HAVE A BALLOON FLOATING AROUND, USE AS A PROP WHILE MOVING AROUND
- START LOOKING FOR THE ABSURD AND SILLY AROUND YOU
- INVITE YOUR CIRCLE OF CHILDREN TO VISIT – EX: 4 YR OLDS LAUGH 300 - 400 TIMES A DAY WHILE ADULTS 15-20 TIMES A DAY
- ASK PEOPLE WHO OR WHAT MAKES THEM LAUGH FOR IDEAS OF A FUNNY MOVIE, BOOK OR MAGAZINE OR SERIES ON TV
- HAVE A FAMILY MEMBER, FRIEND, NEIGHBOR YOU TRUST OR PAID CAREGIVER, WRITE DOWN, VIDEO TAPE OR RECORD THE FUNNY MEMORIES THE CARE RECEIVER OR PARTNER WANTS TO TELL
- FACEBOOK HAS PEOPLE TELLING JOKES (EX: 3 MALE FRIENDS IN A DUCK BLIND CRACKING EACH OTHER UP), 2 MALES SITTING OUTSIDE TELL JOKES AND LAUGH AT THEIR JOKES
- LAUGHTER IS CONTAGIOUS AND COMEDIANS ON FACE BOOK AS WELL

DO SMILES COUNT:

- ABSOLUTELY! IF YOU WALKED INTO A BUILDING, WOULD YOU WANT TO KNOW THE PERSON SMILING OR THE ONE WITH A FROWN OR NO EXPRESSON?
- REMIND SELF TO SMILE AS GIVE A MESSAGE TO CARE RECEIVER/PARTNER-

Mythri Jegathesan

Mythri Jegathesan was introduced to yoga as a young child and practiced regularly to complement her training in dance as an adolescent. Later, she used yoga as a source of healing through physical injuries from dance and as a source of restoration outside her full-time career as a professor in cultural anthropology. In 2014, she completed her 200-hour Yoga certification in the Bay Area and over the last ten years, she has taught vinyasa flow, HIIT fitness classes, and restorative forms of yoga, including yoga for children and adolescents in Sri Lanka and chair yoga for adult elderly communities in the South Bay.

Chair Exercise Session
Facilitator: Mythri Jegathesan, PhD E-RYT 200
Email: mythri.jega@gmail.com

**As always, check with your physician for any needs you have when exercising and always prioritize where your body is in the moment and space.*

***Make sure you have a sturdy chair with solid legs and at a height where your feet can be grounded on the floor while your back is flat on the back*

1. **Grounding:** Bring one hand on your heart and the other hand on your belly for 3 grounding breaths
2. **Warm up:** Feet (toe and heel lifts, point and flex), hip circles, spinal twists, biceps and triceps stretches (envelope); neck and eye movements (R, L, up, and down), cat/cow stretches
3. **Sun Salutation A:** Inhale, lift your arms high; exhale, forward fold; inhale, halfway lift to your knees and find a flat back; exhale, forward fold; inhale, upward facing dog (hands on thighs, arch back, look up); exhale, downward facing dog (hands and feet press away, chin to chest, round your back to a C); release and practice 3 times
4. **Sun Salutation B:** Inhale, lift your arms high; exhale, forward fold to your R leg only; inhale, make fists and join them behind your R calf, exhale, press your right foot into the ground and breathe (3 breaths); gently release and rise (repeat on L leg)
5. **Sun Salutation C:** Inhale, lift your arms high; exhale, forward fold to your R leg only; inhale, make a fist with your right hand and place it behind your R calf; exhale, place your L hand on your hip for support; inhale, lift your R leg into the air with the support of your R fist at the back and breathe; gently release and rise (repeat on L leg)
6. **Sun Salutation D:** Inhale, lift your arms high; exhale, forward fold to your R leg only; inhale, place your right hand on top of our thigh for support; exhale, extend your L arm towards the back left corner and twist; breathe in the twist and gently release (repeat on L leg)
7. **Leg lifts** (if desired, to the beat): lift alternate R and L feet 1-3 inches off the ground and if available, with opposite hands in march in time (2-3 minutes)
8. **Double leg/core lifts:** with your hands on your hips, lift both feet off the ground and draw your heels and knees together while engaging your core; if available, lift your hands into the air for more of a challenge (15-20 reps)
9. **Arm exercises:** (a) Serve the platter (both hands extend out between shoulder and belly height); (b) serve and drop the platter (add twist at end); (c) narrow rows, and (d) open and close window chest presses
10. **Cool down:** Stress relief squeeze and release (full body); facial, neck and shoulder massage, and closing with grounding breaths (hands on heart and belly)

Playlist for 40 minute session:

<https://open.spotify.com/playlist/2mmJu3VFEHTu5O7rydH9rm?si=m2g4l3WPTUq83qV5gNSeSQ&pi=u-zBdenCtbQVyn>

Thank you!

Dr. Janet Childs

For the past 50 years, Janet Childs has been dedicated to offering crisis intervention counseling and education, with a focus on the dynamics of loss, illness, crisis, and grief. As one of the founding members of the Centre for Living with Dying, Janet has worked extensively with individuals, groups, and professionals on the front lines. In this journey, Janet has created sound healing and ceremonial processes to build individual and community resilience.

Combining her personal and professional experience with loss, she creates a safe and healing environment to gently examine these difficult life issues, using ceremony, healing and celebration of the human spirit.

Sponsors

Sourcewise

Family Caregiver Alliance

Santa Clara Family Health Plan



Santa Clara Family Health Plan™

www.SCFHP.com
crc.SCFHP.com
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About us

Santa Clara Family Health Plan (SCFHP) is a local, community-based health plan dedicated to creating opportunities for better health and wellness for all. In partnership with providers and community organizations since 1997, we work to ensure everyone in Santa Clara County has access to equitable, high-quality health care. We serve more than 290,000 people through our Medi-Cal and SCFHP DualConnect (HMO D-SNP) health care plans.

Our mission

Improve the well-being of our members by addressing their health and social needs in a culturally responsive manner. We partner with providers and organizations in our shared commitment to the health of our community.

Our vision

Health for all – a fair and just community where everyone has access to opportunities to be healthy.

Our values



Member First

We proactively engage, listen to, and focus on the welfare of our members.



Excellence

We strive to deliver the highest-quality experience to our members and partners.



Better Together

We collaborate with and invest in our partners and each other to benefit the community.



Integrity

We do the right things for the right reasons to earn and keep our members' and partners' trust.



Equity

We are committed to eliminating the ways that institutional racism and other societal and individual barriers contribute to health disparities.



Diversity & Inclusion

We value the richness of our diverse identities in our community and commit to actions that reflect these perspectives.



Culture of Caring

Together, we create a work culture that supports, develops, and recognizes team members.



Accountability & Stewardship

We are accountable to each other and the community we serve. We are prudent financial stewards.

Planning Committee

Alzheimer's Association

Sourcewise

Daily Caring

Family Caregiver Alliance

Live Oak

On Lok

Yu-Ai Kai Japanese American Community Senior Service

ALZHEIMER'S ASSOCIATION®

OUR PROGRAMS AND SERVICES

JOIN US IN-PERSON, ONLINE OR BY PHONE

We provide care and information the way you want to receive support

BY PHONE: 800.272.3900 | ONLINE: ALZ.ORG/NORCAL

24/7 HELPLINE

No one should face Alzheimer's or dementia alone. Our 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public, including care specialists for assessment and planning.



EDUCATION

Available online, via phone or in-person, our education programs feature information on topics including the signs of Alzheimer's disease, diagnoses, communication, living with Alzheimer's and caregiving techniques. Programs are available in English, Chinese and Spanish.



EARLY-STAGE PROGRAMS

Early-stage social engagement and support group programs offer a comfortable way to get out, get active and get connected to others who are living in the beginning stage of Alzheimer's or other dementia



ONLINE TOOLS

Surround yourself with online support. The Alzheimer's Association has several free, online tools to help.

- > ALZConnected®
- > Alzheimer's Navigator®
- > Alzheimer's Association TrialMatch®
- > Community Resource Finder
- > Live Well Online Resources
- > Virtual Library



SAFETY

In the early stage of the disease, you can still lead an independent life. However, there are some preparations you should make to help you remain independent as long as possible and ensure your safety as the disease progresses. There are many potential safety issues to consider, such as driving, making your home safe, taking medications safely and wandering. A safety measure you can take is enrolling in a wandering response service.



SUPPORT GROUPS

We offer peer- or professionally led groups for caregivers, individuals living with dementia and others dealing with the disease. All support groups are facilitated by trained individuals and are offered in English, Chinese and Spanish. Specialized groups are available to meet the unique needs of our constituents.



Visit alz.org/CRF to explore education programs and services in your area.

Caregivers Network by Sourcewise



The Caregivers Network provides unpaid caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management that offers support from a qualified Case Manager, and a respite care grant for temporary relief or rest from caregiver responsibilities.

This one-time grant can be used all at once or spread out for up to six months. Our goal is to assist family caregivers find permanent solutions for their unique situation.

Eligibility:

- Friend, neighbor, or family member, 18 years or older providing care to individuals 60 or older.
- Friend, neighbor, or family member, 18 years or older providing care to individuals of any age with Alzheimer's disease, mild cognitive impairment, Huntington's or Parkinson's disease, traumatic brain injury, and vascular and mixed dementia.



To get started, text ENROLL to 43386, call (408) 350-3277, or email caregiversnetwork@mysourcewise.com.



Are you caring for a parent or spouse?

Get practical senior care tips that make caregiving easier

Find helpful articles like these on our website - free!



Therapeutic Fibbing: Why Experts Recommend Lying to Someone with Dementia



3 Ways to Respond When Someone with Alzheimer's Says I Want to Go Home



9 Enjoyable Activities for Seniors with Limited Mobility



8 Sources of Low Cost Internet for Seniors

- ✓ Free website and daily email newsletter
- ✓ Practical advice to improve your care situation
- ✓ Supportive senior care resources

DailyCaring

Visit us at [DailyCaring.com](https://www.DailyCaring.com)



You're there for them. We're here for you.

When you are caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. For more than 40 years, **Family Caregiver Alliance/Bay Area Caregiver Resource Center** has recognized the unique needs of family caregivers and developed services and resources to meet these needs.

When you contact Family Caregiver Alliance (FCA), a staff member will speak with you about your caregiving situation. You can also ask to meet with an FCA Family Consultant for a caregiver assessment and care planning session. These support services are offered at no-cost to qualifying family caregivers in the greater San Francisco Bay Area.

VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

Our Services

INFORMATION AND REFERRAL

FCA offers many resources and tools for caregivers including:

- **FCA CareNav**, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey. After completing a brief Care Review questionnaire, caregivers receive personalized, immediately useful, caregiver-recommended resources and support.

An FCA Resource Specialist will follow up with all caregivers who begin their journey with **CareNav** then connect them with a Family Consultant for additional services as needed.

- **High-quality information and training** of value to family and friend caregivers. This includes:
 - **Articles and overviews** on health conditions, planning for care, daily care, self-care, legal issues, and more.
 - **Educational webinars and videos** on a range of caregiving topics.
 - **Online and in-person classes** on caregiving topics such as understanding dementia behaviors, stress management, care planning, and practical daily skills for caregivers.
 - **Our monthly e-newsletter Connections**, which links you to issues and information important to family caregivers.
 - **Referrals to community programs** such as adult day care, support groups, home care, and respite.

Our Services (cont.)

FAMILY CONSULTATION

- Our comprehensive Care Evaluation is an assessment of your individual care situation. Our professionally trained Family Consultants meet with the family caregiver (adult child, spouse/partner, other relative, or friend) to gather key information about the caregiving situation to help the caregiver create a Care Plan.
- Determine eligibility for legal/financial consultation, support groups, respite services, and individual counseling
- Help with long-term planning
- Ongoing support throughout your caregiving journey

ELIGIBILITY

Family Caregiver Alliance (FCA) serves as the Bay Area Caregiver Resource Center, one of 11 Caregiver Resource Centers throughout California.

FCA works with families caring for those with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Huntington's disease, traumatic brain injury (TBI), HIV-associated neurocognitive disorder, or brain tumor in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

FCA also assists family caregivers of adults age 60 and older regardless of diagnosis in Alameda, Contra Costa, San Francisco, and San Mateo counties.



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caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

Family Caregiver Alliance supports and assists caregivers of adults with chronic or disabling health conditions. FCA services are available to caregivers regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance.

FCA services are partially funded by California's Department of Health Care Services (DHCS) and Area Agencies on Aging through the National Family Caregiver Support Program. Private foundations, families, friends, and caregivers also donate to FCA to help us continue our support services.



Live Oak
Adult Day Services

LIVE OAK ADULT DAY SERVICES

Live Oak Adult Day Services' mission is twofold: to enhance the lives of dependent seniors and to provide respite for their caregivers.

What We Do

Live Oak is a nonprofit, community based, adult day care which provides a structured day program designed to promote physical, cognitive, and emotional health. We are open Monday through Friday from 9:00 am - 3:00 pm. We provide breakfast, a hot lunch, and snacks, along with daily exercise, cognitive stimulation, and opportunities for socialization.

Our Clients

Live Oak accepts adults aged 60 and over who are unable to live independently, are unable to participate in programs for independent seniors and would benefit from the adult day care program. Our clients have a variety of age-related illnesses such as Alzheimer's Disease, Parkinson's Disease, other dementias, a history of stroke, and depression.

Cost

Participant contributions are suggested for each family based on a sliding scale. No participant is turned away due to inability to pay. Master Card and Visa are accepted.

Our Goals

- ✿ To prevent or delay further cognitive decline in our seniors
- ✿ To enable our seniors to age in place, and avoid or delay institutionalization
- ✿ To provide respite and support to caregivers so they are better able to care for their loved ones and themselves
- ✿ To restore dignity and respect to those affected by impairments related to aging
- ✿ To combat isolation with contact, support, and enrichment

What We Offer

- ✓ Caregiver Support Groups
- ✓ Socialization
- ✓ Games & Dancing
- ✓ Arts & Crafts
- ✓ Chair Exercise & Yoga
- ✓ Holiday Parties
- ✓ Current Events/Reminiscence Discussions

Call us for
more info



(408) 971-9363

Locations | San Jose, Gilroy, Cupertino, Los Gatos



1147 Minnesota Ave., San Jose



www.liveoakaduldaycare.org



admin@liveoakaduldaycare.org



on LOK[®]
where seniors embrace life

PACE

Get everything you need



**On Lok PACE is a full-service healthcare program.
All your Medi-Cal and Medicare services are covered, plus more.**

For more information, please contact
On Lok Enrollment and Outreach Department

Direct: 1-888-886-6565 | TTY: 711
Email: info@onlok.org
onlok.org/PACE

When enrolled in On Lok PACE, your services must be received through On Lok contracted providers or you could be personally liable for costs incurred, unless it is an emergency or urgent situation.

H5403_2020_014

Yu-Ai Kai Japanese American Community Senior Service



Caregiver Support Group



Caregiving for loved one is challenging physically and mentally. We provide a confidential setting where you can talk caregiving stress and issues in both English and Japanese.

Session will be via Zoom.
For more information, please contact to: Emi Nagai or Kumi Nishida, 408-294-2505



Senior Day Service



Socializing is key to physical and mental well-being. Senior Day Service keeps seniors motivated and engaged with a full schedule of enjoyable activities.

<https://www.yuaikai.org/senior-day-service>

For more information, please contact to: Maria Solis, 408-294-2505



Serving the community with friendship and love for 50 years.
<https://www.yuaikai.org/>