

AOASCC News & Notes



Independence

January 2015



STOP AGEISM NOW

Here's one Fabulous Thing About Aging! You know you can survive without a cell phone, computer, iPad and all the other technology that so many younger people seem to think makes the world go around.

There's 49 more Fabulous Things about Aging - [read them here](#) and join the conversation.

Volunteer Spotlight

Over 140,000 hours of service were provided this past year to children with special needs and to frail older adults who are trying to remain in their own homes rather than to be prematurely institutionalized. This service was provided by 140 AOASCC Foster Grandparent and Senior Companion Program volunteers.

In December program staff hosted the annual event in recognition of the community service of the 130 volunteers in attendance. Some of these volunteers have been part of these programs for over 20 years and stated that they plan on continuing to volunteer their time and energy to the children and older adults they serve on a daily basis.

Why volunteer? The volunteers voiced their feelings that the time given as a volunteer has helped them to stay young; to feel like a vital part of their community and to have a purpose and reason to get up in the morning.

Also in attendance were many of the staff from the agencies where the volunteers are assigned. The volunteers were pleased that their supervisors attended and stated that it made them feel like they were truly a part of the organizations where they serve.

Thank you to the many local organizations that showed their

CHOICES Corner

The Low Income Home Energy Assistance Program (LIHEAP) offers one-time financial assistance to help pay home heating bills.

LIHEAP provides funding assistance to low-income households, targeting those who are truly vulnerable: the disabled, elderly, and families with preschool-age children. Additional funds may be available in emergency situations.

LIHEAP, known as Connecticut Energy Assistance Program (CEAP) in Connecticut, aims to help low-income households stay healthy during winter. The program extends benefits to homeowners and

support for the Foster Grandparent and Senior Companion programs by providing donations and gifts that were given to the volunteers for their service to the new Haven community. Special appreciation is extended to Stop & Shop, Target, Macy's, Manantial de Vida and Reverend Nancy Ramos.



Find out more about the opportunities you have to get involved in your community through the Volunteer and Training Department. [Visit our website.](#)

renters equally.

Benefits range from \$120 for renters to \$750 for home owners depending on a range of factors. Benefits are available for eligible two-person households with an annual income of up to \$22,695.

Read more about the benefits and a full list of income guidelines: [Low Income Home Energy Assistance Program.](#)



Upcoming Events [View our full calendar here.](#)

[M-Team - January 21](#)

[Ambassador Meeting - January 26](#)

[Find out about Assistance Programs](#)

On January 26th, AOASCC staff along with community partners will be on hand at Berger Apartments in New Haven to help you discover programs that match your needs. This event is open to the public.

["New to Medicare" Seminar](#)

Targeted to those who want an introduction to the complex topic of Medicare. Several dates are scheduled, preregistration is required.

Roundtable with Senator Chris Murphy

We were happy to host a roundtable session on December 21st led by Senator Chris Murphy. Senator Murphy held this session to discuss the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregiver Act and to solicit feedback on other issues important to older adults in Connecticut.

The RAISE Family Caregiver Act was passed by the Senate on December 8, 2015 and now is under consideration by the House of Representatives. This act supports the development of a strategy that would identify specific actions that government, communities, providers, employers and others can take to recognize and support family caregivers. That will help people live at home, where numerous surveys show they want to be, preventing more costly care and saving taxpayer dollars.

[See pictures and WTNH's coverage of the event.](#)

Did You Know?



About 40 million Americans care for family members, comprising an unpaid workforce worth around \$470 billion a year, according to AARP. Most of those needing care are elderly; the typical caregiver is a 49-year-old woman caring for her mother.

But the ratio of potential family caregivers to the growing number of older people is in steep decline.

- In 2010, there were seven potential caregivers available for each person 80 or older
- By 2030 there will be only four
- By 2050, when baby boomers are between 86 and 104, there will be fewer than three - not enough to provide the kind of care that previous generations have relied on.

Excerpt from [Washington Post](#).

In Connecticut

According to the Legislative Council on Aging, there are more than 500,000 Connecticut residents who provide care every day to their loved with tasks such as bathing, dressing, finances, transportation, and medical care. The total economic impact of this unpaid care is estimated to be \$5.8 billion.

Caregiver Corner

Technology

Are you including technology as a resource to make caregiving easier? If you're like most caregivers in the baby boom or younger generation, the answer is yes. Technology can help caregivers manage their caregiving roles more effectively. If you're older than the baby boomers you might be in the group that avoids technology. Step out of your comfort zone and give it a try. There are a lot of applications that can help you as a caregiver. Listed below are a few of the tasks that can be done easily using technology. A Smart phone, tablet or computer is all you need.

Coordinating Care: Communication between you and all the other people involved in the care of your loved one can be done efficiently using technology. You can set up a conference call or video chat with all your family at the same time as you make decisions about caregiving.

Managing Appointments and Tasks: Simple downloadable software is available to create a calendar that will allow you to coordinate all your activities. You know when you can set a new doctor's appointment without having to worry that it's conflicting with the appointments for other activities totally unrelated to your caregiving role.

Medication Management: Track medication schedules, potential food and drug interactions, refill schedules, drug lists.

Personal Health Record Tracking: All the health records for your family is in one place that you have with you anytime you need them. No need to rely on your memory about when you got the flu shot or if your vaccinations are current.

Social and Emotional Support: Join an online support group.

Meditation and Spirituality: Receive daily inspiration messages.

Information & Education: Arm yourself with the information you need to become an "expert" in all the things you're responsible for.

Safety: Use web cameras to monitor your loved one when you can't be there. Know what's happening in your home at all times.

Shopping for Goods and Services: Online shopping has its risks and annoyances but it can make your life easier; if you're free time to shop is restricted, it can be a lifesaver

Entertainment: Music soothes us all, you and the person for whom you care. MP3 players can provide hours of calming music; videos can amuse and entertain at any hour of the day.

What's Your New Year Resolution?

Eating healthier? Saving money? SNAP can help with both!
Kick-start your 2016 by finding out if you qualify.

[Click here](#) or
[visit our website](#) to find out more.



Care Network Link is a one-stop resource for aging in place, serving all towns in Connecticut and those above the eligibility thresholds for programs offered by AOASCC. This new non-profit business offers a wide range of services and ensures that all the companies in the network are trustworthy, quality focused with well-trained employees. Membership is free and entitles you to discounts from the providers in the network. Whether it is housekeeping, personal care, meal delivery, chores or modifications to make your home safer, Care Network Link has the trustworthy providers to take care of your needs. [Visit our website](#) & find out more.

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