



eap

HELPING HANDS



Effects of Caregiving on Health and Well Being

(excerpts from USA.GOV and Caregiver.org)

Researchers know a lot about the effects of caregiving on health and well being. The combination of prolonged stress, the physical demands of caregiving, and the biological vulnerabilities that come with age place you at risk for significant health problems.

Older caregivers are not the only ones who put their health and well being at risk. Baby boomers who have assumed a caregiver role for their parents while simultaneously juggling work and raising adolescent children, face an increased risk for depression, chronic illness and a decline in quality of life.

Despite these risks, family caregivers of any age are *less* likely than non-caregivers to practice preventive healthcare and positive self-care behavior. Regardless of age, sex, race and ethnicity, caregivers report problems attending to their own health and well-being while managing caregiving responsibilities. They report:

- sleep deprivation and lack of proper rest when ill because of the demands of caregiving
- poor eating habits due to lack of time to prepare healthy food for themselves
- lack of time to exercise
- postponement of or failure to make medical appointments for themselves



Family caregivers are also at increased risk for depression and increased use of alcohol, tobacco and other drugs. Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources and continuous care demands are enormously stressful. Caregivers are more likely to have a chronic illness than are non-caregivers. Studies show many caregivers met the criteria for clinical depression.

Caregivers need not feel trapped. They can begin to think differently about the situation by considering reaching out to caregiving organizations and discovering options that may be available to help with the care receiver. There are many affordable caregiving organizations that can ease the burden of the caregiver and even improve the situation the care-receiver is in. Here are some ideas that can help:

Identify local support services. Local agencies can connect you to services and benefits such as adult day care, respite care (temporary breaks for caregivers), training programs, and caregiver support groups.

Ask for help. Speak up when you need support or assistance. Help can come from community resources, family, friends, and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs. Visit "[Lotsa Helping Hands](http://www.lotsahelpinghands.com)" at www.lotsahelpinghands.com, a free service for creating private online communities where family and friends can stay informed and easily provide assistance to caregivers, share a common calendar, and additional resources in your community and on the Internet.

Contact your local [Area Agency on Aging](#) and connect to support groups and other caregiving services.

Visit the [Eldercare Locator](http://www.eldercare.gov) at www.eldercare.gov. Identify local respite care providers at the Access to Respite Care and Help (ARCH) National Respite Network and Resource Center at archrespite.org or 1-800-473-1727.

Make connections with others. Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings, like a fellow caregiver, clergy, friend, family member, or therapist. Go to the [Ask Medicare](http://www.medicare.gov/caregivers) site at www.medicare.gov/caregivers and click on "[Caregiver Topics](#)," or "[Support for Caregivers](#)," "[Taking care of yourself](#)," and "[Connect with resources to make your life easier](#)" for links to messages boards, discussion groups, and forums.

Finally, take care of your own health. Managing your own health is important to make sure you are healthy enough to help others. Eat properly, get regular exercise, and set aside some time each week to do something you enjoy. Continue to get regular check-ups and see your doctor if you experience any health problems. Talk with your EAP representative for more information.



Caregiver Resource Kit

(excerpts from medicare.gov)

The AskMedicare Caregiver Resource toolkit offers informational resources that can be printed directly from medicare.gov and is provided free to caregivers. The resources are designed to help caregivers address challenging issues and work effectively with Medicare to ensure their family members and friends receive the best possible care.

Practical information for caregivers

These materials highlight the basics of caregiving and understanding Medicare. The following brochures are available:

- Ask Medicare brochure: Care for others
- What every caregiver needs to know
- Ask Medicare: What type of care is best for your loved one?
- Ask Medicare: Questions and answers about Medicare for caregivers

These materials will help caregivers manage challenging issues, like paying for care, managing a transition from a hospital to home care setting, managing the stress that can come from caregiving and more.

- Ask Medicare: Moving to a nursing home or assisted living facility
- Facts and insights about long-term care options.
- Ask Medicare: Planning a transition from hospital to home
- A checklist to help caregivers prepare home environments for individuals who are being discharged.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.



IAM EAP Calendar

Labor's Assistance
Professionals Association
Convention
July 17-22, 2016
Tropicana, Las Vegas

IAM District 141
Convention
October 10-13, 2016
Bally's Las Vegas

Employee Assistance
Professionals Association
Convention
October 31-November 4, 2016
Downtown Sheraton, Chicago

EAP IV
December 11-16, 2016
William W. Winpisinger Education
and Technology Center