

# Caregiver Connection

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Welcome to the Caregiver Connection Ezine, your source for the most current information about caregiving events, conferences, and issues that are important to you.



Please consult our website for more information: [www.njcaregivers.org](http://www.njcaregivers.org).

## Quick Links

- Caregivers of New Jersey
- The Family Support Center of New Jersey
- The Family Resource Network

## Register Now for the National Caregivers Conference!



### Technology: The Future of Caregiving

Tuesday, October 26, 2010  
Renaissance Woodbridge Hotel - New Jersey

#### Keynote Speaker

John F. Crowley, J.D., M.B.A.  
Chairman and CEO of Amicus Therapeutics  
Father of the family that inspired the movie, "Extrodinary Measures"

Early registration insentives, respite available, exhibits, workshops, inspirational speakers and more.

To register online or for more information please visit [www.nationalcaregiversconference.org](http://www.nationalcaregiversconference.org)  
or call (800) 372-6510.

## Monmouth County Caregiver Support Programs

### Caregiver Information Fair

Sponsored by Monmouth County Office on Aging

June 18, 2010, 11am-2pm

Middletown Twp. Public Library  
55 New Monmouth Road,  
Middletown, NJ

Caring for an aging parent or spouse? Come find information about support groups, adult day care programs, home health care respite and more.

Call 877-222-3737 or email [csmith@co.monmouth.nj.us](mailto:csmith@co.monmouth.nj.us) for more information.

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### Caregiver Support Groups

#### 3rd Tuesday of the Month

11am-12pm

Neptune Senior Center  
1825 Corlies Avenue  
Neptune, NJ

#### 3rd Wednesday of the Month

10:30am-12pm

Marlboro Senior Center  
1996 Recreation Way  
Marlboro, NJ

RSVP to Colleen Smith, 732-308-3770 x8780

## Study assisted-living options for aging parents

The Washington Post  
By Michelle Singletary

The residents at the assisted-living facility looked so frail, many sitting in wheelchairs or hunched over their walkers, making their way slowly along the hallways.

"Let's give our kids everything they want anytime they ask so they won't put us in a place like this," I whispered to my husband. I was joking, of course. I had to lighten the mood. We are scouting places for my father-in-law. It was our first tour of an assisted-living facility, and this one was nice and homey, as were all the ones we visited.

A month ago, my 81-year-old father-in-law came to live with us while he recuperated from surgery. We now face a question that millions of adults are facing: What do you do with elderly parents or relatives who can no longer fully take care of themselves? Thus began a journey that has caused me so much stress that I woke up one morning with a painful neck strain that lasted two days.

We are exploring various options, including having my father-in-law continue living in our home, returning him to his own home and hiring a home health-care aide to provide daily care, or having him moved into an assisted-living facility.

Since I first wrote about this new turn in my life, I've received dozens of e-mails from people with great advice and comforting words. There is so much to say about the issue of elder long-term care, more than I can address in any one column.

To continue reading [this article click here](#).

## "Your Discharge Planning Checklist"

The revised checklist, "Your Discharge Planning Checklist," is available on the Medicare.gov website. Print versions are now available. It will also be translated into Spanish in the near future. [Click here for the link](#).

## Obama Budget Pushes Paid Leave Programs

NPR

By Jennifer Ludden

For millions of Americans, a major illness or family crisis means time off work with no pay. In recent years, several states have passed their own paid leave programs. Half a dozen more are trying but are largely stalled by the bad economy.

Now, the Obama administration's proposed budget aims to encourage states to push ahead. Paid leave would help people like Selena Allen of Tacoma, Wash. When she found out she was pregnant with her second child, Allen started saving all her vacation and sick days. She hoarded away enough to take one month of maternity leave. Then her son was born a month and a half early.

"He was sent to the NICU [neonatal intensive care unit]," Allen said on a recent lobbying trip to Capitol Hill, "and I had to decide if I needed to take my precious maternity leave while he was there in the hospital, or wait until I could take him home."

Allen, who worked at a nonprofit at the time, decided she simply couldn't afford to take any more time off - time that would have been unpaid. She postponed her maternity leave and returned to work a painful four days after giving birth.

Julie Markiewicz of Portland, Ore., shared her story as well. When a motorcycle accident landed her in intensive care for a month, she said neither her husband nor sons could afford time off work to be at her side.

"I felt like I was going to die alone," Markiewicz said, "because my family could not be there when I truly needed them."

To continue reading this article, [please click here](#).

## Parent Error Common When Medicating Chronically Ill Kids

American Academy of Pediatrics, news release

Even well-educated parents need more help with lifesaving drug regimens, study finds

HealthDay News -- A new study suggests that parents often make mistakes when they give medicine to their chronically ill children.

"Giving these medicines in exactly the right way is vital and sometimes lifesaving for children with chronic conditions," said study lead author Dr. Kathleen E. Walsh, assistant professor of pediatrics at University of Massachusetts Medical School, in a statement.

The study authors reached their conclusions after visiting the homes of 83 chronically ill children and adults aged 6 months to 20 years. The patients had cancer, sickle cell disease and epilepsy. The researchers checked on 544 drugs and watched 166 drugs being administered. Two doctors followed up by analyzing the results.

The study reports that mothers gave medications 79 percent of the time, while fathers only did 7 percent of the time. Other guardians administered medication 14 percent of the time. Despite a high education level among parents, with 37 percent having bachelor's degrees and 12 percent holding advanced degrees, mistakes happened often. "For example, we visited families who did not use the proper syringe to measure liquid medicine or a pill cutter to cut tablets, resulting in children getting too little pain medicine or chemotherapy," Walsh said.

Researchers noted 128 medication errors, including incorrectly labeled chemotherapy drugs and insufficient doses of painkillers. Of those mistakes, 73 could have hurt children, and 10 actually did injure kids. (One mistake resulted from an incorrect chemotherapy dosing label, which called for six tablets a day when the child was supposed to have seven a week.)

The researchers write that parents need help administering complicated drug regimens, even if they're highly educated. "If parents or caregivers are not sure exactly how to give the medicine, they should ask their child's doctor," Walsh said.

The study is to be presented at the Pediatric Academic Societies' annual meeting in Vancouver, Canada.

To read more about this topic and to read this article in Spanish, [please click here](#).

## New: Caregiver County Coalition Corner!

It has been a mission of Caregivers of NJ to provide assistance to family caregivers by helping each county in NJ develop a coalition of professionals, nonprofit agencies and caregivers. Through these coalitions, resources will be more readily available, awareness about caregivers and their daily struggles will be spread, and business and nonprofit groups can network and assist one another.

Currently, there are 3 active coalitions in Morris, Bergen, and Union Counties. Sussex County is in the formative stages of developing one as well. In this section of Caregiver Connection, we will be highlighting the events, meetings and advances of these coalitions.

### Coalition News:

**Bergen County** - Frank Power, former Supervisor of Education and Outreach for the Bergen County Division of Senior Services, and also the coordinator of the Bergen County Caregiver Coalition, has retired after more than 30 years of service. We wish Frank all the best in the future. Linda Cross will now be taking on his responsibilities with regards to the Bergen County Caregiver Coalition.

**Morris County** - On March 6, the Caregivers Coalition of Morris County hosted 110 caregivers at the third annual Conference for Caregivers at the Frelinghuysen Arboretum in Whippany, NJ. The conference, entitled "Conversations for Critical Times," offered support and information to all caregivers who provide care for loved ones with issues of aging, disability, or mental illness and was a huge success! [Click here for a summary of the event.](#)

### Next Month's Caregiver Coalition Meetings:

**Morris County** - 2nd Wednesday of the month, 9:30am to 11:00am at the Ukrainian American Cultural Center (62 North Jefferson Road, Whippany, NJ). [For more information, click here.](#) Or contact Lori Rubin at United Way of Morris County at 973-993-1160, ext. 139

**Bergen County** - 3rd Wednesday of the month, 1:30pm, Bergen Regional Medical Center Auditorium, 230 East Ridgewood Avenue, Paramus. For more information, please email Linda Cross, [LCross@co.bergen.nj.us](mailto:LCross@co.bergen.nj.us).

**Union County** - For information about the Union County Coalition on Family Caregivers, please contact Kevin McClarren at [km@homecareassistance.com](mailto:km@homecareassistance.com).

***If you are interested in starting a coalition in your county, please contact us at 732-262-8020 or by replying to this email.***

## Caregivers of New Jersey is Social Networking, Are You?



Click here to become a fan of Caregivers of New Jersey on Facebook. Stay up to date on activities and network with other caregivers and professionals around NJ. And click here to follow us on Twitter too!



Thank you for reading Caregiver Connection! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at [dgoldberg@njcaregivers.org](mailto:dgoldberg@njcaregivers.org) or click the "Join Our Mailing List" button on the top right side of the newsletter.

Additionally, CNJ is dedicated to spreading awareness and knowledge of caregiving, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Dana Goldberg, Administrator  
Caregivers of New Jersey

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