



Aging Sub Committee

AAHP Self-Care for All Toolkit

Aging Subcommittee, AAHP African American/Black Caregivers Comprehensive Toolkit to support your caregiving journey while promoting your overall well-being.

Vol. 2, 2024

Introduction to AAHP Self-Care Toolkit for All

Dear Community Members,

Following post-summit Alzheimer's activities, and including future projects such as Sickle Cell, we're excited to present the AAHP Self-Care Toolkit for All, Volume II. Our exploration into Alzheimer's awareness emphasized a vital lesson: caregiving begins with SELF-CARE. Recognizing that caregivers' roles extend beyond Alzheimer's to encompass various aspects of caring for family, friends, and the community, we're committed to supporting your well-being journey. Whether you're a caregiver or seeking personal growth and support we invite you to use this toolkit and cultivate your resilience.

Warm regards,

AAHP Aging Subcommittee



What is Caregiving?

Caregiving entails providing physical, emotional, and sometimes financial support to individuals unable to care for themselves due to age, illness, or disability. This toolkit equips caregivers with crucial self-care practices, enhancing resilience in their caregiving roles.

83% of caregivers in the U.S. are family members, friends or other unpaid caregivers.

Source: Alzheimer's Association, 2023

83%



About two-thirds of caregivers are women.

Source: Alzheimer's Association, 2023

'54% of Americans in their 40s find themselves caring for both their aging parents and their own children.'

Source: Survey of U.S. adults conducted Oct. 18-24, 2021. Pew Research Center



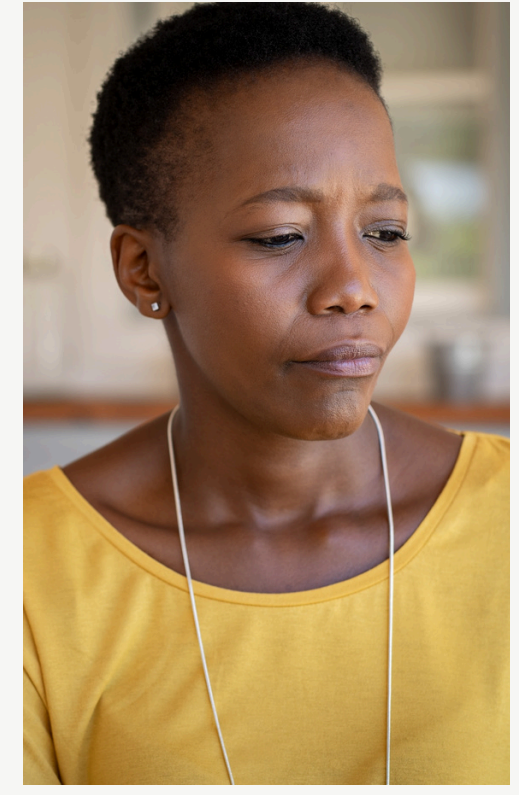
9 Challenges Caregivers Face:



Fatigue



Stress



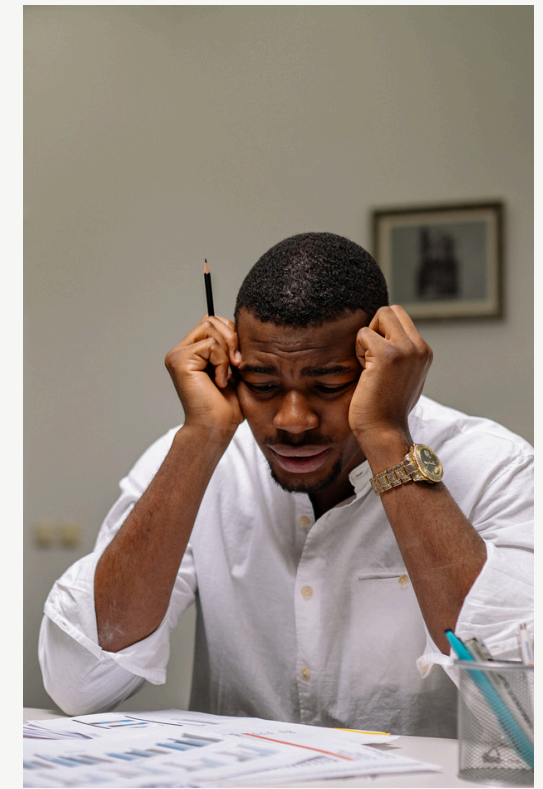
Guilt



Loneliness



Emotional Distress



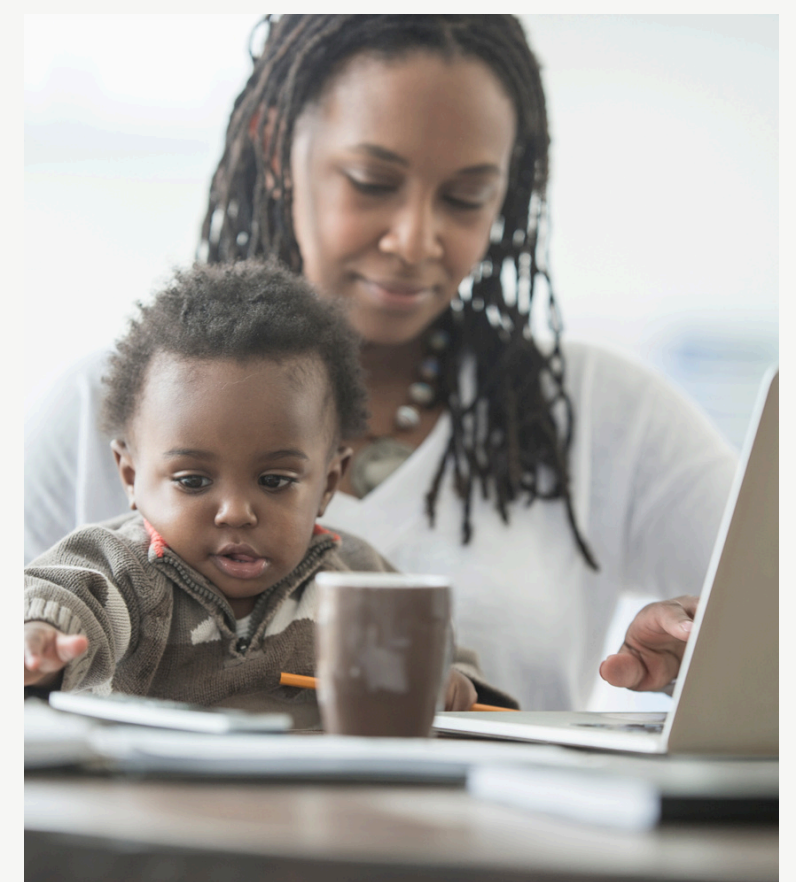
Financial Struggles



**Difficulty
Maintaining
Social Connections**



**Poor Physical
Health**



**Balancing
Responsibilities**

The Importance of Self-Care



Self-care is essential for ALL! Without it, we would struggle in our lives, making it harder to be available to others.

Take A.C.T.I.O.N

- Advance Wellbeing
- Cultivate Relaxation
- Time-Management
- Intuition
- Openness
- Nourishment

A.C.T.I.O.N Affirmations

Affirmations are positive statements that challenge negative thoughts and promote a positive mindset. In the Self-Care of 'All' Toolkit, affirmations remind us to advance wellbeing, cultivate relaxation, manage time, trust intuition, embrace openness, and nourish body and soul.



A – Advance Wellbeing

- Advance your wellbeing every day.
- Move forward with purpose.
- Wellness begins with a single step.



C – Cultivate Relaxation

- Cultivate peace within.
- Relaxation is a skill.
- Find tranquility in every moment.



T – Time Management

- Manage your time, master your life.
- Every moment counts.
- Balance is key to success.



I – Intuition

- Trust your inner voice.
- Intuition guides you.
- Listen to your heart.



O – Openness

- Be open to new possibilities.
- Embrace openness.
- Open hearts, open minds.



N – Nourishment

- Nourish your body and soul.
- Healthy food, healthy mind.
- Feed your life with goodness.



Self-care

It can be difficult to find time for yourself while caring for a loved one but taking breaks to stay active and socially engaged can help you maintain your health.

Self-Care Tips:

Prioritize Your Own Well-being



Schedule regular check-ups with your doctor.



Stay hydrated - Drink Water.



Maintain a healthy diet.



Move Often.



Reduce Sugar & Salt intake.



Get 7-9 hours of quality sleep each night.

Manage Your Stress



Create a self-care practice.



Create a playlist



Listen to music.



Limit outside noise/influences.



Practice relaxation techniques:
meditation and deep breathing.



Participate in activities that relax
you.

Seek Support



Join a support group.



Connect with friends and family
for emotional support.

Set Realistic Expectations



Accept that you cannot do everything and set boundaries.



Break tasks into manageable steps to avoid feeling overwhelmed.

Take Breaks



Schedule regular breaks throughout the day.



Schedule respite when needed.

Stay Organized



Keep important documents and information organized.



Use calendars or apps to manage appointments and medication schedules.

Stay Engaged



Find activities you enjoy outside of caregiving.



Maintain social connections to prevent isolation.

Accept Help



Don't hesitate to ask for help when needed.



Delegate tasks to family members or friends.

Importance of Self-care for Caregivers

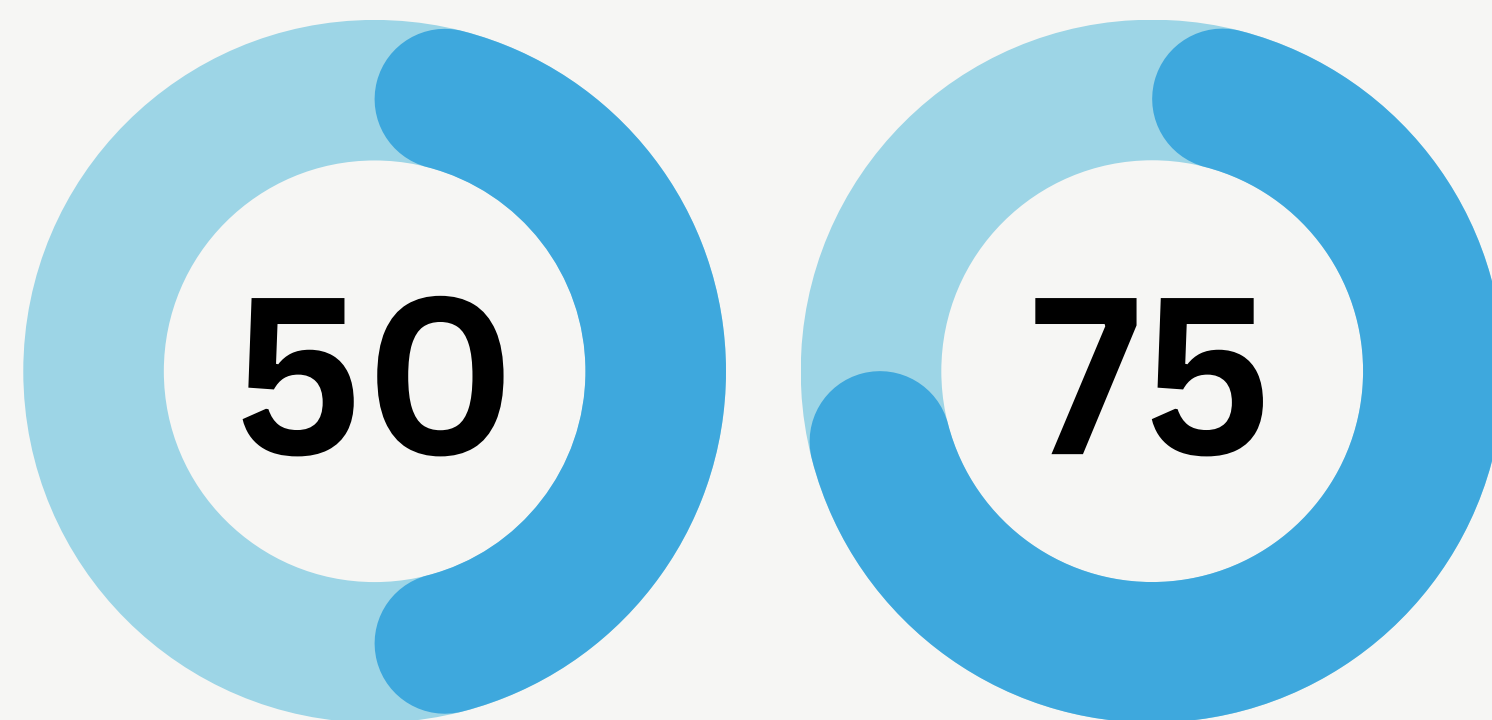
Self-care is essential for caregivers to maintain their physical, emotional, and mental well-being. It enables caregivers to sustain their ability to provide quality care, prevents burnout, and promotes resilience in managing the challenges of caregiving. Taking time for self-care not only benefits caregivers but also enhances the quality of care provided to their loved ones.



Navigating Alzheimer's and Dementia



Alzheimer's Disease is a type of dementia that affects memory, thinking and behavior. As time goes on symptoms get worse and interfere with daily tasks.



Alzheimer's Disease is the most common cause of dementia and accounts for 50%-75% of all cases.



Source: Livingston et al. A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission

www.alzint.org

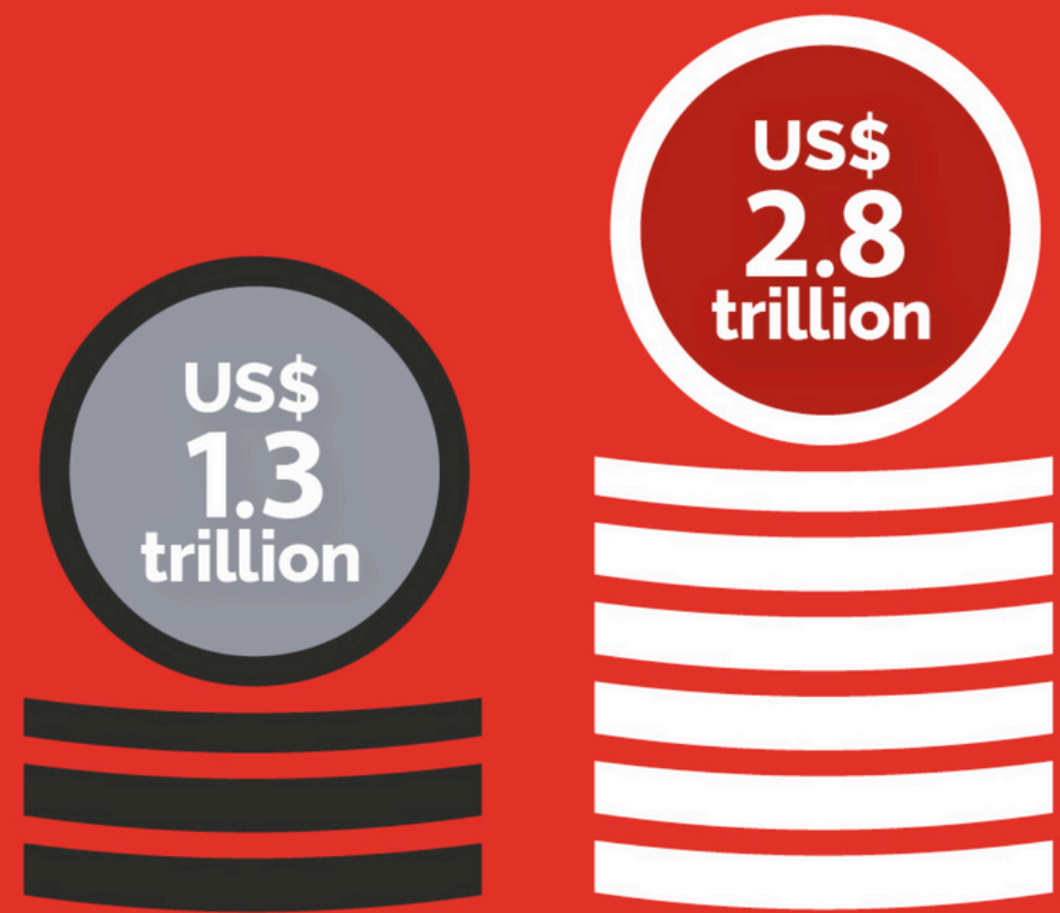
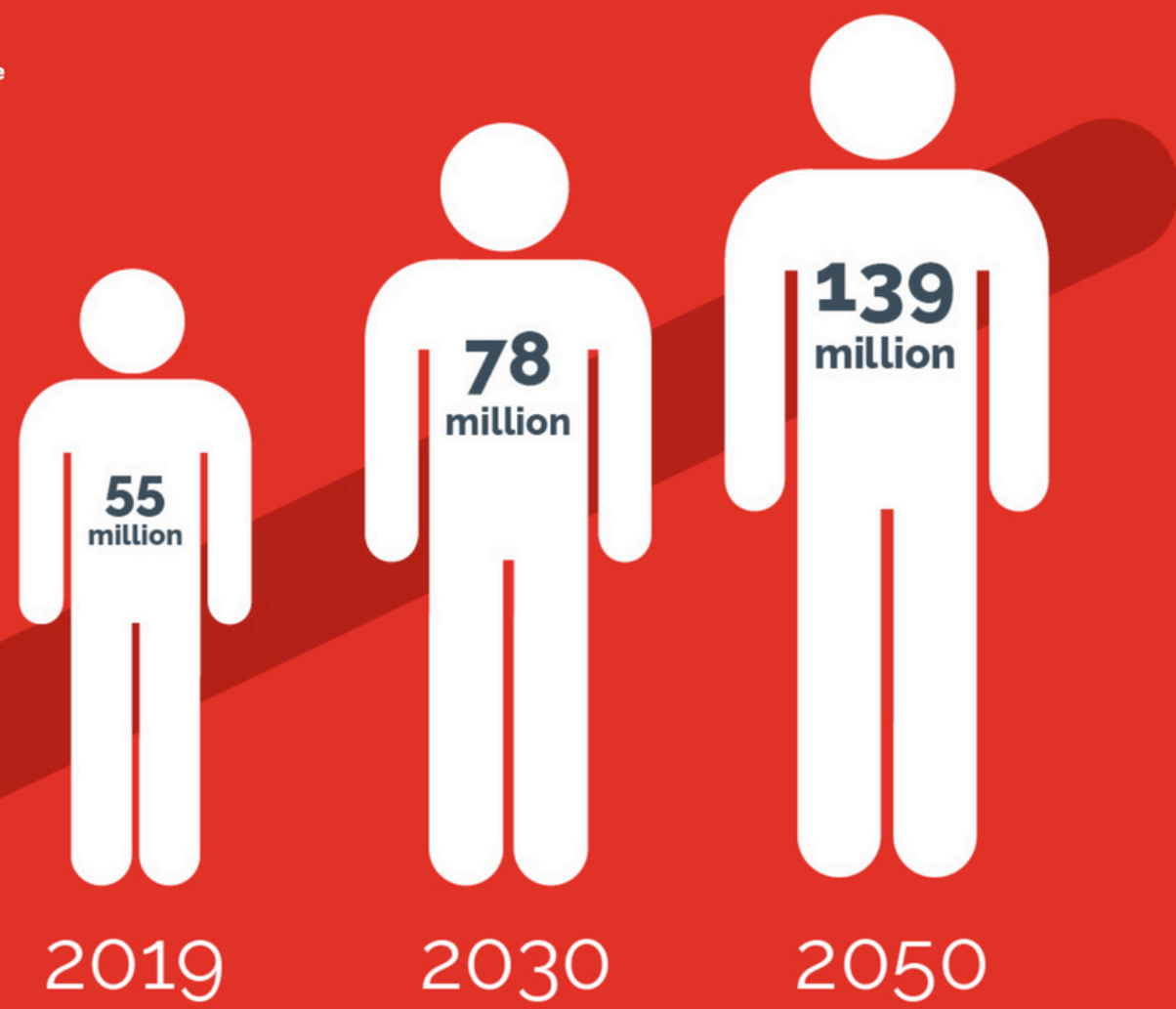


Get Checked! Early Detection Matters!

If you notice you or another person are showing signs it can be difficult to know what to do. But it is important to take action to figure out what's going on.

Diabetes, High Blood Pressure, Obesity, and Chronic Stress can all raise the likelihood of Alzheimer's Disease. Therefore, it is important to get checked early.

Source: Alzheimer's Association, 2023



Estimated growth in number of people with dementia 2019–2050*

*WHO Global status report 2021

The total estimated annual worldwide cost of dementia is over US\$ 1.3 trillion. This figure is forecast to rise to US\$ 2.8 trillion by 2030*

*WHO Global status report 2021

6.9 MILLION

“The number of African-Americans age 65 and over will more than double by 2030, from 2.7 million in 1995 to 6.9 million by 2030.”

Source: Alzheimer's Association

2X

Alzheimer's is 2 times more prevalent among Black Americans than White Americans.

Source: Alzheimer's Association

4TH

Alzheimer's is the 4th leading cause of death among older Black Americans.

Source: UsAgainstAlzheimer's

Early Signs and Symptoms

Memory Loss



Forgetting things often.

Confusion with time and place



Not knowing the day of the week or getting lost in familiar places.

Problems with Abstract Thinking



Having trouble understanding numbers or how they are used.

Problems with Language



Forgetting words or using the wrong word.

Difficulty performing familiar tasks



Forgetting how to do something you have done before.

Misplacing things



Putting things in strange places.

Changes in Personality



Behaving out of character.

Impaired Judgement



Not making good choices, like not taking medicine needed.

Loss of Interest

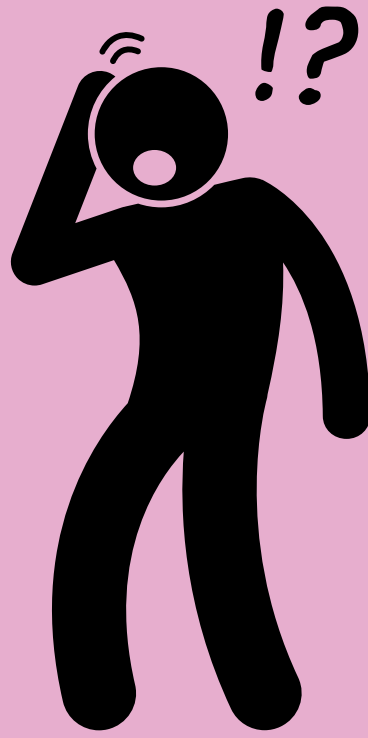


Losing interest in friends, family, or activities.

Early Stage (Mild Alzheimer's Disease):

Maintains some independence.

Memory problems start.
(forgetting recent events).



Difficulty with tasks and word-finding.



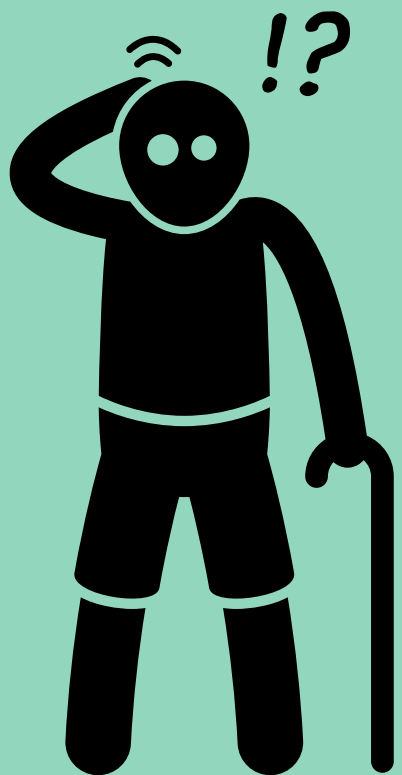
Mood/personality changes are small.



Middle Stage (Moderate Alzheimer's Disease):

Decreased independence, wandering.

Memory loss worsens
(forgets personal details).



Communication and behavior challenges.



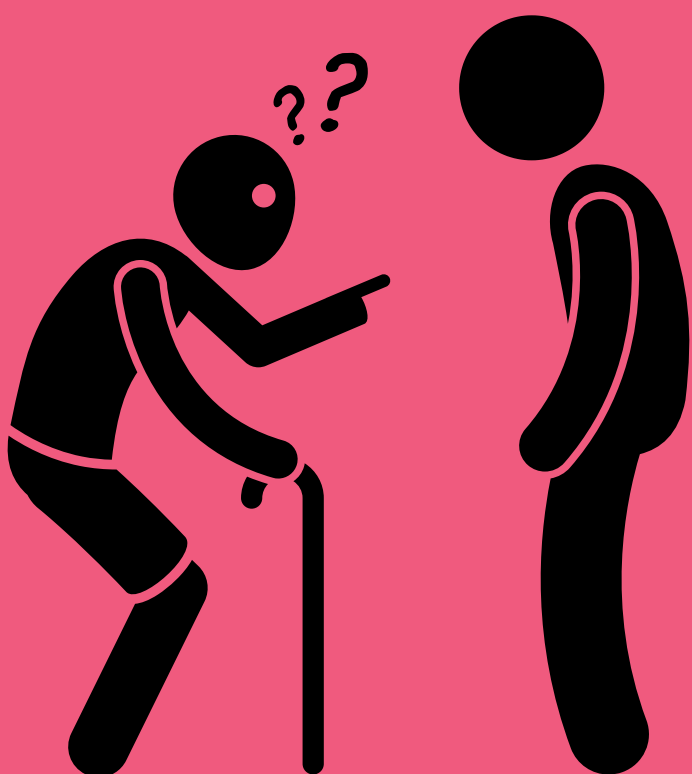
Loss of motor skills, incontinence.



Late Stage (Severe Alzheimer's Disease):

Minimal awareness, requires end-of-life care.

Extreme memory loss, no recognition.



Severe loss of mobility and communication



Swallowing and eating difficulties.



Wellness Practices



Regular Exercise

Regular exercise can reduce the risk of developing Alzheimer's disease by 50%



Healthy Diet

Reduces inflammation that inhibits the communication between brain cells.



Active Social Life

The better connected we are the better quality of life.



Mental Stimulation

Continuing to learn new things and challenging the brain helps to delay development of Alzheimer's Disease



Stress Management

Improves brain function and reduces health problems linked to stress.



Quality Sleep

Necessary for memory formation and flushing out brain toxins.

Ways to support caregivers and Individuals

Support Resources

Support Groups Offer:

- Emotional Support.
- Community, letting people make connections.
- Problem-Solving tips for caregiving challenges.
- Coping Skills: Tools for stress and grief.
- Empowerment.
- Advocacy: Raise awareness and make change.

Educational information on Alzheimer's and caregiving.
For more information on Alzheimer's call the 24/7 Helpline at
800-272-3900.

Upcoming Events section: AAHP, Aging Subcommittee

- June 2024 – Volume 2: Self-Care for 'All' Toolkit available
- July 2024 – Book Club Launch: The Wide Circumference of Love!
- September 2024 – Sickle Cell Conference and Falls Prevention & Safety Month
- November 2024 – 2nd Annual Alzheimer's Memory Summit

For further information : <https://aahpmontgomerycounty.org/seniors-corner/>

Ways to support caregivers

AAHP Mindfulness Program

Structural racism and inequality create persistent stressors that worsen mental health outcomes for the Black community in the United States. Mindfulness-based interventions have been shown to improve health in healthy and clinical populations. The program is designed to support the community's emotional and mental health by providing hands-on education and experience with evidence-based mindfulness practices. The six-week program is offered online via Zoom, with some hybrid sessions.

To learn more or to register, visit: <https://bit.ly/aaHPmindfulness> or contact Kimberly Johnson at Kimberly.johnson2@montgomerycountymd.gov or by phone at 240-777-1202

See Me at the Smithsonian

See Me at the Smithsonian – is a free, interactive program designed by the Smithsonian Institution for individuals living with memory loss and their care partners. The program utilizes multisensory experiences through dialogue and engagement activities. See Me programs offer a chance for individuals living with memory loss and caregivers to have fun and learn together from the comfort of their own home.

The program is offered virtually for convenient participation. It is a relaxed way to explore art, history, music, and storytelling with loved ones.

To learn more, visit <https://access.si.edu/program/see-me-smithsonian> or contact access@si.edu for program information.

Montgomery County's Aging and Disability Resource Unit

Services

- Resources for families and caregivers
- Helpful programs, organizations and websites for seniors
- Transportation
- In-home care
- Skill-based trainings

Location

401 Hungerford Drive Rockville, MD 20850

Monday - Friday

8:30 am - 5:00 pm

Extended Hours Tuesday and Thursday

5:00pm - 7:30 pm

Phone: 240-777-3000

For more information visit:

www.montgomerycountymd.gov/senior/caregiver.html

AARP Caregiving Resources

AARP or the American Association of Retired Persons, is the nations largest nonprofit organization dedicated to empowering and advocating for people aged 50 and older in the United States.

AARP provides several resources for caregivers and their families to help support you. Check out our online or downloadable caregiving tools, information, and support:

- [AARP Family Caregiving website](#) – this site provides an easy way to join an online community of other family caregivers, learn about local services, get helpful information, and connect with others who understand caregiving challenges. Check often for updates:
 - English: aarp.org/caregiving/
 - Spanish: aarp.org/cuidar/

Resource Center Phone Number: 1-877-333-5885

Habitat for Humanity

Home Accessibility Rehabilitation Program (HARP)

Aging in place involves adjusting your home to ensure safety, comfort, and independence. Health and housing modifications play a crucial role in this process.

The Home Accessibility Rehabilitation Program is a **FREE** program through the Department of Housing and Community Affairs, administered by Habitat for Humanity Metro Maryland. The goal of this program is to provide owner occupied homes with accessibility modifications.

For more information on this program contact

Client Coordinator Shauna Lowe at 301-990-0014x19 or at Repair@HabitatMM.org.

Autism/IDD (Intellectual and Developmental Disabilities), Alzheimer's and Dementia Outreach Program

240-773-6525

This program began in 2005, partly in response to the growing number of police calls for service involving missing residents with autism/IDD, Alzheimer's, and Dementia. The program has continued to develop and today provides a "total approach" to issues that these residents and police encounter through Education, Outreach, Follow-up, Empowerment, and Response.

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>

Senior Counseling Services

301-572-6585 * Press 1

Connect-A-Ride

301-738-3252

State Health Insurance Assistance Program

301-255-4250

County Information & Services

311

Montgomery County MD Fire Safety for Older Adults

240-777-2430

Fire safety is a critical issue for older adults. Americans over the age of 65 are one of the groups at greatest risks of dying in a fire. Although, deaths have happened there are a number of ways older adults and those that care for them can prevent and reduce the risk of becoming a fire casualty.

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>

Montgomery County Recreation 55+ Active Senior Programs

240-777-6840

Montgomery County Recreation has many ways for independent adults, 55 and older, to stay active and healthy. Whether you are working, semi-retired, or fully retired, our eight senior centers offer many programs, activities, classes, and events for you to choose from..

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>

Alzheimer's Association (National Capital Area Chapter)

1-800-272-3900

Provides numerous non-cost programs, website information, and a 24/7 helpline.

Interpretation services are available in over 200 languages.

Local assistance includes:

- Caregiver support groups
- Memory's Cafe
- Transportation
- Education programs
- Care consultations

For more information visit:

www.alz.org

The ARC Montgomery County Respite Care

301-984-5777

Provides access to supervised short term home care allowing unpaid caregivers time for errands, appointments and selfcare. Families can choose from many respite care venues including:

- Family home
- Adult medical day programs
- Approved respite facilities

For more information visit:

www.thearcmontgomerycounty.org

Recreation Department Senior Program

240-777-4925

Montgomery County Recreation has many ways for independent adults 55 and better to stay active and healthy.

For more information visit:

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/>

The Black Physicians & Healthcare Network

301-365-4480

The Black Physicians & Healthcare Network (BPHN) connects residents to physicians & health care providers. Their goal is to improve the overall health of the insured, underinsured, & uninsured residents of Montgomery County, MD.

For more information visit:

<https://www.bphnetwork.org/>



Acknowledgements

Arthur L. Williams, Founder AAHP, Chair Aging Subcommittee

James Stowe, AAHP Co-Chair Aging Subcommittee,
Director of Human Rights, Montgomery County MD

Ms. Arlee Wallace, AAHP Program Manager II

Dr. Ikenna Myers, AAHP Program, Manager I


Ms. Kimberly M. Johnson, AAHP Program Specialist II

Ms. Monique Gardner, AAHP Program Specialist II

Ms. Ama Lee, AAHP Aging Community Ambassador, Contractor

Ms. Kiera Abdul, Public Health Advisor





African American Health Program
Aging Sub Committee

1401 Rockville Pike
Suite 4420
Rockville, MD 20852

www.aahpmontgomerycounty.org

@aahpmoco

(240) 777-1833

