



Coping with Caregiving help! i need somebody

This is Part Four in a series dealing with the stresses of caregiving. The last article discussed the need to establish your limits as a caregiver. This article addresses asking for and accepting help from others.

We all know that as a caregiver, you have mastered the ability to give. But, what about the equally crucial ability to receive help from someone? Oftentimes, as caregivers, we take on all of the duties of caring for our loved ones by ourselves. But, is this necessary? And, more significantly, is this healthy not only for our loved one, but for us? Letting someone help you could relieve a tremendous amount of stress and worry.

So ask yourself these key questions: When someone offers assistance, how do you react? When you need help, do you ask for it? How do you ask for it?

When someone offers help, do you resist? There are many reasons people refuse help. Maybe you feel you should be able to go it alone and accepting aid is a sign of weakness or failure. If so, consider this: The world's strongest man lifts weights for eight hours. At the end of the day he bench presses too much. The bar is on his chest and he cannot lift it. Someone walks by and offers a hand. What does the man do? Accept the help or stay pinned to the bench all night because he is the world's strongest man and should be able to do it alone? There are always times in caregiving when we are pinned under the bar. If a person offers to help, consider accepting it and making your day a little easier.

Another reason people do not accept help is because they think that the person is only being polite. If this is you, then ask yourself if you have any reason to second-guess them. More than likely, they are genuine in their offer. But, you will never know if you do not give them a try.

When you need help, do you ask for it?



Knowing your limits and reaching out for help before you pass them is a sign of strength, not weakness. But asking for help can be awkward. Whether asking family or friends, do not let the fear of difficulty or embarrassment make you do everything yourself. Often, the people around you are more than willing to lend a hand but they do not know how. Taking the first step will be easier than you think. And you will quickly weed out those who are willing and unwilling to assist you. Remember that as a caregiver, there is the care you give and the care you arrange.

But, how do you ask for it? This is simple. Be specific. Tell the person exactly what you need and how they can do it. Be positive. People do not respond well to demands or manipulation. And by all means, do not guilt the person into helping. Be flexible. Ask the person when is the best time for them to go to the store or stop by. This shows appreciation and respect.

By reaching out for help, you will be surprised by the layers of support that surround you. You will also be surprised by the weight that is lifted off of your shoulders with that small amount of assistance.

In our fifth article we will discuss many different ways to "Take Care of Yourself".

If you are on CDS and receiving services through DSSW, we have a website for you. Visit: www.CDSinTexas.com. As a DSSW CDS client, you can sign in and access the forms you use frequently. You can also meet our staff – and those people who help you most often: your service coordinator and payroll specialist – as well as our New Hire team.

Your access is password protected. To login, click the “login” button on the right. The user name is the first letter of the first name and the entire last name. The password is the first letter of the last name and the last four digits of the Medicaid number. So, John Doe, Medicaid number 123456789 would be: User name: JDoe. Password: D6789. If you have any trouble logging in, shoot us an email right from the website, or give us a call: 210-798-3779 or 866-675-7331. We will reset your access.

What’s on there? Payroll schedules; reimbursement forms; blank timesheets. If you are self-directing your nursing, that package is available and downloadable. All of your new hire forms are there, with completed samples

Flu Season three steps to fight it

#1 Take time to get vaccinated.

The CDC recommends a seasonal flu vaccine as the first and most important step in protecting against seasonal flu. Vaccination is especially important for people at high risk of serious flu complications. Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk. A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months.

#2 Take Everyday Preventive Actions

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Avoid touching your eyes, nose or mouth. Try to avoid close contact with sick people. If you are sick with flu keep away from others as much as possible. This is to keep from making others sick.

and video instructions.

Our frequently asked questions publication is there. We revise it from time to time, so if it has been a while since you started on CDS you may find some helpful answers. Like: Can I pay my attendant while I’m in the hospital? Can I pay my attendant if he travels with me out of state? Do I have to pay overtime?

If you don’t see something you think would be helpful, just let us know. This website is for you. It won’t do your grocery shopping or laundry, but we want it to help with anything you need to operate your CDS program.



#3 Take Flu Antiviral Drugs If Recommended

If you get seasonal or novel H1N1 flu, antiviral drugs can treat the flu. Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

For more information go to:
<http://www.cdc.gov/flu/freeresources/print.htm>

Conferences

Texas Autism Conference corpus christi, tx

December 3-5, 2009
American Bank Center
1901 N. Shoreline Blvd.
Corpus Christi, Texas 78401

The Texas Autism Conference is a statewide conference for parents, school personnel and other professionals working with individuals within the autism spectrum. It is sponsored by the Texas Education Agency and has been coordinated by the Education Service Center, Region 2 for more than a decade.

This conference provides numerous opportunities for parents and professionals to acquire new ideas and fresh ways to work collaboratively to meet the needs of individuals with Autism.

The conference focuses on providing information to parents and professionals based on existing research and best practice in instruc-

tional strategies from across the nation.

The leading achievement of the Texas Autism Conference is the networking opportunity it provides for parents, students and professionals.

Participants will have the opportunity to hear nationally and internationally recognized speakers as well as speakers from around Texas who will present information regarding individuals with Autism.

For more information and to register visit <http://autism.esc2.net/conference/>

Or contact

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Our Lives Our Disabilities el paso, tx

According to their website Volar CIL (Center for Independent Living) is "an organization of and for people with disabilities, advocating human and civil rights, community options, and empowering people to live the lives they choose." They are a part of a network of nearly 600 centers for independent living throughout the US.

On Thursday, October 22, 2009 from 7:30am to 5:30pm at the Camino Real Hotel they are hosting the "Our Lives Disabilities Conference and Service Providers Expo" This year's conference topics are: personal attendant services, transportation, housing, recreational options, employment, and more. For more information on registering for this event call (915) 591-0800.



VOLAR CENTER FOR INDEPENDENT LIVING

Informed and Empowered college station, tx

Saturday, October 10, 2009

8:00AM - 3:30PM

College Station Conference Center

Texas A&M Center on Disability and Development will hold its 2nd Annual "Informed and Empowered" Conference for families and individuals with disabilities in the Brazos Valley.

Four breakout session strands will be offered: transition, special education, assessment and other disability topics including an overview of Community-Based Waivers and Consumer-Directed Services option. Lunch will be provided with advance registration.

For more info, contact Dr. Amy Sharp at 979-845-4612 or sharp@tamu.edu.



The Announcements

CARE, TX October 2009

Save a Tree! read us online

If you would like to receive this publication via email instead of a paper edition, please email us at caretx@dsswtx.org. Also, you may find all of our past newsletters online at www.dsswtx.org/caretx.

Attendant of the Year nominations due

This is the final call for nominations for our Attendant of the Year award. The winner will be announced in our January issue. Tell us the story of your attendant and why they are so wonderful and your attendant could win a prize worth over \$250. Runner-Ups will also receive a gift.

We want to
hear from
you!



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