

# care SHARING

Winter 2011

Resources for Family Caregivers of Older Adults

[www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare)

**Editor:** Alison Nesmith. For your free subscription to Caresharing call Overlake Hospital Senior Care at 425-688-5800 or email [seniorcare@overlakehospital.org](mailto:seniorcare@overlakehospital.org).



*Overlake Hospital's new Palliative Care team includes (left to right): clinical nurse specialists Irene Peters, MN, RN, and Kristin Holmberg, MN, RN; hospitalists Jennifer Chavez, MD, and John Nelson, MD; clinical nurse specialist Angela M. Collins, MS, RN, OCN; hospitalist Kerry Eby, MD; and chaplain Russ Staples.*

## *Together on the journey*

**There are many resources – including a new Palliative Care program at Overlake Hospital – that families can turn to when a loved one is seriously ill.**

Caregiving for a loved one with an incurable, life-limiting illness is an uncertain journey that can be filled with many visits to the doctor, the hospital, and specialists. Caregivers become very vigilant about the changes in health that the disease brings over time. But while much

attention is given to the ill person and the progress of the disease, what is often not discussed is the complexity of the decisions that frequently await the whole family as one of its members is approaching the end of life.

A paramount concern for caregivers is to keep their loved ones comfortable. Caregivers often worry intensely about whether their loved ones are in pain and whether or not the pain can be controlled. Families may have to grapple with questions such as whether or not to sign a “Do not resuscitate” order; or whether to allow the insertion of a feeding tube. How do the ill person, the caregiver and other family members approach these profound discussions and decisions?

Here on the Eastside families coping with end-of-life issues may turn to a growing number of resources that provide information, support and opportunities for honest, open conversation. These include a new Palliative Care Program opening this winter at Overlake Hospital, a learning institute called the Center for Living and Dying located in Bothell, and a Hospice Care program operating out of Evergreen Hospital.

### **Center for Living and Dying**

The Center for Living and Dying was formed to support families living with life-limiting illness and to create opportunities for them to discuss difficult issues. The Center “envision[s]

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**INSIDE:** Advance directives • Come to the Active Senior Fair March 12th  
*Winter calendar:*  
For your balance • Memory tips • Avoiding falls • Support groups

a compassionate, informed community where individuals and families with life-limiting illness are valued, supported, and provided compassionate care.” Believing that the best way they could provide this support was as an independent entity in the heart of the community, the Center did not attach itself to a health care provider, but rather set up its operations in a retirement community – the Chateau at Bothell Landing – that is just across from the Northshore Senior Center and accessible to the public.

The Center provides workshops and classes for families and health care providers; caregiver resources; and volunteer education and support. Last fall they introduced a variety of programs which included a lecture series covering topics such as healthcare decision-making, advance care planning, and cardiac health. Perhaps their most innovative program is “Self-care through the Practice of Meditation.” Designed especially for caregivers, this hour-long class teaches meditation techniques and provides space for caregivers to find relaxation and restore their inner reserves.

For more information about the Center’s programs you can visit their web-site (listed in the box on this page).

### **Overlake Hospital Palliative Care**

Overlake Hospital’s new Palliative Care program is an in-patient service that focuses on reducing

the severity of disease symptoms, preventing and relieving suffering, and improving the quality of life for people facing serious illness. Palliative care can benefit patients throughout their illness and can be provided at the same time as life-

## *Help for your family*

For more information about resources and a discussion of the ideas in this article, you may want to look into the following:

- **Center for Living & Dying**  
[www.centerforlivinganddying.org](http://www.centerforlivinganddying.org)  
425-419-4718  
17543 102nd Ave NE  
Bothell, WA 98011
- **Overlake Hospital Palliative Care**  
425-635-6393
- **Evergreen Hospital Hospice**  
[www.evergreenhospital.org/landing.cfm?id=379](http://www.evergreenhospital.org/landing.cfm?id=379)  
425-899-1070  
12822 124th Lane NE  
Kirkland WA 98034
- **Providence Hospice of Seattle**  
[www2.providence.org/kingcounty/facilities/providence-hospice-of-seattle/pages/default.aspx](http://www2.providence.org/kingcounty/facilities/providence-hospice-of-seattle/pages/default.aspx)  
206-749-7702  
425 Pontius Ave - Suite 300  
Seattle, WA 98109
- **A New Yorker article**, “*Letting Go: What should medicine do when it can’t save your life?*” by Atul Gawande can be downloaded for free at this link: [www.newyorker.com/reporting/2010/08/02/100802fa\\_fact\\_gawande](http://www.newyorker.com/reporting/2010/08/02/100802fa_fact_gawande).

prolonging treatment. The aims of the Palliative Care program are:

- To offer a support system to help patients live as actively as possible and help families

cope with serious chronic illnesses and end-of-life issues;

- To provide patients with relief from pain and other distressing symptoms; and
- To use a team approach to address the needs of patients and families.

### **Difficult decisions**

Overlake’s palliative care team is made up of palliative care-trained physicians and nurses and also includes social workers, pharmacists, chaplains and physical/occupational/and respiratory therapists. This team helps families make the best decisions for their loved ones. For example they can help a family navigate through the following scenario: Perhaps the patient is no longer eating and the family must decide whether to have a feeding tube inserted. Food is a pleasure we enjoy in life and a way to demonstrate our caring for each other. It is hard to contemplate withholding nutrition from someone we love. At the same time, as we age, we normally require less food, our taste buds change and we lose weight. If a feeding tube is inserted the patient does not taste the food and may develop intestinal problems. Each person’s medical situation and each family’s feelings about food and life are different. In a

non-judgmental way, the Palliative Care team will help the family start the conversation and work through the issues to decide on a course that is right for their loved one.

## Hospice care

At some point – perhaps because treatment is no longer effective and the focus has shifted to comfort care – patients and families may benefit from signing up for hospice. Hospice care may be offered at home or in a facility. It is an end-of-life service provided to people whose estimated life-expectancy is six months or less. It is common for families to wait until death is imminent before inquiring about or being referred to hospice care. But by signing up earlier in the process, families may be able to gain greater benefit from the services.

## An approach to treatment

One of the myths about hospice is that it means that instead of providing treatment you do nothing. This is not the case. Hospice goals are to help patients and their families have the fullest possible lives, an approach which calls for controlling symptoms and providing comfort care, pain management and treatments to enhance quality of life. The main difference between hospice and palliative care is that the latter can offer treatments for whatever illnesses

or diseases the patient has. However, with hospice care, the patient is not seeking further curative treatment for their main life-limiting diagnosis. For example, if the main diagnosis is cancer the patient revokes any chemo/radiation therapies. If the diagnosis is Alzheimer's, the patient revokes taking the anti-Alzheimer drug, Aricept.

## Evergreen Hospice

Evergreen Hospice is one of several hospice services available to local families. Operating out of Evergreen Hospital, it provides both an in-patient facility and an outpatient care team of nurses, social workers, and chaplains to help support people and caregivers in their homes, assisted living facilities and/or adult family homes. The team provides care to the patient and family through pain manage-



ment, social and spiritual support, and offering grief and bereavement counseling. The team's depth of understanding about the end-of-life journey offers family members the opportunity to be with each other without being overwhelmed by the day-to-day care of their loved one.

For caregivers worried about keeping their loved ones comfortable and handling difficult decisions, hospice care offers the possibility of being free to simply focus on being with their loved ones until the end. Dame Cecily Saunders was the founder of the hospice movement, and it seems she could have been speaking for all caregivers when she wrote: "You matter because you are you. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die."

*This article was written by Susan Dailey, BASW, of Overlake Hospital Senior Care.*





## Caregiver to Caregiver

**Question:** What tips do you have for using Advance Directives or Washington State POLST (Physician Orders for Life-Sustaining Treatment)?

**Answer (from a regular visitor to Senior Care):** When my mother was in assisted living she had an Advance Directive called *Five Wishes* and a POLST form. I found that everyone took seriously the POLST form and made sure it was posted. However, many people did not look at the *Five Wishes* pamphlet, and I had to really advocate that I held my mother's medical power of attorney.



**More about Advance Directives and POLST forms:** The *Five Wishes* pamphlet and Overlake Hospital's own *Starting Points* booklet are Advance Directives that help ensure people's wishes are followed should they become incapacitated. These directives identify who has medical power of attorney and deal with questions such as whether or not to resuscitate. Obtain a free copy of *Starting Points* by calling

Senior Care at 425-688-5800. *Five Wishes* is distributed by Aging with Dignity: [www.agingwithdignity.org](http://www.agingwithdignity.org). A POLST form indicates to medical and nursing home staff, etc. what your wishes are. Unlike the Advance Directive it is signed by your doctor and is considered a physician's order. You can request this form from your primary care physician.

**Question for next time:** "My husband has advanced Alzheimer's and lives in a skilled nursing facility. What do I say when he asks me - when am I coming home?"

Email [seniorcare@overlakehospital.org](mailto:seniorcare@overlakehospital.org) with your caregiving quandaries, tips and answers to the questions above.

## Living with loss

Caregivers experience a range of feelings when a loved one dies. They may feel the loss not only of the loved one but of the caregiving role itself. They may be relieved the loved one is no longer suffering, but unwilling to accept the person is physically gone. Caregivers may be exhausted from caregiving, but also troubled by the sense that they have somehow given up. In our society we barely discuss death, grief and the state of bereavement, so how are we to know how to go on and where to turn for help after a loved one dies? How do we know what is "normal?"

**Providence Hospice of Seattle** understands the range of emotions people experience as they deal with loss, and they offer a variety of programs to meet people where they are in their journey. These include: "A Time to Grieve," a monthly drop-in group offering support and education; "Growing Through Grief," a structured six-week program on coping with the death of a loved one; and "Ways to Remember,"

a three-week program in which participants use photography, meditation, journaling and other forms of expression to help process their feelings.

### Special kind of support group

All these bereavement groups are different from other support groups in that they focus on one thing – the grieving process – and provide participants with guidance on the journey. A counselor leads each group, helping participants acknowledge and explore how their losses have affected them. For example, participants will discuss what losing the role of caregiver, wife, husband, daughter, son, etc. means to them and how they can find new balance in their lives.

Bereavement groups help participants find their greatest resources from within while learning from each other different coping skills and ideas for moving forward. As a past participant has noted, "It has been meaningful to be able to share with others especially when no one wants to talk about it."

For people who prefer a one-on-one approach, Providence Hospice also offers individual consultations. All group services are free and available to the community whether your loved one was registered with the Hospice service or not. Contact Providence Hospice (see box, p.2) for more information and/or to receive their newsletter.

## Get your FREE directories

Need to find an adult day service? Or a dentist that will come to your home? Such services are listed in two indispensable publications – the "Directory of Eastside Respite Services" and "Services that Come to Your Home." New updated versions of these booklets will be available in March. To obtain your **FREE** copies, call 425-688-5800 and leave a message with your name and address or email us at [seniorcare@overlakehospital.org](mailto:seniorcare@overlakehospital.org).

## Please join us! Active Senior Fair March 12, 10am-3pm

Come, celebrate the 15th anniversary of Overlake Hospital Senior Care's **Active Senior Fair** to be held **Saturday, March 12th, 10 am to 3 pm at the Westminster Chapel in Bellevue** (13646 NE 24th Street). This year's fair promises to be the biggest and best yet with many new lecture topics offered,



*Participants enjoy the Senior Fair health discussions such as this one by Overlake cardiologist Ronnier Aviles, MD, last year.*

new vendors highlighting the latest products and the return of the ever-popular Fashion Showcase.

The Active Senior Fair was introduced in 1996, by then Senior Care Director Debbie Anderson, as a way to

connect Eastside seniors with information and services. Since that time the Fair has tripled in size – organizer Charlene Raunio of Overlake Senior Care notes that about 1500 people attended last year – and has moved from its original venue on-site at Overlake Hospital to the much larger Westminster Chapel which offers lots of open space all on one floor and convenient, free parking.

As always the Fair will feature programs, services and companies that specifically serve the senior population. You will be able to obtain free health screenings – including cholesterol and bone density screenings – and there will be talks on maintaining joints, nutrition and living with cancer. Also not to be missed will be musical performances, demonstrations, drawings, door-prizes and more. Catering by John will be serving an affordable, hearty lunch.



*The Wrinkles of Washington Ladies Tap line is getting ready to perform again at the 2011 Active Senior Fair.*

Admission to this information and fun-filled day is free although a \$5 donation at the door will be much appreciated. If you would like more details, please call Senior Care at **425-688-5800**. And please join us for what will assuredly be a lively and informative event.



*Faye Kraft and Marian Woosley volunteered at Overlake's booth in 2010.*

## New views on Alzheimer's

**Friday April 1st is the 26th Annual Alzheimer's Regional Conference**, to be held at the Washington State Convention Center, in Seattle. This year's keynote speaker is Ronald Petersen, Director of the Mayo Alzheimer's Disease Research Center. Workshops include:

- **"Demolition Derby: When Driving & Dementia Collide,"** a panel

discussion on how this difficult issue can be dealt with;

- **"Sparkling Memories,"** a high energy workshop that will provide ways to incorporate the arts into dementia care; and
- **"Cultural Perceptions of Dementia,"** presenting a diverse panel that will compare perceptions of aging and dementia care in different cultures.

This is only a small taste of the many workshops provided so go online to: [www.alz.org/alzwa/](http://www.alz.org/alzwa/) or call 206-363-5500 to check out the

full listing. Registration for family caregivers is \$60 for the day.

## Time for a day off?

The Washington State chapter of the American Parkinson's Disease Association has started a "Caregiver's Day Off Program," to provide 20 hours of respite care a year for unpaid caregivers of family members with Parkinson's disease. To find out more about this program please call 425-243-2732.

# CALENDAR

## CLASSES

## Winter 2011

## SUPPORT GROUPS

### A Matter of Balance

This class is designed to reduce the fear of falling and increase activity levels. Participants learn to set realistic goals, make changes to reduce fall risks, and learn simple exercises to increase strength and balance. Cost is \$15 and scholarships are available on an individual basis. Registration is required by calling 425-688-5800.

**When:** Tuesdays and Thursdays, April 5 to 28 or Mondays and Wednesdays, May 2 to 25, 10 a.m. – noon

**Where:** City University, Bldg F, 150 120th Ave. NE., Bellevue.

### Yoga to Maintain Balance

Increase your circulation, release tense muscles, strengthen core muscles and help to keep each muscle and joint flexible and strong. This Yoga is done seated on a chair with exercises adapted to each individual's abilities. Cost is \$44 for a 4-week session. Registration is required by calling 425-688-5800.

**When:** Tuesdays, April 5 to May 3, or May 10 to 31, 11 a.m. - 12:15 p.m. or 12:30 p.m. to 1:45 p.m.;  
or  
Thursdays, April 7 to 28 or May 5 to 26, 11 a.m. to 12:15 p.m.

**Where:** Same as above.

### Dementia: Understanding the Basics and Reducing Your Risk

Review normal and abnormal memory changes, risk factors, what to do if you suspect a loved one has a memory problem and what you can do to reduce your risk factors. Class costs \$5.00 and registration is required by calling 425-688-5800. *Not appropriate for the memory-impaired person.*

**When:** Wednesday, April 24, 2 - 3:30 p.m.

**Where:** Same as above.

### Improving Your Memory as You Age

Review tips and daily exercises to give your brain a daily aerobic workout. Cost is \$7 for Bellevue residents and \$8 for non-residents. Advanced registration required by calling 425-452-7681, mention class number 54822.

**When:** Monday, April 25, 1 - 2:30 p.m.

**Where:** North Bellevue Community Center, 4063 148th Ave. NE, Bellevue

### Avoiding Falls

Fear of falling can cause people to limit activities, which in turn reduces mobility and leads to increased risk of falls. Learn some simple exercises and discuss what can be done to avoid falls. Cost is \$7 for Bellevue residents and \$8 for non-residents. Advanced registration required by calling 425-452-7681, mention class number 54821.

**When:** Monday, May 23, 1 - 2:30 p.m.

**Where:** Same as above.

### GI Blues

Discuss symptoms, diagnosis and treatment of uncomfortable and worrisome gastrointestinal complications that are often more common as we age. Class is free and advanced registration is required at 425-746-9900.

**When:** Wednesday, May 11, 11:30 a.m. - 12:30 p.m.

**Where:** Bellevue YMCA, 14230 Bel-Red Road, Bellevue.

### Oh, My Aching Feet

Over a lifetime, the feet support weight equal to several million tons so it's not unusual for people to experience pain. A podiatrist discusses preventing and treating common foot problems. Advanced registration required by calling 425-556-2314.

**When:** Wednesday, January 19, 10 a.m. - 11:30 p.m.

**Where:** Redmond Senior Center, 8703 - 160th Ave. NE, Redmond.

**Alzheimer's Caregivers Group**, 1st Thursday each month, 3:00-4:30 pm, Community Center at Mercer View. Call 206-230-0166.

**Alzheimer's Family Support Group**, 3rd Monday each month, 3:00-4:30 pm, Overlake Senior Health Center. Call 425-688-5807.

**Caregivers of Older Adults Support Group**, 2nd and 4th Thursday each month, 3:00-4:30 pm, Overlake Senior Health Center. Call 425-688-5807.

**Caregivers Support Group**, 2nd and 4th Monday each month, 10:00-11:30 am, Northshore Senior Center. Call Janet Zielasko, MS, LSW at 425-286-1035.

**Family Caregiver Support Group**, 2nd Tuesday, 3:00-4:30 pm, and 4th Thursday, 10:00-11:30 am each month, Mercer Island Senior Health Center. Call 425-688-5637.

**Grief & Loss Support Group** for loss of loved one due to cancer, 1st and 3rd Thursday each month, 6:30-8:30 pm, Overlake Medical Tower, Suite 160, Radiation Oncology. Call 206-709-1400.

**Grief & Loss Support Group**, for adults 65 and older, 2nd Thursday each month, 1:00-2:30 pm, Community Center at Mercer View. Before attending please call Betsy Zuber at 206-275-7752.

**Parkinson's Support Group**, 1st and 3rd Tuesday each month, 2:00-3:30 pm, Community Center at Mercer View. Call 206-230-0166.

**Parkinson's Support Group**, 3rd Tuesday each month, 10:00-11:30 am, Northshore Senior Center. Call Andrea Parker, MSW, LSW at 425-488-4821.

**Stroke Support Group**, for stroke survivors and caregivers meets the 1st, 2nd and 3rd Monday each month, 1:00-2:30 pm, St. Andrew's Lutheran Church. Call 425-746-8396.



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### Senior Care

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