

Alzheimer Society Peel. Winter 2018 Quarterly Newsletter (text only)

Danish Shaikh

Member of the Board of Directors

I joined the Board of Alzheimer's Society Peel this past summer and am honoured to be a part of this team. I am overwhelmed by the efforts of our staff, volunteers and Directors help raise awareness about Alzheimer's disease and related dementias as well as helping those affected. I am excited to be a part of this group!

As part of my work in financial planning, I work with families to ensure their hard earned money takes care of them. Moreover, I strive to see that they have contingency plans in place in case of incapacity. With increasing life expectancy, physical and/or mental incapacities become more common in people who live longer and are unable to look after their financial or personal affairs.

Therefore, incapacity planning is crucial as part of an estate plan. Though not a certainty, mental or physical incapacity may have serious and expensive consequences for an individual and his/her caregivers who have neither anticipated nor planned for it. This is where a Power of Attorney becomes so important to alleviate some of the negative effects of Alzheimer's on persons affected and their caregivers.

A Power of Attorney is a legal document that gives someone else the right to act on your behalf. There are two basic types: for property management and for personal care. Should you become incapable of managing your financial affairs or making decisions about your personal care and you do not have Powers of Attorney in place, an application to court may be required to appoint someone to make these decisions for you. Acting as an attorney entails significant duties and obligations and a potentially long-term time commitment. You should appoint a reliable and trustworthy individual to act as your attorney. It's important to review and make sure choice of attorney remains appropriate and continues to reflect your wishes and personal situation.

I encourage people to plan ahead, especially as they get older and look forward to working with the Society and contributing to the great work it does to serve the families in the region of Peel.

One in Four “Daughters in the Workplace” Experience Stigma Due to Caregiving By Home Instead Senior Care, Presenting Sponsor for Taste of Peel

We call her “Kathy”. She is likely a 40 plus, mother, wife, career woman, etc., juggling a myriad of responsibilities and now adding family caregiver to her list of commitments. Most times “Kathy” is the daughter; on occasion granddaughter, niece or wife to an ailing loved. Statistics Canada research shows that women are almost twice as likely as their male counterparts to spend 20 or more hours per week on caregiving tasks. Further, women are twice as likely as men to provide personal care to senior loved ones such as bathing and dressing. “Kathy” depends on Home Instead Senior Care, because as these online testimonials reflect (as seen on Google), she is in crisis.

“... I wouldn’t have been able to manage this year. as an only child working full time and taking care of my elderly mom who has severe arthritis, dementia that also had a hip replacement.”

“... Before Home Instead came in, I was reaching physical and emotional burn out point from caring for my father 24/7...”

“... As our loved ones age they need so much more help from us, their children but we can't be there 24 hours a day...”

A new survey by Home Instead Inc., found that half of working female caregivers feel they must choose between being a good employee and being a good daughter. In addition, 25% of working daughters report a workplace stigma associated with being a caregiver for an aging parent; 23% have found that their supervisor is unsympathetic. To address this situation, the Home Instead has launched a new

public education program, Daughters in the Workplace. The new program offers free resources to help working family caregivers feel empowered to talk to their employers about their needs, while also identifying caregiving support that may be available. The program also provides information to help employers understand what their employees want and need as caregivers, including Caregiver Friendly Business Practices.

“All too often we see working caregivers feel that they have to make a choice between work and their aging loved one,” said Greg Bechard of the Home Instead office serving Mississauga. “They are often unaware of what resources are available and how to navigate those conversations with their employer. That is why we are committed to empowering family caregivers with the knowledge of the help that is available to them and bringing awareness to employers on the importance of creating a supportive workplace environment for care giving employees.”

According to Home Instead’s survey, 91% of female caregivers report having had to take paid time off, switch from full time to part time, avoid certain responsibilities or turn down a promotion.

All the hours spent caregiving – combined with the sacrifices made in the workplace – can leave these daughters with undue strain and stress. To help educate working family caregivers on how to work with their employers to address some of the challenges they face, DaughtersintheWorkplace.ca includes conversation starters and health tips for caregiving employees and communication tips for employers.

“The hope is that we can help ensure that these family caregivers are happy and healthy in their work lives while also being able to provide their loved ones with the care they need,” explains Bechard.

Family caregivers and employers can view program resources and tips at www.DaughtersintheWorkplace.ca.

Or, contact your local Home Instead Senior Care office for additional

resources and to learn how their professional CAREGiversSM may be able to assist. Find an office near you by visiting <https://www.homeinstead.ca/Mississauga-on>.

ASP Support Group Trying Something New for 2018

My name is Laura Menard. I have been working at the Alzheimer Society Peel (ASP) for almost 6 years and have had the pleasure of seeing the Society grow. With 2018 here, we can expect continued growth of ASP's supports and services offered to the community. January is a time where people make goals, resolutions and plan for the coming year.

Instead of making New Year resolutions, I like to commit to trying, experiencing or learning something new. For Caregivers who are also looking to try something new, a support group maybe an option. ASP Counsellors facilitate Support Groups in different locations across the Peel Region. Support Groups provide an opportunity for peer to peer support as well as other benefits such as:

Feeling less lonely, isolated or judged

Gaining a sense of empowerment and control

Improving your coping skills

Reducing distress, depression, anxiety

Improving care giving ability and giving better quality of care for the older adult

Helping you keep your loved one at home longer

Meeting new people & socializing

(<http://dailycaring.com/8-benefits-of-caregiver-support-groups/>)

A new year offers new opportunities to experience some of these benefits. If you are a caregiver and are interested in support groups, contact The Alzheimer Society Peel for more information. A Counsellor would love to help you find something new for 2018!

Fundraising Events

Fan Bowl

Classic Bowl Mississauga

Sunday, April 15

2pm to 4pm

Walk for Alzheimer's- Make Memories Matter

Save the date on June 2nd, 2018

More announcements on registration announcement to follow

Contact r.adolph@alzheimerpeel.com or 9052783667 extension 208 for more information.

Volunteer:

Are you interested in helping out in your community and giving you time to Alzheimer Society Peel?

Contact r.adolph@alzheimerpeel.com or 9052783667 extension 208 if you have any questions or would like to apply.

You Can Help!

Online! If you would like to assist us from the comfort of your desk, feel free to donate through your Amazon.ca Wish List, or through our Canada Helps page. Links to each site found on our Donate Page on our website.

For more information on donating contact Brandi Deimling, Business Development at 905-278-3667 extension 214 or b.deimling@alzheimerpeel.com

Meet Our Sponsors

If you are interested in becoming an Alzheimer Society Peel sponsor, please contact: Brandi Diemling 905-278-3667 extension 214 or b.diemling@alzheimerpeel.com

BDO Canada LLP
(905) 270-7700

CIBC City Centre
(905) 566-5621

Counsel Portfolio Services
(416) 934-7002
Erin Mills Mazda
(905) 997-7740

Harpinder Kaur Singh
Investor's Group Financial
Services Inc.
(519) 650-7250 ext. 5230

Home Instead Senior Care
Mississauga (905) 276-2273
Etobicoke (416) 800-1846
iCare Home Health
(905) 491-6941

Lyon & Butler Insurance
(416) 913-0035

Nurse Next Door
Mississauga (905) 582-3742
Brampton (905) 488-2980

Milestones, Vega Blvd
(905) 828-9119

Southbrook
(905) 456-3334

UniFirst
905-828-9621

Verve
(905) 821-1161

Village of Erin Meadows
(905) 569-7155

Our Location Services:

Port Credit- Head Office and Counselling
60 Briarwood Avenue, Mississauga, Ontario L5G 3N6
905-278-3667

Sam MCCallion
157 Queen Street East, Mississauga, Ontario L5G 1N2
Day Program 905-278-2989

Meadowvale
1-6535 Millcreek Drive, Mississauga, Ontario L5N 2M2
Day Program 905-542-7424
Counselling 905-542-7415

Brampton/Evelyn's Place
150 East Drive, Brampton, Ontario L6T 1C1
Day Program 905-789-1306
Counselling 905-792-1319

Brunel
385 Brunel Road, Mississauga, Ontario L4Z 1Z5
Day Program, Bathing Program and Counselling 289-632-2273

Nora's House
905-232-6016

E-mail: n.bhamra@alzheimerpeel.com

Website: www.alzheimerpeel.com

Office hours: Monday to Friday
8:30am – 4:30pm

If you, or someone that you represent, has a disability and needs accessible services, information in an alternate format, or any other accommodations, please contact Danielle Farrell at 905-792-1319 Ext. 710.

We will work with you to make the appropriate arrangements.