



(Servicios de Respiro)

"We care for your loved ones so that you can rest and take care of yourself."

"Nosotros cuidamos de su ser amigo para que usted cuide de si mismo."

AlzCare Respite Services



Purpose

- Reduce caregiver burden
- Allow caregivers to remain in the workforce
- Prevent/delay the need for a higher level of care

Proposito

- Reducir la carga del cuidador
- Permitir que los cuidadores permanezcan en la fuerza laboral
- Prevenir / retrasar la necesidad de un mayor nivel de atención

AlzCare Respite Services



Eligibility

- The family caregiver must be 18 years of age or older
- Older care receivers must be 60 years or older
- Any age
 - Alzheimer's disease
 - Cognitive impairments or developmental disabilities

Elegibilidad

- El cuidador familiar debe tener 18 años o más
- Las personas mayores que reciben cuidados deben tener 60 años o más
- Cualquier edad
 - Enfermedad de Alzheimer
 - Deficiencias cognitivas o discapacidades del desarrollo



At AlzCare Respite Services, we...

- Provide companionship, stimulating activities, assistance with meals, prompting and cueing, giving caregivers a much needed break.

En AlzCare Respite Services, nosotras...

- Brinde compañía, actividades estimulantes, ayuda con las comidas, indicaciones y pautas, dando a los cuidadores un descanso muy necesario.



At AlzCare Respite Services, we...

- Assist frail elderly or functionally impaired adults in their homes by providing care, supervision, companionship, activities while their caregivers get a break.
 - Goal: Preventing or delaying institutionalization of either the person being cared for or the caregiver themselves.

En AlzCare Respite Services, nosotras...

- Ayude a los ancianos frágiles o adultos con discapacidades funcionales en sus hogares brindándoles atención, supervisión, compañía y actividades mientras sus cuidadores descansan.
 - Objetivo: Prevenir o retrasar la institucionalización de la persona a la que se cuida o del propio cuidador.



At AlzCare Respite Services, we...

- Assist caregivers by helping the frail elderly or disabled adult in their home which allows caregivers to have some free time, take care of other responsibilities, and obtain (often much needed) mental breaks.

En AlzCare Respite Services, nosotras...

- Ayude a los cuidadores ayudando a los ancianos frágiles o adultos discapacitados en su hogar, lo que les permite tener algo de tiempo libre, hacerse cargo de otras responsabilidades y obtener descansos mentales (a menudo muy necesarios).

How does it work?

1. Initial referral request for services from a family or service agency
2. Initial telephone screening
3. In-home assessment scheduled and completed by a designated home assessor
4. Respite Coordinator selects a companion then schedules the initial visit
5. The family caregiver and the companion should be present so all parties can meet and discuss needs
6. Subsequent visits schedules
7. Families usually receive respite visits until the required care exceeds our ability or the need for respite no longer exists

¿Como funciona?

1. Solicitud de remisión inicial para servicios de una familia o agencia de servicios
2. Revisión telefónica inicial
3. Evaluación domiciliaria programada y completada por un asesor domiciliario designado
4. El coordinador de relevo selecciona un acompañante y luego programa la visita inicial
5. El cuidador familiar y el acompañante deben estar presentes para que todas las partes puedan reunirse y discutir las necesidades
6. Horarios de visitas posteriores
7. Las familias generalmente reciben visitas de relevo hasta que el cuidado requerido excede nuestra capacidad o la necesidad de relevo ya no existe



www.dayoutadhc.com
Brawley: (760) 344-5665
El Centro: (760) 337-8393



Enhanced Care Management, ECM

- Statewide Medi-Cal managed care plan (MCP) benefit that provides 7 Core Healthcare Services
- It is Person-centered, community-based care management to the highest need members.
- Provides supports to members and family, allowing an opportunity to participate in their care planning



La Administración de la Atención Mejorada

- Beneficio del plan de salud Medi-Cal que provee 7 servicios principales
- Centrado en la persona, atención Mejorada basada en la comunidad a esos miembros con mayor necesidad
- Provee apoyo a esos miembros y familiares, dando una oportunidad para participar en la planificación de cuidado



- Multidisciplinary team
- Preventative care program
- Equipo multidisciplinario
- Programa de cuidado preventivo

Locations/Lugares:
Brawley and El Centro

Open/Abierto:
Monday and Friday 7:30 am – 3:00 pm

DayOut's Umbrella of Care (Todo su cuidado bajo una sombriilla)



You, or someone you care
for.

- Transportation
- Nursing
- Social Services
- Meals
- Activities
- Therapy

Para usted, o un ser
querido.

- Transporte
- Enfermeria
- Servicio Social
- Comidas
- Actividades
- Terapia

Who pays for services?

Medi-Cal benefits through Managed Care, Community Health Plan and, Molina, VA and private pay.

Medi-Cal a travez de Manage Care, Community Health Plan and Wellness, VA, o Molina, y pagos privados.





Better together at **DAY** OUT.

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Challenges to Overcome with COVID-19

- We serve an at-risk population. Seniors!
- Problem solve how to provide participants with much needed services in a safe environment
- Services previously provided in the center or at home needed to be reassessed
- Additional risks to participants staying home: depression, loneliness, anxiety, decline in function, and caregiver fatigue
- Our services are essential to our participants and caregivers wellbeing

Desafíos a superar con COVID-19

- Atendemos a una población en riesgo. ¡Mayores!
- Resolver problemas cómo proporcionar a los participantes los servicios que tanto necesitan en un entorno seguro
- Los servicios prestados anteriormente en el centro o en el hogar deben reevaluarse
- Riesgos adicionales para los participantes que se quedan en casa: depresión, soledad, ansiedad, deterioro de las funciones y fatiga del cuidador
- Nuestros servicios son esenciales para el bienestar de nuestros participantes y cuidadores

Adapting for COVID-19

- One time only (OTO) Funds were used to purchase 10 iPads
- All AlzCare participants were assessed for receiving services using iPads
- Each participant was and still is paired with a Senior Companion
- DayOut Adult Day Health Care provides participants with activities and delivers meal to their home
- Participants identified as most at-risk receive services in-home with caregiver wearing PPE

Adaptación para COVID-19

- Los fondos de una sola vez (OTO) se utilizaron para comprar 10 iPads
- Todos los participantes de AlzCare fueron evaluados para recibir servicios usando iPads
- Cada participante estaba y sigue estando emparejado con un Senior Companion
- DayOut Adult Day Health Care ofrece a los participantes actividades y les entrega comida a su hogar
- Los participantes identificados como de mayor riesgo reciben servicios en el hogar con el cuidador que usa PPE

Depression & Social Isolation

Depression is more than feeling sad. It is a mood disorder!

La depresión es más que sentirse triste. ¡Es un trastorno del estado de ánimo!



SIGNS AND SYMPTOMS OF DEPRESSION

 DIFFICULTIES CONCENTRATING

 PHYSICAL ACHES AND PAINS

FINDING NO PLEASURE IN LIFE OR THINGS YOU USUALLY ENJOY

 FEELING GUILTY

CHANGES IN APPETITE OR WEIGHT 

 RESTLESS, AGITATED OR IRRITABLE

FEELING TIRED ALL THE TIME 

 LOSS OF INTEREST

FEELING WORTHLESS 

 LACK OF ENERGY

LOW SELF ESTEEM 

 EMPTYNESS

FEELING TEARFUL 

LOW SEX DRIVE

INDECISIVENESS 

 NO MOTIVATION

LOW MOOD 

 DESPAIR

FEELING HOPELESS

 DIFFICULTY TO SPEAK CLEARLY

NO SELF CONFIDENCE 

AVOIDING SOCIAL EVENTS 

FEELING NUMB

INSOMNIA OR HYPERSOMNIA

 @BELIEVEPHQ


DEPRESIÓN | SÍNTOMAS

 Estado de ánimo **irritable o bajo**


 Dificultad para **concentrarse**

 Sentimientos de **vacío o tristeza**


 Movimientos **lentos o rápidos**


 Dificultad para conciliar el sueño o exceso de **sueño**


 **Inactividad** y retraimiento de las actividades usuales

 Cambio grande en el **apetito**, a menudo con aumento o pérdida de peso


 Sentimientos de **desesperanza** y abandono

 Sentimiento de **inutilidad**, odio a sí mismo y **culpa**

 Pensamientos repetitivos de **muerte o suicidio**

 **Dolores o malestares** (dolores de cabeza, cólicos, problemas digestivos)

 **Pérdida de placer** en actividades que antes le gustaban

 **Cansancio** o falta de energía

 **AGIFES**

Descubre la campaña **#TuRelaciónMásComplicada** en www.agifes.org

Depression in the Elderly



- Feeling tired
- Having trouble sleeping
- Seeming grumpy and irritable
- Confusion or attention problems
 - Can sometimes look like Alzheimer's disease or other brain disorders

Depresión en los ancianos

- Sensación de cansancio
- Tener problemas para dormir
- Pareciendo gruñón e irritable
- Confusión o problemas de atención.
 - A veces puede parecerse a la enfermedad de Alzheimer u otros trastornos cerebrales

Depression in the Elderly



- Pain and depression can coexist with worse outcomes
- More medical conditions
- Medication side effects can contribute to depression

Depresión en los ancianos

- El dolor y la depresión pueden coexistir con peores resultados
- Más condiciones médicas
- Los efectos secundarios de los medicamentos pueden contribuir a la depresión

• What can older people do to ease depression? •

TRY TO KEEP BUSY



Try to find a social group that interests you. If that fails, invite family around or keep in touch with people through phone or email.



Don't stay at home all day, every day. Go for a walk to the park or go out for lunch a few days a week.



See if there is a cause with which you can volunteer. You will feel so much better about yourself knowing that you're making a positive contribution to the lives of others.



Take care of a pet. This will keep you occupied and give you a renewed purpose.



Invest time in learning a new skill or hobby.

GET INTO HEALTHY HABITS



Obtain some mild exercise every day. Even a 15-minute walk (or some gentle upper body stretching for people in wheelchairs) will make a profound difference.



Avoid sugary foods that will give you a short-term mood boost before crashing later. Proteins, carbs and healthy fats will keep your blood sugar on an even keel.



Aim to get 8 hours' sleep a night and try to keep to a regular bedtime routine instead of having wild variations in your sleeping times and patterns from night to night.



Avoid alcohol. It might seem like a convenient escape from depression, but it will only compound your symptoms.

SEEK PROFESSIONAL HELP IF NEEDED



If you feel extremely low for a prolonged period of time and anything you've tried to improve your morale hasn't worked, you should seek the assistance of a professional therapist.



Alternatively, you could try supportive counselling such as peer-to-peer support, or enlist the help of a depression support group where people will resonate with your situation and assist you to overcome it.

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

• How can carers or family help? •

Invite the person to spend time with you, whether it's at their home or yours or by doing an activity together.



Encourage the person to maintain his/her treatment or try to find alternative treatment that will prove effective.

Try to find an activity that the person can enjoy regularly. If they knew that they'd have an art class every week, for example, that gives them something to which they can constantly look forward.



Be highly vigilant of suicide warning signs. Do not dismiss any comment or sign as frivolous.

Prepare healthy meals for the person if he/she is unable to cook for themselves.



Most of all, be there for the person. Listen to them. If you can at all, talk through their problems with them. This simple show of support often means the world to a person suffering from depression.







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