

Caregiver Assistance News

“Caring for You - Caring for Others”

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,
Pike, Ross, Scioto and Vinton Counties in Ohio*

www.aaa7.org **Helping You Age Better!**



JUNE 2018

Lift Correctly - Save Your Back

Being a caregiver places you at risk for back injuries. Many occur when lifting, moving, transferring or changing the position of the one in your care. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures. Learn how to avoid harming yourself and the one in your care.

The Golden Rule. . .

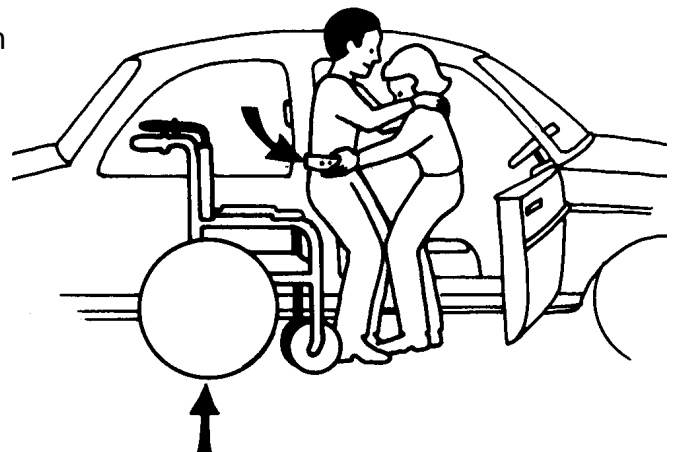
First, consider the task at hand. Think about what you are capable of, what assistance you might need, and to what degree the one in your care can assist you. Then, eliminate hazards such as clutter, throw rugs, or excess furniture. When planning on the space you need to move, pivot, or transfer, allow for more space than you think you need.

- Let the person you are helping do as much as they can do safely.
- Never allow the person you are helping to place their arms around your neck.
- Have the person PUSH off rails, chair arms, etc. (no pulling)
- Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, they may become lightheaded with a change in position—move slowly!
- Have all equipment you need ready and in working order, such as a transfer belt, chair, wheelchair, commode, or Hoyer lift. If transferring to or from a bed, wheelchair or commode with locking brakes, make sure they are locked.
- If, during a transfer, you start to “lose” the person, do not try to hold them up. Doing so will probably result in injury. Instead, lower the person slowly to the floor and call for assistance.

FAST FACT - Car Transfer Safety

An estimated 37,000 people 65 and older are injured each year when entering or exiting a vehicle. About 40 percent of these injuries were due to falls.

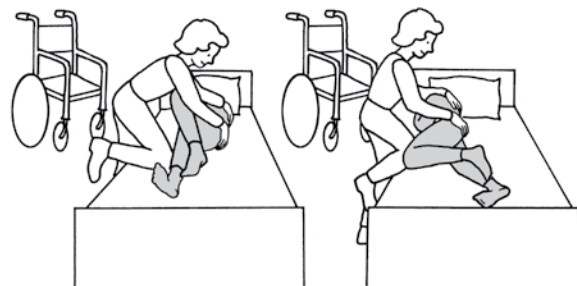
*Source: CDC; Journal of American Geriatrics Society;
April 2008*



Transferring from Bed to Wheelchair without a Transfer Belt

1

- Place the wheelchair at a 45-degree angle to the bed so that the person will be transferring to their stronger side.
- Lock the wheels of the chair (you can use a wheel block) and the wheels of the bed.
- Tell the person what you are going to do.
- Bring the person to a sitting position with their legs over the edge of the bed.
- Let the person rest a moment if they feel lightheaded.
- Put their shoes on.



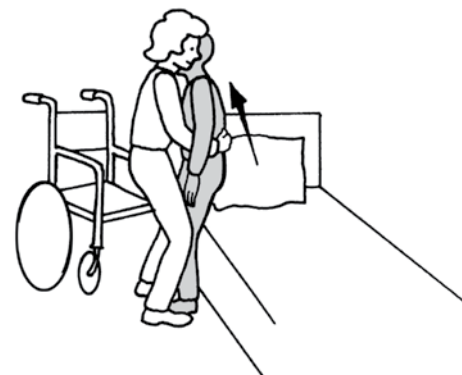
2

- Put your arms around the person's chest and clasp your hands behind their back.
- Support the leg that is farther from the wheelchair between your legs.



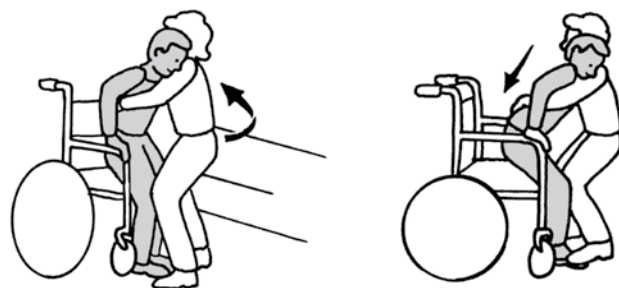
3

- Lean back, shift your leg, and lift.
- Pivot toward the chair.



4

- Bend your knees and let the person bend toward you.
- Lower the person into the wheelchair.
- Adjust them comfortably in the chair.



Transfers Safety

Seek training from a physical therapist to reduce the risk of injury to yourself or the person in your care. The therapist will correct any mistakes you make and can take into account special problems. To determine the best procedure for you to use, the therapist will consider the physical condition of the person in your care and the furniture and room arrangements in the home.



TAKING CARE OF YOURSELF

For Less Back Pain, Quit Smoking

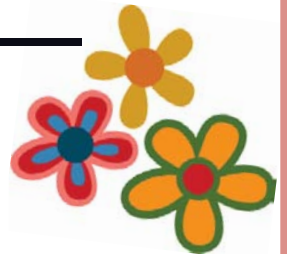
A study found that patients with severe back pain who quit smoking report less pain and greater improvement than patients who continued to smoke. Also, those who continued to smoke during treatment had no improvement in pain. Nicotine increases pain. Another proof that smoking is bad for you—and your back.



Source: *Journal of Bone & Joint Surgery*, December 2012; American Association of Orthopaedic Surgeons - www.aaof.org

Memory Care Transfers

During transfers, people with dementia may feel more vulnerable and may resist out of fear of falling or not knowing where they are going. Any time the person with dementia resists you, consider whether the person understands what you want them to do and whether they feel safe. Fear and confusion are often the cause of resistance.



Upcoming Wellness Classes

- Gallia County - Starting August 7th (Falls Management)
- Jackson County - Starting July 10th (Tools for Caregivers)
- Jackson County - Starting August 7th (Falls Management)
- Lawrence County - Starting August 1st (Chronic Disease Self-Management)
- Lawrence County - Starting August 6th (Chronic Pain Self-Management)
- Pike County - Starting August 1st (Chronic Disease Self-Management)
- Pike County - Starting August 3rd (Tools for Caregivers)
- Ross County - Starting July 9th (Tools for Caregivers)
- Scioto County - Starting July 11th (Diabetes Self-Management)
- Scioto County - Starting July 10th (Falls Management)
- Scioto County - Starting August 6th (Chronic Pain Self-Management)

Call 1-800-582-7277, extension 247 or 284, to learn more or to register.

Log on to www.aaa7.org to download our 2018 Wellness Calendar to learn more about wellness classes provided through the AAA7 to those age 60 and over at no cost.



Area Agency on Aging District 7, Inc.

F32-URG, PO Box 500 • 160 Dorsey Drive • Rio Grande, OH 45674-0500

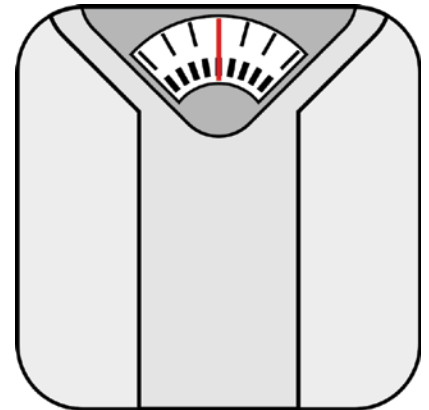
Toll-Free Number: (800) 582-7277 • TTY: 711 (Relay Ohio)

Website: www.aaa7.org • E-Mail: info@aaa7.org • Facebook: www.facebook.com/AreaAgencyOnAgingDistrict7

Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Safety Tips - Your Weight Matters

Maintain good posture and exercise to strengthen your back and stomach muscles. If you are overweight, lose weight. Excess weight places extra stress on back and stomach muscles and joints. One pound of extra weight puts four extra pounds of stress on knee joints. Obesity is one of the biggest risk factors for developing back pain and arthritis because it speeds the destruction of joint-cushioning cartilage. Losing weight—even just 10 or 11 pounds—can cut your risk in half.



To prevent injuries to yourself, get plenty of rest and maintain:

- Good nutrition and physical fitness.
- Good body mechanics.
- A stress management program such as daily meditation.
- A stretching routine before you lift and a back strengthening exercise program.

Source: Harvard Health