

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!**



FEBRUARY 2018

Skin Care - Recognizing Changes

Pressure sores (also called decubiti, or bedsores) are blisters or breaks in the skin. They are caused when the body's weight presses blood out of a certain area. How much time they take to heal depends on how advanced they are. The best treatment of pressure sores is prevention.

- The most common areas for sores are the bony areas—tailbone, hips, heels, and elbows.
- Sores can appear when the skin keeps rubbing on a sheet.
- The skin breakdown starts from the inside, works up to the surface, and can happen in as little as 15 minutes.
- Damage can range from a change in color in unbroken skin to deep wounds down to the muscle or bone.
- For people with light skin, in the first stage of a bedsore, the skin color may change to dark purple or red and does not turn pale under fingertip pressure. For people with dark skin, this area may become darker than normal.
- The affected area may feel warmer than the skin around it.
- Pressure sores that are not treated can lead to hospitalization and can require skin grafts.

Preventing Pressure Sores

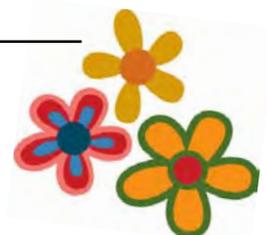
This is one case where an ounce of prevention really is worth a pound of cure, especially if the cure is a skin graft.

- Check the skin daily. (Bath time is ideal.)
- Provide a well-balanced diet, with enough vitamin C, zinc, and protein.
- Keep skin dry and clean (urine left on the skin can cause sores and infection). Use an ointment to protect the skin.
- Keep clothing loose.
- Turn a person who cannot get out of bed at least every 2 hours. Change the person's positions. Smooth wrinkles out of sheets.
- Lightly tape foam to bony sections of the body using paper tape, which will not hurt the skin when peeled off.

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Memory Care

People with Alzheimer's may get upset when somebody touches them. You may be trying to do something to help, such as checking for a pressure sore, but they do not understand what is going on. They may feel uncomfortable, powerless, frightened, tired, in pain, or confused.



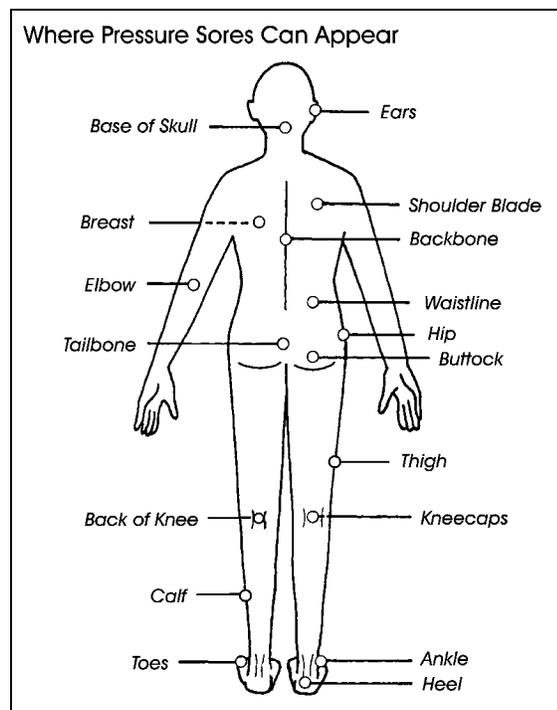
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- Use flannel or all-cotton sheets to absorb moisture.
- Provide an egg-crate or sheepskin mattress pad for added comfort.
- Avoid using a plastic sheet or a Chux if they cause sweating.
- When the person is sitting, encourage changing the body position every 15 minutes.
- Use foam, gel or air pads on chair seats to cushion the buttocks.
- Change the type of chair the person sits in; try an open-back garden chair occasionally.
- Provide exercise as much as possible.

Treatment Guidelines

If you see pressure sores in your daily checking of the skin, alert the healthcare team.

- To reduce the chance of infection, wear disposable gloves when providing care.
- Use pillows or a foam pad with at least 1 inch of padding to support the body.
- Never position the person on his or her bony parts.
- Do not let the person lie on pressure sores.
- Follow the doctor or nurse's treatment plan in applying medication to sores and bandaging the areas to protect them while they heal.



It is estimated that 1 to 3 million people in the U.S. develop pressure sores each year.

Source: *The National Pressure Ulcer Advisory Panel*

Shingles

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

A sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the unbearable.
 — Moshe Waldoks —

TAKING CARE OF YOURSELF

Too Much Sitting

Too much time spent in a chair could shorten our lives, even if we exercise, according to a study that finds the links between lengthy sitting time and death among middle-aged and older adults. The study also suggests that we might be able to reduce our risks by taking a few steps every half-hour or so. Being seated and unmoving all day is unhealthy. The longer people sit on a daily basis, the likelier they are to develop various diseases, including obesity, diabetes, and heart disease. The men and women who sat for the most hours every day had the highest risk for early death, especially if this sitting often continued for longer than 30 minutes at a stretch.



Try setting an alert on your phone or computer to ping every half-hour and remind you that it is time to get up and move.

Source: NYT; *Get UP, Stand Up*

Upcoming Family Caregiver Workshops

Gallia County - Starting June 6th

Jackson County - Starting June 6th

Lawrence County - Starting May 4th

*Ross County - Starting March 5th
(For Caregivers of Children with Special Health
and Behavioral Needs)*

Scioto County - Starting May 4th

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.



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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 - Edema

Edema is swelling or puffiness of parts of the body. It is caused by water that is trapped in body tissues. Edema usually happens in the feet, ankles, and legs. It also can affect the face and hands.

Many things can cause edema. Sometimes gravity pulls water down into the legs and feet. Sitting in one place for too long can cause edema of the legs. Eating food with too much salt, which causes the body to retain water, can make the problem worse.

Congestive heart failure and liver, kidney and thyroid diseases can also cause edema. Edema cannot be “cured.” The only way to treat it is to treat the condition that is causing it.

To keep the swelling down:

- Place a pillow under the legs when lying down.
- Wear support stockings.
- Do not sit or stand for too long without moving.
- Follow the doctor’s orders about limiting the amount of salt eaten.

Source: National Institute of Health