

Economic Recovery Bill Provides Social Security with Resources to Help Americans

Please visit www.socialsecurity.gov/payment for information if you receive Social Security or SSI (Supplemental Security Income) benefits. Nearly 55 million individuals receiving these benefits will get a one-time payment of \$250 by late May 2009. The payments will be automatic, so no action will be necessary. Beginning in April 2009, the Social Security Administration will be sending an advance notice to those eligible who will be receiving the one-time payment. For more information, visit the Social Security Administration's website listed above, or call the Social Security Administration at 1-800-772-1213.

Talk with the Area Agency on Aging District 7, Inc. Caregiver Support Program for Education on Back Safety and Proper Transfers

Always remember, the Caregiver Support Program can provide a free home visit to discuss any safety issues related to caring for your loved one. Call us at 1-800-582-7277.

KINSHIP CORNER

Are You Caring for the Child of a Substance Abuser?

If you are a relative taking over the care of a child when a parent's drug or alcohol use has left them unable to take care of their own children, chances are you are in a very difficult situation.

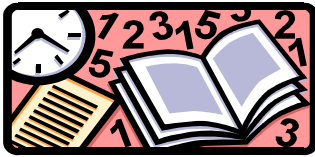
Many issues may arise, such as:

- *how to deal with the addicted parent,
- *how to prevent the cycle from repeating itself,
- *dealing with your feelings, and
- *how to talk to children about the addiction.

There are some resources to help, such as the website for The Center on Addiction and the Family at www.coaf.org. Other help may be found by calling your local hospital or counseling center.

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

"Services Provided on a Non-Discriminatory Basis"



QUICK QUIZ

Caregivers can easily become injured if not familiar with the proper body mechanics and techniques needed to move the person in their care. Whenever in doubt, get instruction from a therapist or nurse. After reading this issue, test your knowledge by answering True/False to the questions below:

Circle T for TRUE or F for FALSE:

- T F 1. A caregiver and the person in her/his care are at risk for injuries if the caregiver is unfamiliar with proper transferring techniques.
- T F 2. There is nothing a caregiver can do. Accidents and injuries are expected with caregiving.
- T F 3. The first golden rule is to consider the task at hand and plan for the transfer.
- T F 4. When moving someone, have them grab your neck.
- T F 5. If, during a transfer, you start to "lose" the person, do not try to hold him or her up. Doing so will probably result in injury. Instead, lower her/him slowly to the floor and call for assistance.
- T F 6. During a transfer, always move slowly and deliberately, telling the person what to expect.
- T F 7. In many cases, a transfer belt or board or mechanical lift will be helpful.
- T F 8. Before attempting a transfer, think about what you are capable of, what assistance you might need and to what degree the one in your care can assist you.
- T F 9. No helpful assistive devices are available for moving people.
- T F 10. Lack of sleep has no effect on judgment, mood changes and problem-solving abilities.

Answers
1. T, 2. F, 3. T, 4. F, 5. T, 6. T, 7. T, 8. T, 9. F, 10. F
