



## 2010 Annual Report

**MISSION To identify and address the needs of Caregivers through advocacy efforts and collaboration of a broad coalition membership in order to improve the overall quality of life for Caregivers, their families and the community.**

The Caregiver Coalition of San Diego represents the community efforts of more than 3 dozen agencies –private, public, professional, non-profit, for-profit- that serve families caring for their loved ones. Our collective mission, expressed above, is one of support, education, and advocacy. This report provides details of group activities in 2009, which in addition to educational conferences included the formation and launch of a Corporate Outreach Committee targeting Family Caregivers who work.

### Chairs Message

2010 – A year of reaching and serving caregivers through community education programs, worksite programs for working caregivers and our website. It begins with a focus on our passion, helping caregivers become better equipped to fulfill their commitments to others and themselves. It functions effectively with our many leaders using compassionate communication in energizing our program volunteers. It is a pleasure to learn and serve with this group of professionals. Read the reports and look for ways to apply your talents, we have more to do. We are a coalition that is on the move as evidenced in part by the increase in members voting to fill our 2011 steering committee. Thank you for contributing and your support.

#### **Grant Keefer, Chair 2010**

My fellow Caregiver Coalition members, as we reflect on the changing of the decades, I am struck by the momentum we've created and the sheer number of caregivers we assisted in 2010. By working together toward a common goal we have been able to further our mission beyond what even we had envisioned. Not only does this report show where we have been, but also the promise of what is to come by combining our talents, our agencies, and our passions. Thank you to each and every one of you for your dedication to improving the Coalition. I look forward to working with you in the future.

#### **Jennifer Marsh, Chair 2011**

## Conferences

For more than a decade, the Caregiver Coalition has produced practical workshops "**Finding the Balance**" to support family caregivers with practical instruction and information. Workshops include topics from bed care and transfers to self-care, emotional healing, physical activity, and legal and financial guidance. Provided by topic experts, the conferences are produced in different communities each year, so caregivers can attend without long drives. (*Appendix A: Flyers*)

### **In 2009, the Coalition produced four geographic seminars:**

- Carlsbad, St. Elizabeth Seton Parish Center, April 15 – **Attendance 45**
- La Mesa, La Mesa Adult Enrichment Center, August 20 – **Attendance 80**
- San Ysidro, Casa Familiar, September 24 – **Attendance 110**
- Clairemont, LiveWell San Diego, Oct 8 – **Attendance 70**

### **In 2010, the Coalition produced six geographic seminars:**

- Poway, NC Inland Older Adult Center, May 12 – **Attendance 80**
- La Mesa, Foothills Methodist Church, July 17 – **Attendance 100**
- Escondido, First United Methodist Church, July 24 – **Attendance 65**
- National City, Paradise Village, September 25 – **Attendance 60**
- Mission Valley, First United Methodist, October 5 – **Attendance 75**
- Escondido, First United Methodist, November 4 – **Attendance 35**

### **Programs included:**

- The Emotional Aspect of Caregiving
- Wise Use of Medications
- Transfer Techniques and the Use of Assistive Devices
- The Spiritual Side of Caregiving
- Legal Issues for Caregivers
- Communication and Behavior Changes with Dementia
- Laughter Yoga for Caregivers
- Fall Prevention
- Disaster Planning/Safety
- Advance Directives
- Brain Health and Aging

### **Participating agencies included:**

- AARP
- Aging & Independence Services
- Alert San Diego

- Alzheimer's Association
- American Diabetes Association
- At Your Home FamilyCare
- Eldercare Law Firm
- ElderHelp of San Diego
- Elder Law & Advocacy
- Elizabeth Hospice
- George G. Glenner Alzheimer's Family Centers
- Health Care Group
- Heritage Senior Care
- LiveWell San Diego
- LivHome
- Maxim Health Care Services
- North Coast Home Health Products
- Parkinson's Disease Association of San Diego
- Partners in Caring
- SCRC
- San Diego Home Health Care Products
- San Ysidro Health Center
- Sharp Chula Vista
- Sharp Grossmont Hospital Senior Resource Center
- Sharp HospiceCare
- Shiley-Marcos Alzheimer's Disease Research Center
- Silverado Assisted Living/HospiceSilverado Hospice
- Southern Caregiver Resource Center
- Visiting Angels

## **Corporate Outreach**

To better accommodate working caregiver, workshops are now presented at places of employment during working hours. Companies taking advantage of this opportunity include (or are scheduled for 2011):

- Raytheon
- Jack-in-the-Box
- San Diego City College
- Palomar College
- Northrup Gruman

In addition to personal contact, conference information, materials and updates are circulated through a Corporate Outreach Newsletter each month.

## Monthly Education Programs

As a commitment to improving the knowledge and expertise of our participating members, our monthly meetings include educational updates on topics of interest.

*(Appendix B for agendas, summaries, and presenter bios)*

- Caregiver Resource Center Update: **Kurt Buske, SCRC**
- Conservatorships: **Terrance Corrigan, Public Guardian**
- Caregivers and Adults with Disabilities: **Bill Bodry, Challenge Center**
- Senior Volunteer Patrols: **Vickie Watkins, SDPD; Sandy Lawrensen, RSVP**
- Health Technology: **Michele Guthrie, West Wireless Institute**
- Caregiver Panel: **Alejandra Ceja-Aguilar, SCRC**
- America Psychological Assn: **Andrea Farkas Patenaude, Ph.D. APA Task Force on Caregiving**
- Meals-on-Wheels 50<sup>th</sup> Anniversary: **Luanne Hinkle, MOW of San Diego**
- Project Care Update: **Andrea Holmberg, Sharp Senior Resource Center; Emily Merritt, Elderhelp of San Diego**
- Veterans and Caregivers: **Karin Kupka, Veterans Administration; Harry Brooks, Interfaith Community Services**
- Caregiver Panel: **Sara Parra, Parkinson's Disease Association**

## Caregiver Clips Webinars

In addition to in-person educational and training events, the Caregiver Coalition also produced a series of workshops available ONLINE for caregivers and professionals. The interactive sessions were recorded and included:

- Legal & Financial Planning; Lois Kelly
- End of Life Issues; Jennifer Marsh
- Home Safety; Melissa Dennison
- Assistive Devices; Joanne Price
- Brain Health; Diane Darby-Beach
- Wise Use of Medications; Ahnileen Martinez

Earlier live sessions were recorded and are available on youtube, accessible through [WWW.CAREGIVERCOALITIONS.D.ORG](http://WWW.CAREGIVERCOALITIONS.D.ORG).

## **Materials**

### **Continuing Availability**

- Caregiver Toolbox
- Legal Guide for Caregivers (Elder Law & Advocacy)
- Your Future Now (Spanish Subtitles) DVD
- Caregiver-to-Caregiver Start-Up Manual CD (SCRC)
- Caregiver Library Learning Festival Promotional DVD
- Caregiver Guide for the Sandwich Generation
- Caregiver Guide for the Sandwich Generation (CD Audio Book)
- Your Future Now DVD
- Yoga for Caregivers DVD
- Vial of Life (AIS)

**To request or download materials or other educational resources, visit one of the following websites:**

**[www.CaregiverCoalitionSD.org](http://www.CaregiverCoalitionSD.org)**

**COALITION FACEBOOK PAGE:**

**<http://www.facebook.com/pages/Caregiver-Coalition/142346875794950?v=wall>**

**(click or copy & paste in URL address line in browser)**