

Help your client prevent falls

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Has your client fallen in the past year? It's not uncommon: About one out of every three Americans fall every year.

Falling can cause serious injury such as broken and fractured bones and even brain trauma, which can reduce independence. The good news is that falling can be prevented by taking a few simple steps to keep your client safe:

Encourage your client to exercise, if possible.

Strong muscle and bones help people move around with ease. Have your client talk to his or her doctor about starting an exercise regime.

Encourage your client to have his or her eyes checked each year. Poor vision is associated with an increased risk for falling.

Make sure your client has enough light in the house. Encourage your client to use night lights and light bulbs with the maximum wattage safe for the light fixtures.

Suggest that your client talk to his or her doctor and pharmacist about medications he or she is taking. Taking four or more medications increases the chances for interactions and intensifies side effects that may contribute to your chances for falling.

Have your client remove hazards in your home. Home modification does not have to be costly. By following simple steps, you can reduce the risk of falling at home.

Remind your client to use caution on slippery or uneven surfaces. It's always important to know where your feet are and take precautions transferring to different surfaces.

Discourage rushing. Tell your client to take his or her time, especially when getting out of bed or standing up if he or she has been lying down or sitting for an extended period of time.

Suggest that your client see a physical or occupational therapist if he or she is afraid of falling. These visits are covered by Medicaid and Medicare if you are referred by a physician.

Encourage your client to wear proper clothing and footwear. This includes shorter pants, skirts and bathrobes, supportive rubber soled, low heels. Thick rubber soles increase the risk of falling because it is harder to feel the ground below your feet.



Leaves are supposed to fall. **People** aren't.

(Source: www.fallpreventiontaskforce.org)

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Caregivers CORNER

A quarterly newsletter for MCFI Home Care caregivers
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bits & pieces

- Employment of personal care aides is expected to increase by 48.8 percent by 2022, according to the Bureau of Labor Statistics. There should be more than 580,800 new positions by 2022.



HOME CARE
MCFI

SEDA: Helping Kids Succeed

Did you know that the School for Early Development & Achievement (SEDA) is now enrolling children in K4 to first grade?

Chartered through UWM, SEDA students not only learn about reading, math and science, but how to focus on tasks and control their emotions so they can succeed in school.

If your child is registered and enrolled by Sept. 19, 2014, you will receive a \$25 gift card.

SEDA's highly qualified teaching staff understands that each child has unique needs, and each child's education plan is built around those needs.

SEDA provides transportation to and from school, which is located inside the Milwaukee Center for Independence (MCFI), 2020 W. Wells St. Staff members at MCFI and students from local universities spend time with our students to enrich their education.

Our students enjoy two nutritious meals plus two snacks each day in a safe, nurturing environment.

If you would like to learn more about enrolling your child for the 2014-15 school year, please contact Principal Nicki Ciurro at 414-937-2059.



Stop Multi-Tasking to Ease Stress

You've probably become an expert multi-tasker, able to juggle two, three or four tasks at a time. It seems like the model of efficiency.

But in fact, it's probably adding to your stress, making you finish everything more slowly, and affecting the quality of your performance, scientists say. Better for you: Vow to focus on just one thing at a time. When the e-mail pings or your cell phone rings, finish what you're doing first and then attend to the next item. Force yourself to downshift, and you might just wind up feeling more energized and accomplish more

(Source: caring.com)



Words Every Caregiver Should Avoid

Here's one way of thinking that gets people in helping situations in trouble: saying words that can come back and haunt you -- or raise your stress level unnecessarily. For your own sake, try eliminating the following knee-jerk expressions from your vocabulary. Words really do have power.

Absolutes ("Always," "never")

Words like *always* and *never* are dangerous, especially with regard to caregiving. Beware falling into absolutes: "I promised Mom we'd *never* put her in a nursing home." "I'm sorry I can't go to lunch, because I *always* feed Sam myself." Life, and especially caregiving, is full of shades of gray. Situations change. Your health matters. You just can't know what's coming, so protect yourself by staying flexible and open to help and change in any form.

"Shoulda, coulda, woulda, oughtta"

These words are infamous guilt-builders. By dwelling on what you should have done, might have done otherwise, or ought to do, you heap expectations on yourself. You also risk ruminating on things that are over and done with and can't really be changed.

"I don't mind" (when really you do)

Caregivers are known for their big hearts and accommodating natures. The trouble is, this tendency can lead to taking on more and more when you really *just can't*. Practice saying "no" when you just can't do it, and each subsequent time will be a little easier.

(Source: www.caring.com)

5 foods that will help you

DRIFT OFF TO SLEEP

Should you let yourself have that midnight snack if you're having trouble sleeping and you think hunger might be part of the problem? Here are five foods that can actually help you drift off:

Cherries

Fresh and dried cherries are one of the only natural food sources of melatonin, the chemical that controls the body's internal clock to regulate sleep. Researchers who tested tart cherries and found high levels of melatonin recommend eating them an hour before bedtime.

Bananas

Potassium and magnesium are natural muscle relaxants, and bananas are a good source of both. They also contain the amino acid L-tryptophan, which gets converted to 5-HTP in the brain. The 5-HTP in turn is converted to serotonin (a relaxing neurotransmitter) and melatonin.

Toast

Carbohydrate-rich foods trigger insulin production, which induces sleep by speeding up the release of

tryptophan and serotonin, two brain chemicals that relax you and send you to sleep.

Oatmeal

Like toast, a bowl of oatmeal triggers a rise in blood sugar, which in turn triggers insulin production and the release of sleep-inducing brain chemicals. Oats are also rich in melatonin, which many people take as a sleep aid.

Warm milk

Like bananas, milk contains the amino acid L-tryptophan, which turns to 5-HTP and releases relaxing serotonin. It's also high in calcium, which promotes sleep.

Don't turn on the TV or computer — the light from the screen stimulates your central nervous system, making it harder for you to fall asleep.

(Source: www.caring.com)