

# BE THE SPARK

Supporting People with developmental disabilities through Advocacy, Resources, and Kindness

JCBS NEWSLETTER | NOVEMBER 2022 EDITION



## National Family Caregivers Month 2022



### The White House Proclamation

On October 31<sup>st</sup>, President Biden proclaimed November as National Family Caregivers Month. "During National Family Caregivers Month, we recognize the love and sacrifice of more than 50 million Americans providing crucial care and medical assistance to parents, children, siblings, and other loved ones, ensuring their health and dignity." – **President Biden**

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and provide care, experiencing conflicts between competing responsibilities. Research indicates that caregiving also takes a significant emotional, physical, and financial toll.

With nearly half of all caregivers over the age of 50, many are vulnerable to decline in their own health. Studies show that coordinated support services can reduce caregiving depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutionalized care

President Biden stated, "Family caregivers are the backbone of our Nation's long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is time to bring their service out of the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives."

### CARING FOR THE CAREGIVERS

Page 2 – Learn more about how to help the caregivers in your life

### LEARN MORE

Page 3 – Discover the CtLC Family Perspective – Vision Guide

### GET TO KNOW US

Page 3 – Meet Abby Cauthon, our new Office Support Professional

# Caring for the Caregiver



## Letter from the director

November is National

Family Caregivers Month. We've shared some great tips in this newsletter about how friends and family can 'care for the caregiver,' but I want to share about taking care of yourself when you're the caregiver.

If you're a caregiver, please be mindful of the emotional and physical health consequences. Find out what services are available to help you balance your caring responsibilities with your well-being.

MayoClinic.org gives us these signs of possible caregiver stress:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

If you're struggling with caring for yourself while supporting an elderly loved one, check out these resources:

- Ask your targeted case manager about respite care funding.
- Connect with people who understand what you're going through online with caregiver support groups. *If you find an excellent group, would you please share to our JCBS Family Forum?*
- Download these free apps to help manage daily caregiving duties: <https://www.oplaceformem.com/caregiver-resources/articles/family-caregiver-apps>

Our mission at JCBS is to SPARK, which stands for Supporting People with developmental disabilities (and their caregivers!) through Advocacy, Resources, and Kindness. Take care.

When you have a loved one with a developmental disability, caregiving is a 24/7 job. Sometimes, caregiving does not stop when your loved one becomes an adult. Some families will be providing care for most of their loved one's adult life.

DMH Medicaid Waivered Services can help relieve some of the caretaking stress; however, being a caregiver is not just helping your loved one with physical tasks, it also involves constant worry and other responsibilities. So how do we, their friends and family, support them?

Last year, we asked several JCBS family caregivers to let us know what kind of help they prefer. It's one year later, but these tips are still relevant today. We hope these **SPARK** some ideas when it comes to caring for the caregiver:

- Provide a couple meals to the family when their loved one is in the hospital. This way they do not have to worry about cooking.
- Pick their loved one up from school or work. This gives the caregivers a chance to have some time to themselves, or some time for them to run an errand or two.
- Send them a handwritten card to let them know you're thinking about them.
- Is your love language gift giving? Purchase self-care gift certificates for the caregiver and stay with their loved one so they can have some alone time.
- Ask about their day – really ask. Be willing to talk (and listen) to them about not only the good, but the bad and ugly, too.
- Give **empathy**. Remember, you may not understand their daily stresses, but they still need your full support.



# Charting the LifeCourse: Vision Tool

As a parent or guardian, we often envision what our child's future will look like. When you are the parent of a child with a developmental disability, you may find yourself feeling unsure of what the future holds. A person's future is never truly clear, but do not let that stop you from imaging what it could be.

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help you start thinking about your family members' vision for their life in the future and narrow down what life domain(s) to focus on at this point in time.

If you're reading this, you already know, but people with disabilities have abilities, too. It's our job as their support system to make sure those abilities grow and shine.



## LIFE DOMAIN VISION TOOL | FAMILY PERSPECTIVE

Name of Person Completing: \_\_\_\_\_ Date: \_\_\_\_\_

On Behalf of: \_\_\_\_\_

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FAMILY MEMBER'S FUTURE	PRIORITY
	<b>Daily Life &amp; Employment:</b> What do I think my family member will do during the day in their adult life? What kind of job or career might they want?		
	<b>Community Living:</b> Where and with whom do I think my family member will live in their adult life?		
	<b>Social &amp; Spirituality:</b> How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?		
	<b>Healthy Living:</b> How will they live a healthy lifestyle and manage health care supports in their adult life?		
	<b>Safety &amp; Security:</b> How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?		
	<b>Advocacy &amp; Engagement:</b> How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?		
	<b>Supports for Family:</b> What supports does our family unit need now or will need in the future?		
	<b>Supports &amp; Services:</b> What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?		



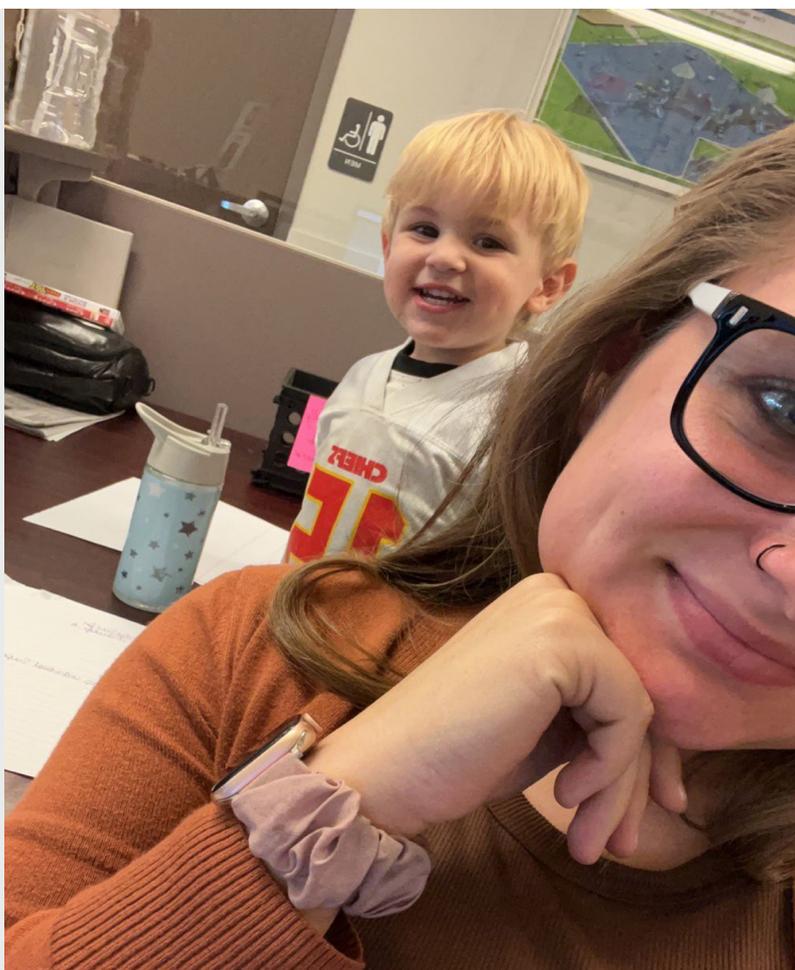
Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com  
© 2020 Curators of the University of Missouri | UMKC IHD | March 2020

## GET TO KNOW ABBY CAUTION, OUR NEW OFFICE SUPPORT PROFESSIONAL

Join us in welcoming Abby! Abby started working at JCBS in October 2022 and she's already brought new ideas to the team. Abby is one of four kids. Fun fact: she has a twin sister, and they were conceived two weeks apart.

Abby has an adorable two-year-old son named, Theo. She loves spending her free time reading, playing with her son, and enjoying the outdoors. She loves listening to country music and driving with the windows down on an old backroad.

One of her favorite quotes is, "all things are difficult before they are easy," by Thomas Fuller. Abby stated this quote has taught her that even when things are tough, there are better days ahead. Abby, we are so excited to have you on our team!



### JCBS Resource Directory

Check out our resource directory!

<https://www.jcbs.com/resource-directory/>

### Contact US

<https://www.jcbs.com/our-team/>

### Missouri Family to Family Good Life Classes

Missouri Family to Family offers many different Good Life Classes, ranging from educational classes, to support groups, and to groups who are just wanting to relax and meet new people. Follow the link below to see the upcoming Good Life classes! These classes are all free and we encourage our individuals and families to attend!

<https://mofamilytofamily.org/events/>

### Charting the LifeCourse Tools

Charting the LifeCourse is designed to be used for your own life, for your family members, or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for supports.

<http://www.lifecoursetools.com/>

## Public Notice

Quarterly Board Meetings are held via Zoom or in person at the Johnson County Board of Services office located at 200 N Devasher, Warrensburg, MO 64093. Meetings are held quarterly on the third Tuesday of that month. Meetings dates are subject to change with notice. Please see our website for meeting information: **JCMBS.COM/PUBLIC-NOTICE/**

**November 15<sup>th</sup>, 2022**

**February 21<sup>st</sup>, 2023**

**May 16<sup>th</sup>, 2023**

**August 15<sup>th</sup>, 2023**

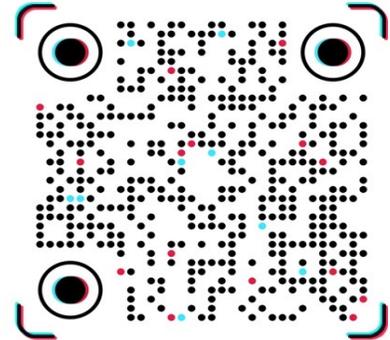
## Need help with Medicaid?

Contact Liz Hargrave

[ehargrave@jcbs.com](mailto:ehargrave@jcbs.com)

(660) 240-3343 EXT 708

jocoboardofservices



Scan QR code to follow account



## Targeted Case Management Satisfaction Survey

Identification of Researchers:  
This survey is being done by the Johnson County Board of Services.

Purpose of the Survey:  
The purpose of this survey will help JCBS improve our services to the individuals we serve and their families.

Request for Participation:  
We are inviting you to participate in a survey on the Johnson County Board of Services. It is up to you whether you would like to participate. If you decide not to participate, you will not be penalized in any way. You can also decide to stop at any time without penalty. If you do not wish to answer any of the questions, you may simply skip them. If you wish to withdraw, please close the browser before submitting, at the end of the survey. Once you submit the survey, we will keep the information you provided confidentially.

Privacy:  
All of the information we collect will be kept confidential. Your confidentiality will be maintained to the degree permitted by the technology used. Specifically, no guarantees can be made regarding the interception of data sent via the Internet by any third parties.

Explanation of Risks:  
Completing this survey will NOT negatively affect your services.

Explanation of Benefits:  
Completing this survey will help provide feedback for JCBS.

Questions  
If you have any questions about this survey, please contact Melissa Frey at [mfrey@jcbs.com](mailto:mfrey@jcbs.com).

This survey takes approximately 5-10 minutes to complete

**Don't forget to tell us how we are doing! Complete our now online TCM Satisfaction Survey!**

[shorturl.at/qtwn8](https://shorturl.at/qtwn8)