

# ELDER SUPPORT

This page is just a sample of resources on our constantly updated webpage: [www.fairshake.com/elders](http://www.fairshake.com/elders)

Elders (65 years old and older) make up the fastest growing age segment of the US population. This population will be targeted for support programs, transportation, activities and various types of living accommodations, and they will all change and expand along with the elders. And just like Fair Shake's web-page for Elder Support. We hope you will help us learn about other free resources. We can add them to our webpage so that everyone can benefit from them!

But before we list resources, here are some benefits of a 'gift exchange' with the elders in your life:

Gifts that elders can give to us: SLOWING DOWN. LIVE IN THE NOW. LISTENING SKILLS. HEALTH BENEFITS! REFLECTION SKILLS (How will we want to be treated when we need help?)

Gifts that we can give to elders: CARE. ATTENTION. NOTICING. LISTENING. DEFENDING THEIR DIGNITY, SELF-HOOD & AGENCY

Senior Employment These are federal programs; states have elder employment programs, too.



U.S. DEPARTMENT OF LABOR

## Senior Community Service Employment Program

Provides training for low-income, unemployed seniors.  
<https://www.dol.gov/agencies/eta/seniors>



careeronestop  
your source for career exploration

## Older Worker Program Finder

Find employment services for low-income, unemployed seniors.  
<https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-older-worker-programs.aspx>

## Senior Volunteer Opportunities

Millions of elders (65 and older) volunteer every year.



AmeriCorps

## AmeriCorps Seniors

[americorps.gov/serve/ameri-corps-seniors](http://americorps.gov/serve/ameri-corps-seniors)  
They offer many ways you can help others.  
Discover the program that's right for you!

## Social Security Administration

[ssa.gov](http://ssa.gov)

Office of Public Inquiries and Communications Support  
1100 West High Rise  
6401 Security Blvd.  
Baltimore, MD 21235



## Eldercare Locator

[eldercare.acl.gov](http://eldercare.acl.gov) 1-800-677-1116

The U.S. Administration on Aging connects you to services for older adults and their families.

## Family Caregiver Alliance

[caregiver.org](http://caregiver.org) 800.445.8106

We're here to help you. All resources are free, and assistance through CareNav is free, secure, and private.



Family  
Caregiver  
Alliance®

# CARING FOR ELDERS WHO NEED EXTRA CARE

Elders are a crucial segment of our community. They have much to teach us and many gifts to share. The elders of today were our caregivers when we were not able to take care of ourselves. They did not charge us for their efforts, and asked for nothing. Wouldn't it be nice to return the favor?

I realize this is not possible in many scenarios. I lived through one myself. But I know that with creativity and willingness, opportunities sometimes arise and we can simply share time with the elders in our life, even when they are getting support in a facility. Care-givers in facilities can do a lot, but they are often quite busy, and cannot slow down to share time to through a magazine, or sing, or go for a stroll.

According to the National Institute on Aging, 1/3 of all adults age 85 and older may have some form of dementia. There are several forms of dementia; Alzheimer's is just one type. Dementia is diagnosed when we reach a specific point in the forgetfulness spectrum. As of this writing, I'm 58 years old. I forget things all the time...like why I walked into a room, or what day it is, and many simple regularly-used words. We ALL, on occasion, forget, get confused, and even need help knowing what day it is. What we want, when we forget, is generosity and kindness from those around us. People with a dementia diagnosis want the same thing. Some nice gifts that we can offer them include:

**ACCEPTANCE \* AGENCY \* IDENTITY \* LISTENING \* NOTICING \* EYE CONTACT \* MUSIC CARE \* CHOICE between two things \* OUTDOORS \* NICELY SCENTED SOAP \* SOFT TOWELS**



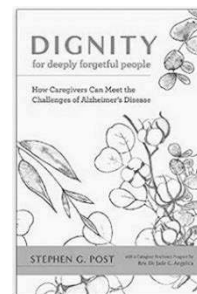
**Validation Training Institute, Inc.** <https://vfvalidation.org/>  
P.O. Box 871 Pleasant Hill, OR 97455

Validation can help you improve and integrate new communication skills, gain competence and confidence in dealing with difficult situations. You will have less stress and frustration, and more joy.

## Fair Shake Book Recommendation:

### Dignity for Deeply Forgetful People by Stephen G. Post How Caregivers Can Meet the Challenges of Alzheimer's Disease

Learn to notice and appreciate expressions of continuing self-identity and include deeply forgetful people in your vision of a shared humanity! Drawing from years of experience, author Stephen Post challenges us to set aside 'hypercognitive biases' to learn from 'differently abled' people. He inspires us to deliberate about inalienable dignity, autonomy, identity, worth and authenticity. Post stresses the continuity of selfhood in persons (not patients, not victims, not disposable objects) experiencing the increasing challenges of cognitive decline. He argues for a deeper dignity grounded in consciousness, emotional presence, creativity, interdependence, music, and a self that is not "gone" but "differently abled."



## Music can support mind and heart:

Music is deeply rooted in conscious and unconscious areas of our brain. Music can awaken the rich trove of memories that are associated with familiar songs or beloved pieces. Help the elders in your life connect to joy through music! You can sing, play favorite songs, play the soundtrack to musicals, leave the classical or jazz music station on all day.

## Other ways to engage:

Art, Crafts, Gardening, Cooking / Eating, Looking Through Picture Books. These are all great activities for living in the present moment, and also for triggering good memories.