



Aged To Perfection

...sharing the latest on caring for seniors

HAPPY PHYSIOTHERAPY DAY!

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Did you know that September 8th is World Physical Therapy Day? It is the date selected by the World Confederation for Physical Therapy to acknowledge the important work that physiotherapists (PT) do.

It's easy to think about the role of a PT in the context of a specific injury—if you sprain your ankle or have knee surgery, you might automatically think about how a PT will help you to recover from your injury or surgery. But the role of a physiotherapist extends far beyond just acute physical injuries. A PT will also help with management of chronic health conditions, such as diabetes or heart disease. Chronic diseases are complex, and a physiotherapist can be one member of a necessary support team to ensure that the disease is well-managed.

Physiotherapy can extend even further beyond acute physical injuries and chronic disease management. Both of these roles are reactive—the

physiotherapist is helping you to heal from an injury or adjust to a new condition. They can also act in a proactive manner. Physiotherapists also educate and offer advice about overall wellness, healthy living, disease prevention and injury prevention. I'm sure many physiotherapists live by the old adage: "an ounce of

prevention is worth more than a pound of cure." A little preventative maintenance from a physiotherapist might reduce the need for significant therapy down the road—especially in the

case of chronic disease or disability. Seeking PT help early after diagnosis can help you to create a lifestyle and environment that will best support you as you adapt to your new diagnosis. If you require an assistive device, a PT will custom-fit that device for you so that you receive maximum benefit. Using

the wrong equipment—or even using the right equipment in the wrong way—can cause more injury than not having an assistive device at all! A physiotherapist will ensure that you do not put yourself at risk of inadvertent injury.

As you can see, the role of a physiotherapist is broad, and they greatly impact the quality of life for the patient they see. In honour of all that they do in our community, we say Happy Physiotherapy Day from Warm Embrace Elder Care!



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WHAT IS A SUBSTITUTE DECISION MAKER?



If you were ever injured or unwell, and you couldn't make your own health care decision, who would make a decision on your behalf? The person who makes decisions for you is called a Substitute Decision Maker (SDM). The SDM should be someone you trust, and someone who knows you very well so that they can make the types of decisions that you would make yourself. It is the responsibility of the SDM to act in your best interests, and to make decisions that you would make...even if they would personally choose something different.

What types of decisions might a Substitute Decision Maker need to make? People often jump right to major life and death decisions such as decisions around life support. Yes, decisions around life support would be made by a SDM, but there are countless other decisions that also require a SDM, that fit into three main categories:

1. **Health care**
2. **Long term care**
3. **Personal care**

In the event that someone is hospitalized and unconscious, all decisions made while they are unconscious would fall under the first category. **Health care** decisions regarding surgery, interventions, resuscitation orders, life support, etc. would all qualify as health care decisions.

If the person awakened from the coma but was cognitively impaired and unable to make their own decisions, then they would still require the SDM. If they now require more care, **Long Term Care** might need to be considered. The SDM would be the one

to make decisions regarding which LTC homes are selected.

Once the person has moved into long term care, any decisions regarding their health care or **personal care** would continue to be made by the SDM. Something as simple as a medication switch from Tylenol to Advil would require SDM approval.

The role of the SDM is to make decisions *on your behalf*. They are to make decisions that you would have made for yourself. To ensure that the SDM makes decision that you would agree with, you need to communicate your wishes clearly. Verbal instructions are to be followed, but written instructions are even better.

The clearer you are about your preferences and your health care wishes, the easier it is for your SDM to be confident in making decisions on your behalf. If the time ever comes that the SDM needs to act on your behalf, they will be grateful that you took the time to explain—verbally or in writing—exactly what you would decide. Then they can just follow your wishes verbatim, without the moral dilemma of wondering “what would you decide right now?”

When writing down your wishes, be sure to consider the three categories—health care, long term care, and personal care—and clearly define your preferences for each category. Your preferences are not a one-time decision; you can continually update your preferences and inform your SDM. This is the best way to ensure that your wishes are followed in the event that your SDM is required!





COMMUNITY SUPPORT CONNECTIONS FAMILY CAREGIVER EDUCATION SERIES

Community Support Connections (CSC) is hosting new Caregiver Support Education Sessions this fall! A caregiver is any-

Community Support Connections



Meals on Wheels and More

one who provides practical or emotional supports to a family member, friend or neighbour. All are welcome to attend a series of four free, two-hour sessions where participants will learn strategies to ease the burden of caregiving, find out about supports available in the community and much more.

Topics include:

- Reflections on aging & caregiving
- Effective communication
- Home care & resources in the community
- Long-term care

Choose one series of afternoon, evening or weekend sessions:

Wednesday September 7, 14, 21, 28 1:30pm - 3:30pm
 Thursday September 8, 15, 22, 29 7:00pm - 9:00pm
 Saturday Sept. 17, 24, October 1, 22 9:30am - 11:30am

Location: CSC's Breslau Office, 61 Woolwich St. N., Breslau, ON, NOB 1M0.

Cost: FREE!

Contact: To register or for more information, please contact Linda Flemming, Client/Caregiver Engagement Specialist at 519-772-8787 ext. 210 or email lindaf@cscmow.org



CARE TO SHARE— ACQUIRED BRAIN INJURY CAREGIVER SUPPORT GROUP

Are you caring for a loved one with an acquired brain injury? Do you know someone



who is? When someone experiences a brain injury, their life is forever changed—as well as the lives of their families and friends. This can lead to feeling stressed and exhausted, with no sense of knowledge or guidance.

Care to Share is a support group specifically designed for caregivers who are supporting someone with an acquired brain injury (ABI). The meetings are professional supervised and facilitated by a doctor, and some topics that will be covered include:

- Taking care of yourself
- Changing family roles
- Managing stress and emotions
- Effective communications skills
- Local ABI resources

Care to Share is a series of 8 weekly meetings from September 20th to November 8th, 2016.

Date: Tuesday evenings (starting Sept 20th)

Time: 6:30pm—8:00pm

Location: St. Joseph's Health Centre, 100 Westmount Rd. Guelph

Cost: FREE! Care to Share is offered through the collaboration of St. Joseph's Health Care Centre and Traverse Independence



Register: registration is required: 519-741-5845 x2102
info@travind.ca





*...a mother & her daughters
providing meaningful
assistance to seniors*

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Warm Embrace Elder Care is owned and operated by a mother-daughter team, Brenda Hamilton and her daughters, Chloe and Avery Hamilton. Their goal is to assist seniors to remain independent for as long as possible through offering various services such as homecare, memory therapy, and one-on-one home exercise for seniors. Inspired by personal experience with family caregiving for Brenda's mother, this mother-daughter team understands firsthand the benefits of enlisting help while caring for a loved one. Warm Embrace believes that independence does not mean that you can do everything by yourself, but rather that you get to choose how everything is done—we grant our seniors the respect and dignity they deserve by helping them to live as they desire.

ELDER ABUSE, DOMESTIC VIOLENCE AND OUR JUSTICE SYSTEM

Elder abuse is a highly complex issue, and it becomes even more complicated when it intersects with domestic violence. The two issues are treated quite differently by the courts, but what happens when one situation involves both domestic violence and elder abuse? These issues will be explored at a regional conference hosted by Central West chapter of Elder Abuse Ontario.

Topics of the day will include:

- The role of the Crown in Elder Abuse and Domestic Violence
- Supporting older adults through the mental health court sys-

tem who have cognitive impairment or mental health issues

- The role of law enforcement in responding to elder abuse and domestic violence
- Supporting older adults through the social services system
- Safe beds in Peel, Guelph and Dufferin
- The new safe pathways program in Guelph

This conference includes experts from various elements of the system—healthcare, legal, policing, etc. There will be speakers and representatives from the following sectors:

- Crown Attorney from the Ministry of the Attorney General
- Mental Health Court Coordinator, CMHA
- Guelph Police Services
- Victim Services
- Guelph Wellington Women in Crisis
- Specialized Geriatric Services
- Alzheimer Society
- Seniors at Risk Coordinator
- Wellington-Dufferin County Victim Witness Assistance Program

With representatives from so many agencies, this conference is bound to be informative! Below is the conference information:

Date: Friday, September 23, 2016

Time: 8:30am—4:30pm

Location: Springfield Golf and Country Club, 2054 Gordon St. Guelph

Cost: \$95

More Info: Rochella Vassell, 416-916-6728
centralwest@elderabuseontario.com



Elder Abuse Ontario

Stop Abuse - Restore Respect