

Taking Care of Grandma: Resources for Senior Citizens and their Caregivers - Transcript

We are doing a sound check. We will be starting at 2:00. If someone could let me know that they can hear me okay, I would appreciate that. Thanks.

I am just doing my last sound check. We will be getting started in two minutes at 2:00.

Good afternoon, everyone and welcome to the Academy. My name is Joe and I am with my colleague Ashley with tech support. We have another great webinar for you today entitled taking care of grandma, resources for senior citizens and their caregivers. Our presenter today is Jane Canfield. We are very appreciative of Jane. Jane has 40 years of experience in the library field. She started her career as a public librarian and moved into school libraries and taught for six years in the inner American university and worked as a director of a postsecondary vocational school and arrived at her current job in 2007. She fell in love with the world of government documents and has taken on a special task is 100% of her users are native Spanish speakers. Before we get started, I need to go through our usual housekeeping reminders. If you have any questions or technical issues, feel free to use the chat box. People on laptop computers or desktop computers it is located in the bottom left-hand corner of your screen. I will keep track of the questions that come in and then I will read them back to Jane. We are recording today's session and will email a link to the recording and slides to everyone who registered for this webinar. We will send you a certificate of participation using the email you used for today's webinar. Please email FDLP outreach and include the title of today's webinar along with names and email addresses of those needing certificates. Desktops may zoom in on the slides being presented. Click on the full-screen button in the bottom left side of your screen. To exit full-screen mode, mouse over so it expands and then click on the button to get back. At the end of the session I will be sharing a survey with you. I will let you know when the server is available. I would very much appreciate your feedback after the session including comments on the presentation style and value of the webinar. And one last thing, in case Jane decides to start screen sharing any part of her presentation and going to live websites, if she did that, you will not be able to see the chat box. If you want to ask a question, one screen sharing begins just mouse over the blue bar at the top and when the menu drops down click on chat to enable the chat box. With that, I will turn the virtual microphone over to Jane so she can take it from here pick

Good afternoon, anyone. If you cannot hear me, let Joe and Ashley know in the chat box. Welcome to another webinar. I am going to start with I am definitely in my picture here on the first slide. I and the grandma holding the cats. I am the crazy cat lady grandma. This webinar was born out of several things happening during the pandemic. One was a very dear friend from one minute to the next able to go to the gymnasium and do anything she needed to do in her early 70s. The next day in the ICU with a major stroke without her family having any idea of where her important documents were, any of her legal papers. That got me thinking and started a conversation with my adult children about, this is where you will find medical records. This is where you can find legal papers and these are the bank account numbers. The second thing that got me started on this webinar was a number of my coworkers who before the pandemic had children in school and aging parents or aunts or uncles who were able to do everything themselves but still required some amount of attention. With the pandemic, as all of you know it has accelerated into your aging family members are probably really afraid at least before the vaccines came in to go out to the grocery store or any of the other things they needed to do. Your children, if you have children, are home from school at least part of the time. This webinar was born out of all of those things and hopefully giving information that will be useful to each of you and to your [Indiscernible]. With that, let's get started. I wanted to start with some factual information on the aging population. Our aging population is not just within the United States, it is a global phenomenon. The

population is aging. This particular report is from the United Nations. The URL is right there so you can access it later. Growth in the number of older persons between 2017 and 2050, virtually every country in the world will experience a substantial increase in the size of the population. The statistics surprise me. Since 1950 to 1955, life expectancy at birth has risen by more than 10 years in North America, Europe and Oceania and by 25 years in Latin America. And just to give a couple of examples, my father who was born in 1918 and is now no longer with us for several years, he once commented to me when he turned 80 that the life expectancy when he was born was 54. That life expectancy is now in the range of 72 to 74. In the United States, a little bit higher. With my husband and I moved to Puerto Rico in 1980, the life expectancy here in Puerto Rico was and had been around 66 or 67. It is now the same as the United States, 72 to 74. As we all know, birth rates in general in the United States and Europe are lower than they used to be. All of that contributes to an aging global population. This is a second report from the national Institute of aging from the national Institute of health of the United States. Y population aging matters, a global perspective. This was another important statistic. In 2006, 500 million people were 65 and older. By 2030, that is expected to increase to 1 billion. Most of that increase will be in the developing countries which will see a jump of about 140% in people over the age of 65. Those implications for the world are obviously incredible in terms of social interaction, in terms of disease, in terms of dealing simply with what ever the things that happen as we age. And so that statistic is really quite incredible from 500 million to 1 billion people who are over 65 by 2030. Another important feature of population aging is that once you get to be older, it is more likely that you are going to survive to an even more advanced age. For research and policy purposes, the United States at least and most of Europe are distinguishing between the old and the oldest old. In fact, there are three categories of the young old, which would be 65 to 75, the middle aged old which would be 75 to 84 and then the oldest old where the people over 85 years old. I can say that I am still a youngster as far as old is concerned. And this is a graphic from the Census Bureau on the percentage of change in the population 65 years and older from 2010 to 2019. It shows the United States, Alaska and Hawaii and Puerto Rico. The darker the purple color, the higher percentage of change in the population that is 65 and older. Obviously, there are places in the United States that have had a tremendous increase. This is a population of people over 65. I will be curious to see what kind of change may be occurring in this do to COVID, whether or not COVID that's in the elderly population both in the United States and worldwide will have some effect upon the number of elderly persons in the world. Okay. Aging in the United States. This information is from two different reports. One from Health and Human Services that you see first on the screen here and one from the United States Census. More than 10,000 people, more than 10,000 people a day turn 65 in the United States. In 2016, the American community survey estimated that people age 65 and older comprised 49.2 million people within the United States. Half of them were 65 to 74. And then the age groups of 75 to 84 and those over 84 comprised the rest of the population. Both of those categories of 75 to 84 and over 84 are growing categories as many people live much longer. The portion of the current elderly population over 65 that did not complete high school is significantly higher than the current population of age 25 and over. It is highest for those in the oldest over 85 category. That have significant implications for the poverty levels which many elderly people live. If you did not complete high school, your job prospects were not as good. The job you held probably did not pay as well. And that is going to leave you with less Social Security, less other resources. We have a significant portion of the population that is elderly that is also lacking in resources needed to even live, never mind get adequate medical care or remain healthy. An interesting statistic, over one third of all male and female grandparents are caregivers for their co-residents grandchildren. One third of us over 65 are primary caregivers for grandchildren who live with us. Interestingly, and I thought this was just really interesting, across all of the older ages, men are more likely than women to be the caregivers for grandchildren living with them.

Let's switch, now that you've got some information about population, aging and its characteristics, let's talk about where the resources are to find information on taking care of them and on legal aspects and on how to stay healthy as you age. I started with the catalog of U.S. Government publications where I found looking for aging I found 6273 publications. A good place to start was the CGP and see what is there. I highlight, I took a couple of examples of recent examples from the CGP just to highlight a couple of things. Aging in place, Japan case studies. It is a report on aging in place meaning aging while you remain in your home. There is an equivalent study in the CGP for the United States. I thought it was interesting that there is also one for Japan. A changing nation, population projections under alternative immigration scenarios. This was a really interesting reports that looks at how everything from zero immigration to sick difficulty increased information will impact upon the aging, the ages of population within the United States. The sin Census Bureau. The census euro publishes numerous information and reports on all characteristics of population including the aging population. This particular report is talks about the growth in the older population compared to the younger population. Shifts in the age distribution of population. It talks about population aging as an increasing median age above a certain age such as 65. All of the Census Bureau studies and surveys collected about the older population and other countries also collect that information and in this particular report, the Census Bureau covers the United States and also information about the world population. This particular report has a number of really useful and interesting graphs and infographics on the aging population. We are going to go look at that story map later. The story map, and aging world 2020. This is an interactive demo, map, infographics that the census put together that you can go look at. How our world is aging. How it looks now and how it may change. It is interactive and it is a really interesting page to take a look at. The CDC, we all, if you are not familiar with the CDC at this point, you probably simply don't watch television or look at any news figured on your telephone. Obviously the CDC has been out in front of putting out information and offering guidelines on COVID. The CDC also has significant information on aging and healthy aging on caregiving, on chronic diseases of aging. There are four links here because each one takes you to something different. The first is the data portal that the CDC collects. It is raw data that you can use and look at from each state on aging. The second one the CDC has just a general information on aging. They also maintain a page on caregiving and aging. And a page on chronic disease resources that have to do with healthy aging. These each present a little bit different view on the aging population and how we are going to deal with it. This is an example of the caregiving page from the CDC. This is one of the sites that if you have Spanish speakers, you can choose to change the entire site to Spanish. There are numerous Spanish resources on caregiving and how important it has become that we have so many people who need care and whose families need to either care for them or find care for them. It is a very interesting page and it is one that is available in both English and Spanish if you have Spanish speakers within your library. The national Institute on aging is the entity of the federal government that really addresses all aspects of our aging population. It is one of, and I didn't know this until I started this webinar, it is one of 27 institutes and centers of the national institutes of health. It is the lead agency on conducting and supporting research on aging and the health and well-being of older people. The concept is to understand how we age, what the process is, what diseases and conditions are associated with it in order to try to come up with ways to extend our healthy and active years as we age. This is also one page that has a corresponding site in Spanish for your Spanish speakers. It is easily accessible. Health and Human Services. They put out lots of information on aging. And one of the most, they have links to numerous other agencies, websites, places to get help. And one of the most interesting is eldercare locator which is the address which is right here. It allows you to put in your ZIP Code or your region or area. You can find existing places that provide care for the elderly in some way. They also have an 800 telephone number you can call and solicit help. It is a free service. When you see those ads about call us and we will help you find a place for mom or grandma or whomever and they are going to charge you, try to remember that eldercare locator exists and it is an entirely free service from the federal

government. The Social Security administration is of course well known to most of us because we have money taken out of our paychecks every single paycheck. It is put into Social Security. Social Security provides, you can go to the site and set up an account. You can find out how much you have put in and you can correct any discrepancies. I encourage you to go to the site and set up an account and do so. When my husband went this past year and a half ago to start the process of collecting his Social Security benefits even though he still working full-time as a professor, when you reach age 70, when you reach age 70 you will not get any more benefits and it won't get any better so you might as well get your benefits. The Social Security administration will help you once you reach 62. They will help you calculate whether or not it is worth your while to take your benefits early or to take them at 65 or 66 or 67 or wait until you are 70. And the majority of cases if you are in good health and can keep working, waiting until 70 gives you a significant amount of more money. Your local office can look at your earnings and your situation and calculate those benefits. When you go into Social Security for any of you who need to know this for your library users, they will not accept a laminated Social Security card. Many people in Puerto Rico have done because we have this tropical climate that tends to be hard on paper. You have to request a new card which takes about four weeks to get to you. It cannot be laminated. They need a card that is not laminated. Don't ask me why, but that is how it is just in case anyone needs to know that. You need to go into Social Security about three months before you retire to make sure that they have all of your records and to give them the information about your bank account and Social Security currently requires you cannot receive an actual check from Social Security. You need to have a bank account or savings account for your Social Security. And you need to get with them about three months before you're actually going to retire or start receiving benefits. Social Security information as you can see from this little track here is available in multiple other languages including American sign language and Portuguese, Italian, Spanish, Vietnamese. Social Security agency makes a real effort to see to what that they can work with you in your native language as much as possible. Okay. A relatively new in the last few months, a webpage of the federal government is Alzheimer's.gov which is dedicated to providing information on research information, living with Alzheimer's and other forms of dementia. Funding clinical trials if you need one for you or for a relative. And looking for professional help. I put in here the URL for a YouTube video they have done on Alzheimer's and what it is. It is an excellent site. Considering as the population ages, there are more people that have dementia. It is a very useful site. Any of you who have ever had to deal with a friend or relative with dementia and my paternal grandmother by the time she was in her late 50s, early 60s had Alzheimer's and was exhibiting many sent items. You need all of the help that you can get. The site should be a welcome addition to U.S. government information for people dealing with family members with Alzheimer's and other forms of dementia. And finally I'd like to add some information on age discrimination. The department of labor has a page on age discrimination. There are links to the age discrimination act of 1975. Links to equal employment opportunity commission which deals with complaints and enforcement of the age discrimination act and the first one was more or less in 1967. They help you if you have an age discrimination claim. What I understand and I spoke with our human resources office, you are not totally protect did. You are protected that if you are able at any age to continue doing your job, it does not matter if you are 40 or if you are 85. If you are mentally and physically able to do your job, and that includes with reasonable accommodation if you needed for some medical condition. You are protected against discrimination. It does not randomly allowed you to say I want to keep on working if you're not able to do so at any age. It is protective that you can't be told because you're 60 or 70 or what ever. It doesn't protect you if you were not able to do your job at the same capacity or what ever capacity of physical and mental requirement that your job has. The protection does exist. Here is a little more information on age discrimination. The age discrimination in employment act of 1967 protects applicants and employees of 40 years and older on the basis of age and hiring, promotion, discharge, compensation, conditions of employment. Also that means your employer cannot say, oops, you turn 55 yesterday and were going to pay you less money

and we will not qualify you for health insurance. Those things are all protected by the United States age discrimination acts. They give you a list of webpages on the topic. Having to do with age discrimination. For yourself or for your patrons. Information on age discrimination can be very important. As always, I included, I found several sources of excellent local and state sources. Local and state sources of information on almost any topic are easily found@USA.gov and USA.gov switches to Spanish. These are three examples of existing in Pennsylvania, Ohio, and Tennessee. And local and state information on aging for local areas. And finally, this is a nongovernment resource although it has certain government agencies. This is from the University of Minnesota. This was serendipity while doing research for this webinar. The University of Minnesota is overseeing the network for data intensive research on aging. They are collecting information on aging datasets so that if you need access to raw data from different studies for demographics the University of Minnesota and their network for data intensive research on aging is collecting much of that information and making it accessible. And now I am going to start sharing my desktop. We are going to go live and take a look at a few of the sites that have information on aging. I am sharing my desk top. If my desktop does not show up, somebody let me know. I am going to start with the CGP. Just to illustrate, I am going to put in here aging, 6273 documents. It is interesting that a few things pop up like who knew the abrasion of photovoltaic glass. Most of it has to do with human aging. Aging and comfort assessing the needs of America's Holocaust survivors. There is a report that I showed, aging in place, Japanese case studies. Right under Rick, aging in place, U.S. case studies. Back to work empowering Alabama's aging workforce. A changing nation population projections under alternative immigration scenarios. Assessment for the Hawaiian Islands. Ensuring trust and strengthening [Indiscernible] efforts to overhaul the guardianship process. All of these from 2020, multiple resources and I am going to assume that all of you know that's if it has an Internet URL the document is accessible on the Internet and I am going, this one is aging in place, U.S. case studies. Just to illustrate, and here is the full document, it is a 31 page document which you can now download and share for print. Here is a full 31 page document on United States case studies on aging. I am going to go to the next page to illustrate a few more things that show what. Examining the older Americans act. Fighting fraud state Senate aging committee identifies the top 10 scams. I have personally in the last few months had six or eight telephone calls that were I not aware that Social Security administration does not call you for information, I might have been taken in and scammed. I have had several colleagues call me and go, somebody called me from the Census Bureau and kneading my personal information. This concept of fraud among the aging because the aging population including myself, we are not digital natives. We did not spend most of our lives using smart phones or the Internet or computers. And we tend to be more trusting because we mostly have spent our lives with entities that are honest and asking for our personal information. And so fraud is indeed a very important topic for the aging population. So they are not taken. Never ever give out your bank number or your Social Security number on line. This particular document could be an important one for your users to know about. And with that, I am going to go to the Census Bureau specifically this is a story map and aging world document. I am going to click on it. When you click on the page, depending on where, and aging world, 2020 and it says please use the tabs above. As soon as you click on the info graphic, story map gives you a will come and what causes population aging. Demographic trends of global aging. Aging, gender and health. This is an interactive graphic that gives information on population aging. I am going to click on what causes population aging. This is from the Census Bureau international programs. And you see here population, 65 years and older with % in 2020. This is up to date. And there is the information on the world map. It gives you information on what population is and how it is defined. Disproportionate growth of the older population in society. Measured by changes of %. Going to the Census Bureau story map on aging it offers a lot of written and visual information on aging that is interesting, useful, and I think in this case very well presented. Particularly, when we talk about the current college generation they like visuals and the use of social media. I have admitted that as I age and my eyesight is not quite as good as it used to

be, I am becoming fonder of maps and visuals to give me information as well. Maybe not just our younger users but our older ones as well really appreciate visual information that gives accurate information and is easy to read and use. And with that, I am going to go to the national Institute on aging. There is so much here in the national Institute on aging including they publish newsletters, you can change the entire sight to Spanish. They talk about their is health information, there is research information, there is news. If you continue scrolling down, you get videos, news information and you get featured resources including print publications that you can order. Information on grants and funding that may interest your students or faculty members and academic libraries. Training opportunities for researchers, clinicians and students. Scientific resources and datasets. The national institutes of aging publish raw data sets. And here depending on what you want, health information's, Alzheimer's, caregiving, cognitive health, end-of-life exercises. A list of a tizzy topics. I will open caregiving so you see an example of what is here. The national Institute on aging and caregiving and there is information on long-term care and advance care planning. Long distance caregiving if you have a friend or relative who lives a long way away that you are responsible for. Caregiving for Alzheimer's. And news information about caregiving. Articles that the national Institute of aging has published on, tips for caregivers and frequently asked questions about caregiving. Assessing changes and when it is time to leave home, Dr. appointments. Very important and a great deal of information for those who are being caregivers as well as health information. Exercise and physical activity. This has to do with physical activity and exercise as you age. These articles on a site called goal 4 life under exercise and physical activity they talk about the four time's of exercise. Getting started. What the real-life benefits of exercise are. Having fun and staying motivated. All of these articles are geared toward people who are over 55. Tracking your exercise and physical activity. News information. Exercising with chronic conditions. Fun raises a physically active. The national Institute on aging has published a significant amount of information on both caregiving, on your own aging, on research and funding. I am going to briefly switch to the Spanish site so you can see it in Spanish for those of you that have speakers of Spanish. It switches over and gives you health topics, Alzheimer's, caring for a family member, this also will exist in English and Spanish. Just so that you know. And now I am going, Alzheimer's.gov. This is a new site from the national institutes of health. It is related to anything having to do with Alzheimer's and other types of dementia. It describes what is dementia and what is Alzheimer's. These other kinds of types of dementia and as we age, most of us as we age, as much as I hate to admit to this will be subject to some versions of mild cognitive impairment. I could not remember after a year of being gone from the library, my younger colleagues were laughing at me because it took me about 15 minutes to come up with my numerical code for the photocopy machine yesterday. Those are actually normal parts of aging that happen with all of us. It is important to distinguish what is normal from what is Alzheimer's or dementia. Living with dementia, tips for people that have some version of dementia. Tips for caregivers finding care. Resources for people with dementia and resources for their caregivers. Action the federal government is taking on how to reduce your risk and finding clinical trials. This is a really useful site for what is as our population ages also a growing problem within our population that Alzheimer's and forms of dementia become more common as we age. And finally, I am going to take a quick look at the Social Security site. I will then open it up for questions. This is the link to Social Security retirement benefits. Not everywhere because here in Puerto Rico we have to apply in person. In many parts of the United States you can apply online for your retirement benefits if you have no complicating factors and don't need to talk to Social Security. If you go here, it explains the application and tell them you understand it and you continue onward and you can find out information about your benefits and actually apply online with Social Security. Social Security also has information, educational information. Deciding when to start your benefits. What affects your retirement benefits. Planning for your retirement. Managing your benefits. Keeping your information secure. Online retirement by Social Security retirement estimate. Check your application status. Here is where you can create your own. You can do this at any age. You

can create an account with Social Security and with that Social Security account, you can continually monitor that your benefits are indeed, your contributions are indeed being applied to Social Security. You can learn about fraud prevention. Eligibility for Social Security spouse's benefits. A wealth of information here about Social Security. Even if you are not yet at retirement age, it is important to know for the future. And with that, I am going to stop screen sharing. I am going to go to my thank you for listening slide and I put in at least for those of you who are anywhere approaching age 60, some of my favorite fun quotations. I especially like we are not senior citizens we are recycled teenagers. And I think actually in my case working with students even though it is sometimes frightening when I find out that they are grandparents younger than I am, it keeps me young. I really am a recycled teenager. With that, it looks like we've got a few minutes for any questions that have come in.

Thank you, Jane. And other great presentation. We have a little bit of time for questions if you have them. She says she's going to go to the NIA site. She's not the information was geared to researching caregivers. I think you probably mention not.

Any other questions for Jane? This is great information. I wish I could see 60 again. I feel like a ticking bopper now.

I am going much to my surprise, I have realized a few weeks ago that I am going to be 70 in September. I do not feel like it. That is another thing that is actually occurring as our population ages. 70 now and 74, were not the same age.

Care is the Tosha. Can you recommend tactful ways of recommending these resources to someone who may not want to hear it.

That is a really good question. Sometimes I think it is hard to be tactful. I have two very different children in personality and I would use their approach to me. Our older son who is pretty direct and a medical doctor just looked at me long ago and said, you are getting old and I need to tell me how to get to all of your records and information. Our younger son who is more polite and courteous and less direct, his approach was, you know, mom, I have been going to the grocery store and helping you guys out with things during the shopping and things during the pandemic what you been working from home. And maybe we should consider going over to the bank and instead of you having to transfer funds or give me your bank card every time, giving me at least limited access to your bank account and perhaps to your medical records. I dealt with both of them just fine and I have no problem with direct. The second one for my younger son felt a lot more comfortable than hey mom you are getting old and now you need to deal with this. I think the approach of maybe you could sit with me and let's look at some resources to help you stay healthy as long as possible while you were aging without any implications of you are getting too old to handle your affairs. Obviously, I think that there comes a time with an aging relative in which you may have to say pretty directly, you are not capable of doing X or Y anymore. I got a couple of contrasting examples. When my father reached about 80, he was still in quite good health. He lived to be 95. He handed the car keys to my sister and said, I am not going to renew my drivers license again. I recognize that I am not as comfortable driving as I used to be. My father in law had to wrecked his truck into a tree and he still did not want to give up the car keys. Finally my husband and his brothers had to simply say, we are taking your car keys and you're not allowed to drive anymore. And so sometimes you have to actually intervene if the person is going to be dangerous to themselves or someone else. As long as you can be tactful and approach the person gracefully, that probably works better.

Thank you, Jane. We've only got a couple of minutes. We can go all afternoon. Angela said, Indy IRA would be helpful for creating maps and I will explore more and we will see if we've got any other comments here.

Ashley put the satisfaction survey in the chat box. Please fill that out.

And Erika Cooper put in work for life. That is another good resource.

The information will be available on Monday. And as always, I will put my email and the chat and is also on the slides. If you would like a copy of the actual PowerPoint in PowerPoint form, send me an email and I will happily send it to you.

Thank you. Fantastic webinar. I've got to close out. Another great webinar. I see another one on the list. There it is right there. Senior housing is something I am interested in. Anyway, --

Senior housing by itself would be a really good webinar.

CCR sees, nursing homes, active 55, a bunch of things that my wife is thinking about seriously. A lot of shutouts. Fill out that satisfaction survey. I hate to close out, but I really have to. Somebody else wants senior housing too. That is another topic for a webinar. I would love to see a comparison of those different types.

, Back to the FDLP Academy. We've got four more webinar scheduled for May. We've got more next Thursday with our good friend, another person, U.S. Air Force Academy resources., Back for that. Thank you, Jane. A great webinar

You are welcome as always.

[Event Concluded] [Event Concluded]