

Compassionate Family Caregiving

Thank you!





Tuesday, May 25, 2021			
Time	Event	Presenter	Location
8-4:00	Registration	Lobby	
9:00-12:00	District Directors Meeting Nominees and Current Attend	Kim Stutsman, State Director	Magnolia A
9:00-12:00	State Committee Chair Meeting	Edwinna Williams, FREA President-Elect	Seagrape
11 - 1:30	Past Presidents Council Meeting	Hotel Restaurant of Choice	
LUNCH ON YOUR OWN			
Opening General Session			
1-1:15	Welcome	Nancy Hosie, FREA President	Orange Ballroom B-C-D
1:15-1:20	Pledge of Allegiance Colonel Gayle Hodges, US Air Force, Retired		
1:20-1:25	Thought for the Day	Kim Stutsman	
1:25-1:30	Convention Announcements/ Housekeeping	Anne Fagan FREA Executive Director	
	Introduction of Past Presidents, Benefits Providers, FREA Office Personnel and Photographer		
1:30 – 1:40	NRTA/AARP Welcome Al Campos, President, National Retired Teachers Organization		
1:40 - 2:40	Compassionate Caretaking Keynote Speaker Lily Liu AARP Historian Emeritus and Family Caregiver		
2:40-3:00	Break		
3:00 - 3:15	FREA Delegate Business Bylaws Change Budget	Fay Murphy, Parliamentarian Gayle Hodges, Treasurer	
3:15- 3:25	President's Award Presentation	Nancy Hosie	



Nancy Hosie
FREA President



HAPPY DAYS

**6:30-9:30
Dinner & a Show**

~

**Island Buffet
With music and
entertainment**



by Chrome '57 and SubSonic DJ's

**Costume Contest, and Dancing.
Must Have Correct Sticker to attend**





The FREA Mission

- ♦ To safeguard the strength of the Florida Retirement System
- ♦ To support public education in Florida
- ♦ To provide fellowship opportunities
- ♦ To encourage community involvement
- ♦ To be a source of information and materials

Florida Retired Educators Association Membership Application

<input type="checkbox"/> Annual FREA Membership	\$35.00	<input type="checkbox"/> Associate Member	\$35.00
<input type="checkbox"/> New Membership	<input type="checkbox"/> Retired Teachers/Administrators/Support Staff/Food Service/Transportation/Maintenance, etc.	Associate: Any person interested in the work of the Association may apply for associate membership. An approved applicant may become an associate member with all benefits except: the right to vote, hold office, or serve as a delegate to the Annual Delegate Convention.	
<input type="checkbox"/> Renewal of Membership			
Circle One: Miss, Mrs., Mr., Dr., Other		Date:	
Your Name:		Spouse's Name	
Mailing Address	Apt./Condo/	Telephone	
		()	
City		State	Zip County
E-mail address:		Your Date of Birth: Month/Day	
School District Retired From:		Local FREA Unit (if known)	





**“...Hello sunshine, goodbye rain
She’s wearing my school ring on her chain
She’s my steady, I’m her man
I'm gonna love her all I can...”**

support | CAREGIVER

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B



It can't be *easy*
doing what you do.

There are
so many sacrifices,
tough choices,
and difficult decisions
to make.

But *you do it,*
and with *such love.*

**“It can’t be easy
doing what you do.
There are so many sacrifices,
tough choices, and difficult
decisions to make.
But you do it,
and with such love.”**

Hope you know
how *amazing* that is
and how *important*
you are to those
who depend on you.

**“Hope you know
how amazing that is
and how important
you are to those
who depend on you.”**

**My Lived Experience
Full-Time Care Partner
For Mom
Dad died Fall 2011**

Your/Mine/Our Lived Experience



"There are four kinds of people in the world:
Those who have been caregivers;
those who currently are caregivers;
those who will be caregivers;
and those who will need caregivers."

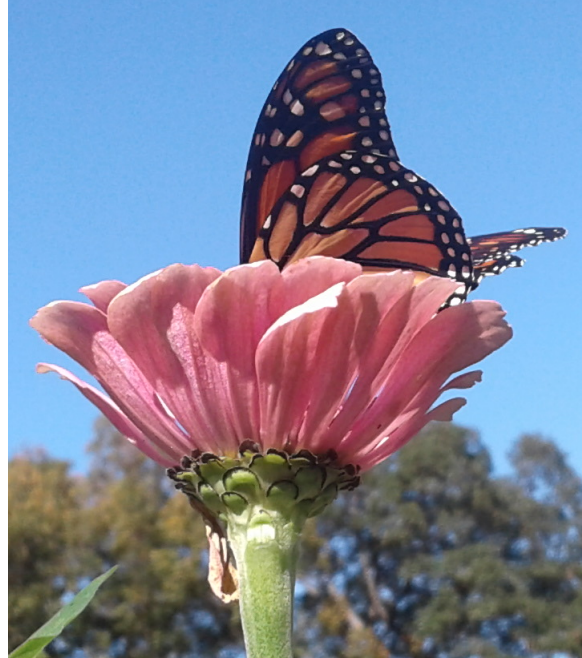
Rosalynn Carter
Former First Lady

My Family Caregiver Journey “Migration”

From



To









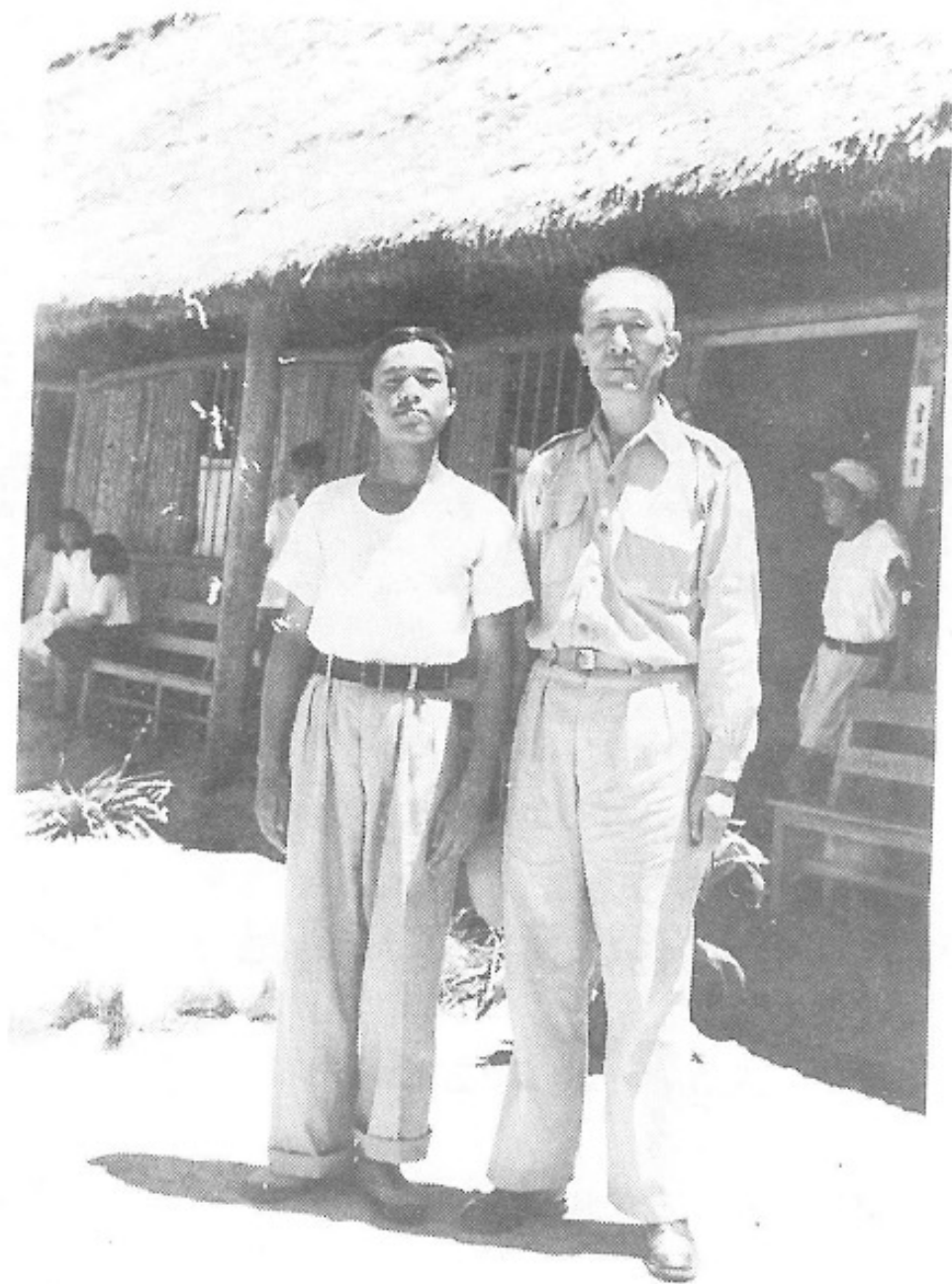
1948: War-time Refugees

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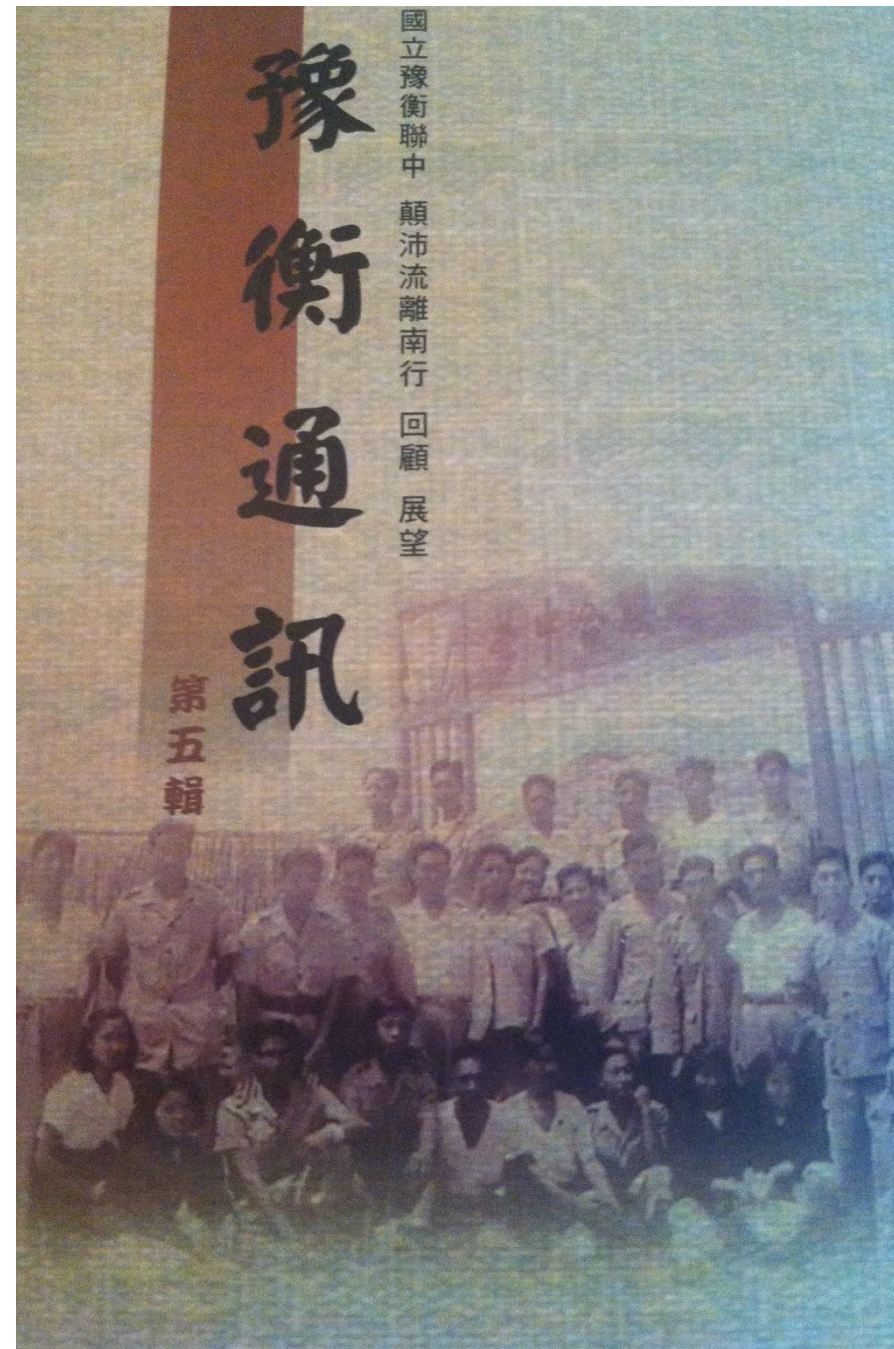
PARTING

1948 – 1949





DDT Parkinson's Dementia



June 1953









From To







Sappho – 6th Century B.C.

. . . my skin once soft is wrinkled now,
. . . my hair once black has turned to white.
My heart has become heavy, my knees
that once danced nimbly like fawns cannot
carry me.

How often I lament these things—but what
can be done?

No one who is human can escape old age.

Crossing the Border

Senescence (deterioration w/age) **begins**

And middle age ends

The day your descendants

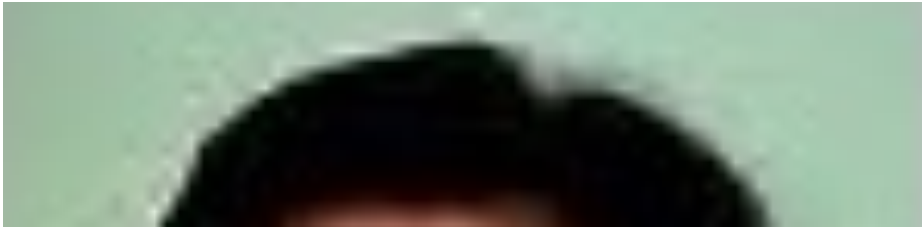
Outnumber your friends.

20th-century poet Ogden Nash

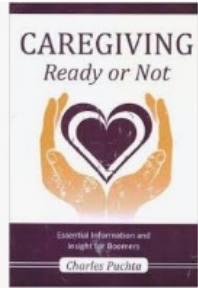
My Own “Migration”

78 million Baby Boomers

(1946 – 1964)



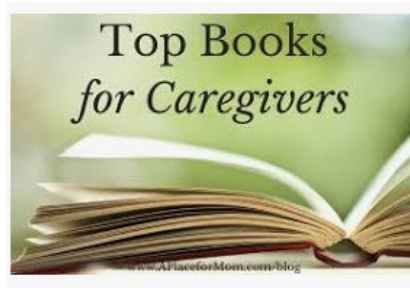
Their Lived Experience



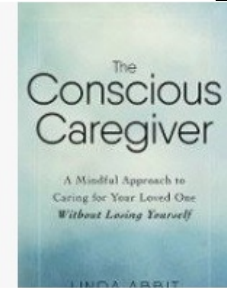
Caregiver Reading List of...
mehelpershomecare.com



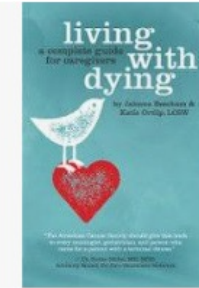
Book Store | Powerful Tools...
powerfultoolsforcaregivers.org



Top Books for Caregivers
aplaceformom.com



The Best Caregiving Books...
caring.com



The Best Caregiving Books...
caring.com



Finding Hope: A Caregivers B...
amazon.com



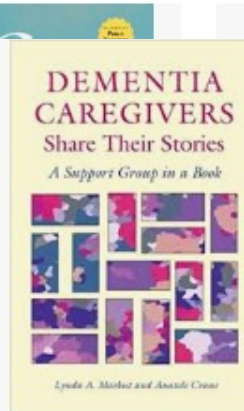
Must-Read Books For Fam...
workingdaughter.com



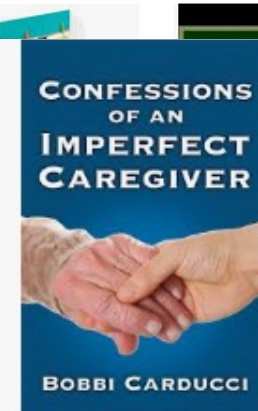
Chicken Soup for the Soul: F...
simonandschuster.com



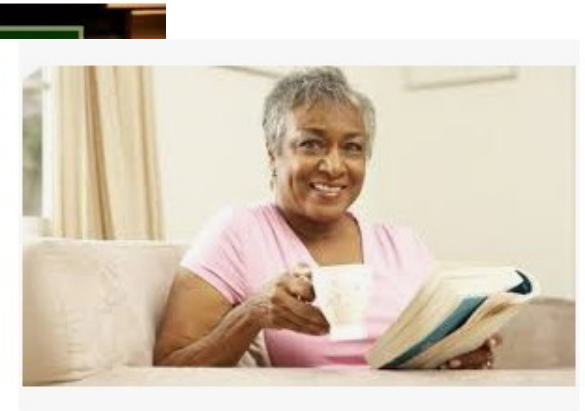
A Caregiver Reading List of...
homehelpershomecare.com



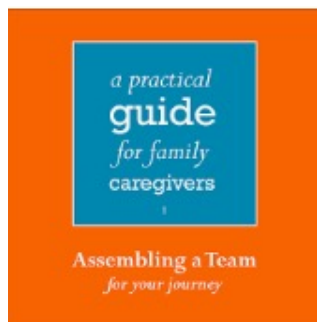
Dementia Caregivers Share...
amazon.com



Confessions of an Imperfec...
openbookspress.com



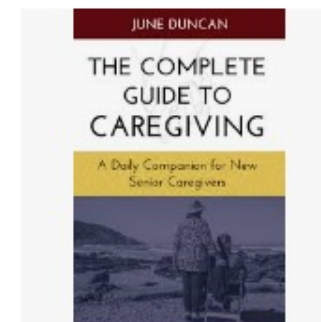
6 Must-Read Alzheimer's Books for ...
dailycaring.com



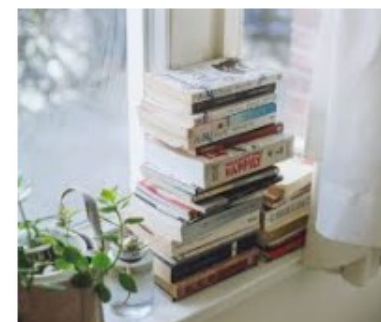
Caregivers E-Books - Alzh...
afecenter.org



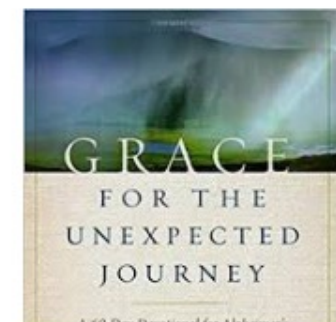
10 Great Books for Caregivers | Sci...
sciencecare.com



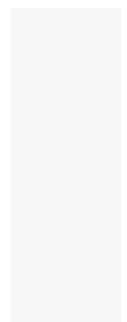
Books – Rise Up for Careg...
riseupforcaregivers.org



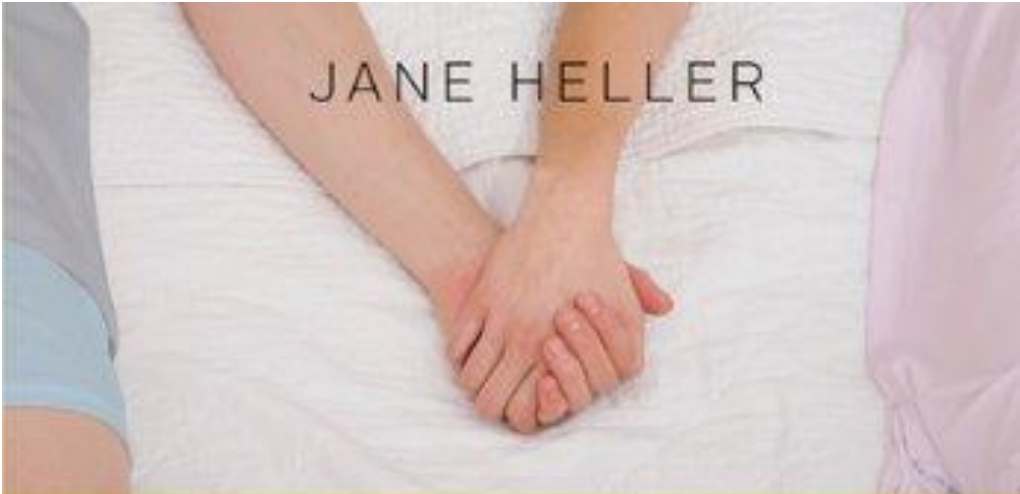
6 books for your resource library
caregivingadvice.com



Grace for the Unexpected...
amazon.com



Books Ab...
aam.org



JANE HELLER

You'd Better
Not Die or I'll
Kill You

A Caregiver's Survival Guide
to Keeping You in Good Health
and Good Spirits

#1:

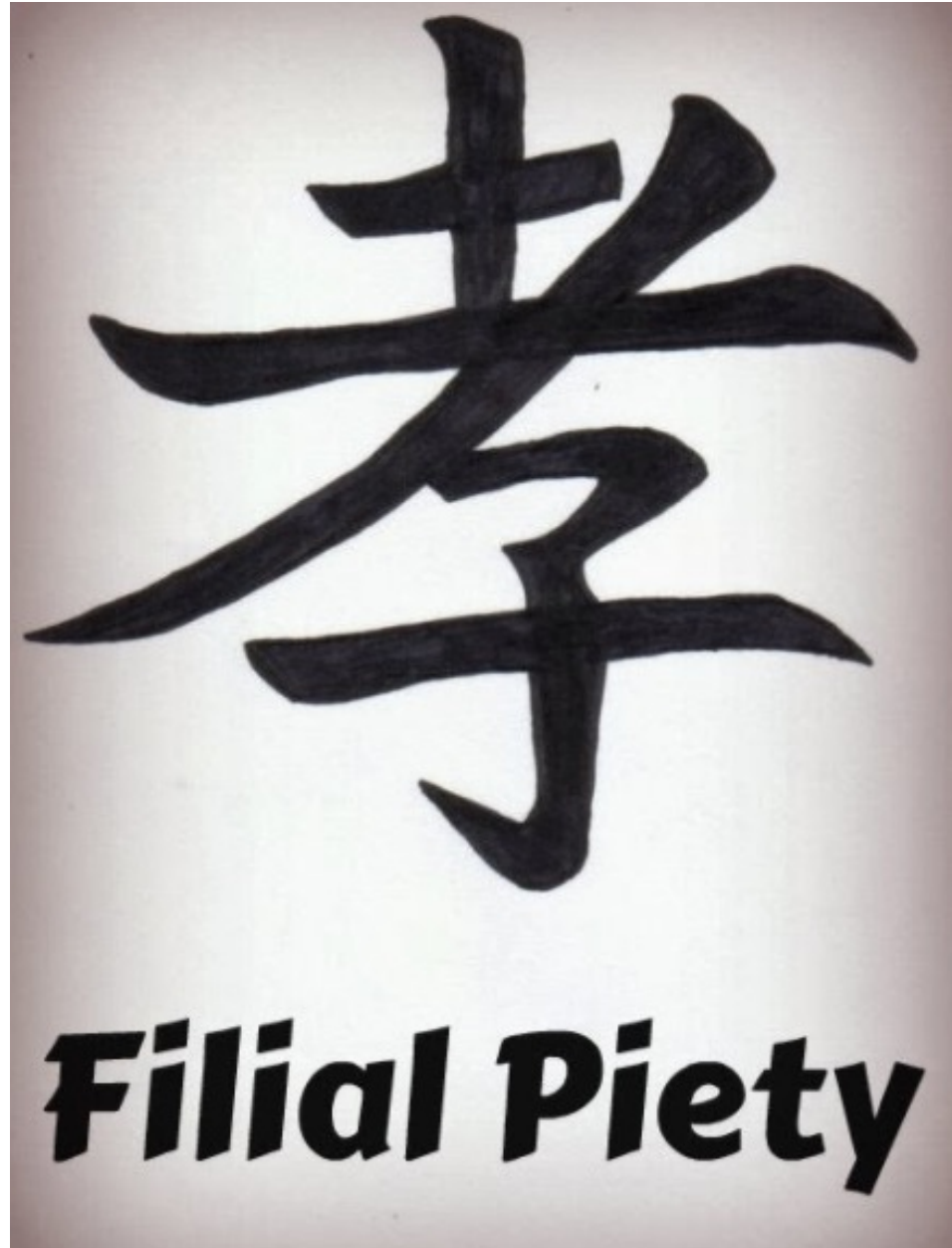
Name It

You ARE a “Family Caregiver”

My Own Lived Experience
What's different?
And, why?



Historical traditions + cultural values



Family Background

Nuclear family – Not a lot of hands on deck

Language

Need to help interpret for elders

Medical language, too?! UTI, MRI, ADLs...

Statistics



Data

I am now the sole caregiver for my Mom, who lives with me, and I have joined the sisterhood of loving family caregivers who are on a journey that will have huge financial, health and emotional implications on our own lives. Research conducted by AARP, where I work, reports that in 2009 in the United States, there were approximately 42 million family caregivers. That is about one out of every five adults who is providing care to an adult with limitations in the activities of daily living – bathing, toileting, dressing, grooming or feeding themselves. The dollar equivalent for the care provided by families in 2009 has been calculated to total at least 450 billion dollars a year – yes, that's "billion" with a "b"!

- **Nearly 40 million Americans—almost 1 in 5 adults—help care for a relative or friend over age 50.**
- **Respect for one's elders is a value common to AAPIs; as is family togetherness, demonstrated by the fact that AAPIs are also twice as likely as other Americans to live in households with at least two adult generations.**
- **Since two-thirds of AAPIs age 50 or older are immigrants, they may have traditional cultural expectations that can be a challenge to meet by their more Western acculturated children who are attempting to balance work-life with raising children of their own.**
- **AARP's study found that the vast majority (73%) of AAPIs, more than any racial or ethnic group, believe that caring for parents is expected of them. The study found that AAPIs were more likely to take charge of caregiving for their elders: they are more likely to talk to doctors (54% vs. 36%), contribute financially (51% vs. 27%), and handle paper work or bills (41% vs. 33%) than the total population of the same age or compared to other Americans.**

Storytelling



Dragging Daughter/Son/Spouse  **Dragon**



**39% =
Male
Caregivers**





The Sandwich Generation



Spotlight

Millennials: The Emerging Generation of Family Caregivers

Brendan Flinn

AARP Public Policy Institute

Introduction

Throughout the United States, family caregivers provide critical support to adults with a chronic, disabling, or otherwise serious health condition. Each year, about 40 million American adults provide support with basic functional (e.g., help with eating, bathing), household (e.g., meal preparation, help with shopping), and medical/nursing tasks to help individuals remain in their homes and communities for as long as possible. **Of these 40 million family caregivers, about 1 in 4 is part of the Millennial generation.¹**

Executive Summary

About one in four family caregivers is a Millennial, and this generation is changing how we answer the question, “Who is a family caregiver?” This Spotlight offers a closer look into the background, experiences, and challenges involved with being a Millennial family caregiver, including:

- **Multicultural Identities:** More than half of Millennial family caregivers are African American (Black), Hispanic/Latino, or Asian.

1981 – 1996
10 million
Millennials
+
Gen Z
(early-onset
Alzheimer’s)

Solo Ager!



A Balancing Act...



Empowered with information!



Education / Information

alzheimer's  association®
alz.org | 1.800.272.3900

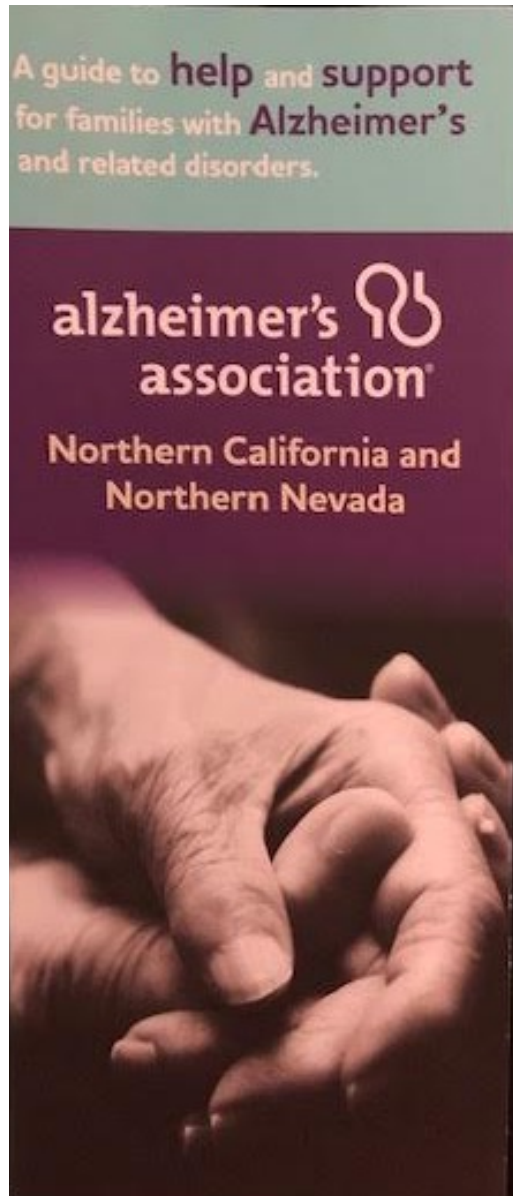


Understanding Parkinson's



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH





**FREE
PARKINSON'S
AWARE IN
CARE KIT**



Prepare to Care Guide



English Guide



Spanish Guide

Thank you, Ann-Marie Flannery!
AARP Florida



MILITARY CAREGIVING GUIDE

FOR VETERANS, SERVICE MEMBERS AND THEIR FAMILIES



AARP
Family Caregiving™



Family Caregiving

Basics · Care at Home · Nursing Homes · Medical · Financial & Legal · Life Balance · Community · Local Resources & Solutions · Stories



Tax Tips for Family Caregivers

You could be eligible for deductions and tax credits

states.aarp.org/florida/caregiver-resources

Family Caregiver Resources for Florida



aarp.org/fl

AARP » AARP States » Florida

AARP Florida

AARP Florida is making a difference where you live.

Additional Caregiver Resources

- Keep up with AARP's caregiving coverage
- Resources and solutions caregivers should know
- AARP toll-free caregiving resource line

Search AARP Florida

Practical Tips



Research the Benefits



meals on wheels

Durable Medical Equipment



canes - crutches - wheelchairs - walkers - car seats - commodes - wedges - standers - search...

**Public Policy –
Are supports adequate
and appropriate?**

**Legislation –
Be informed on issues**

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It can't be *easy*
doing what you do.

There are
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tough choices,
and difficult decisions
to make.

But *you do it,*
and with *such love.*

“It can’t be easy
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Gratitude



facebook

Sign Up

Email or Phone

Watch

Home

Shows

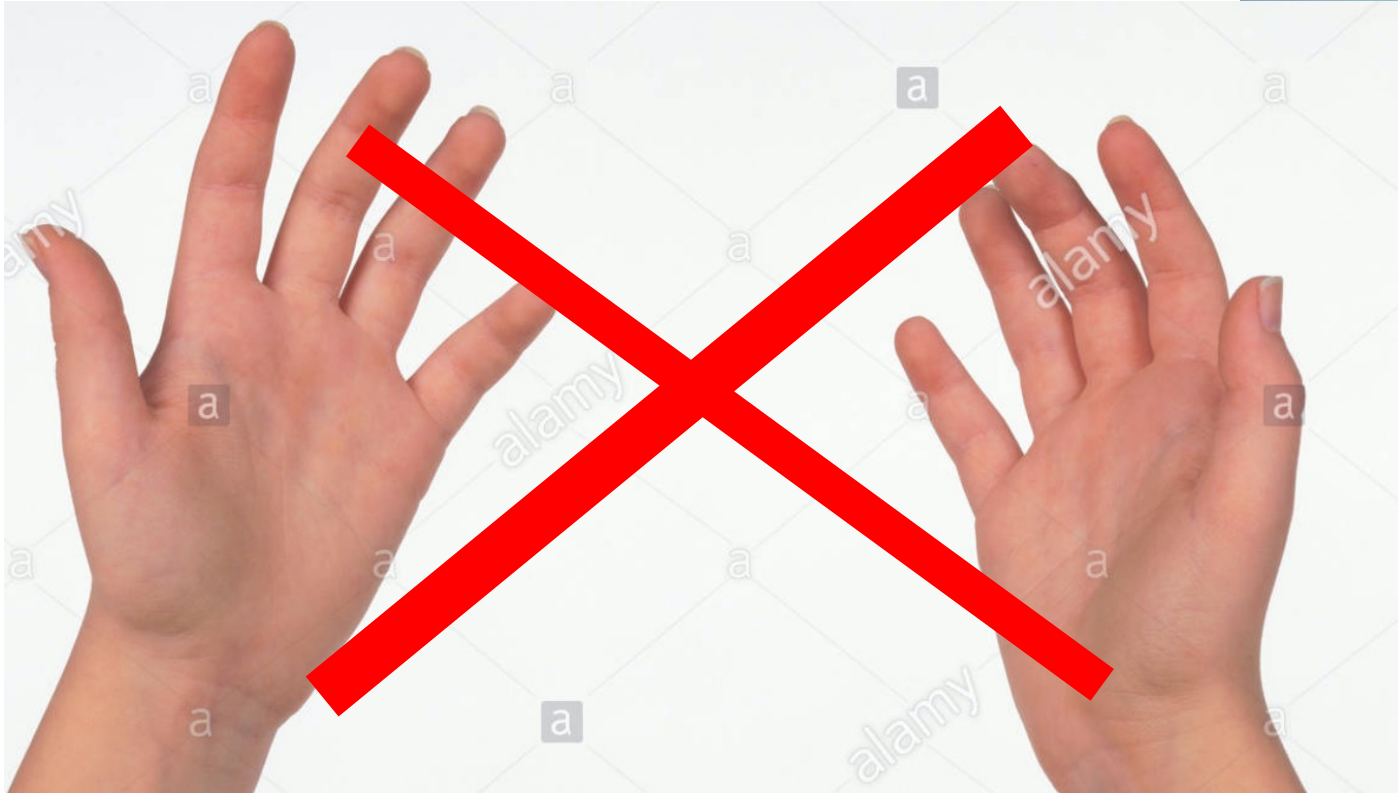
Live Videos

Search videos



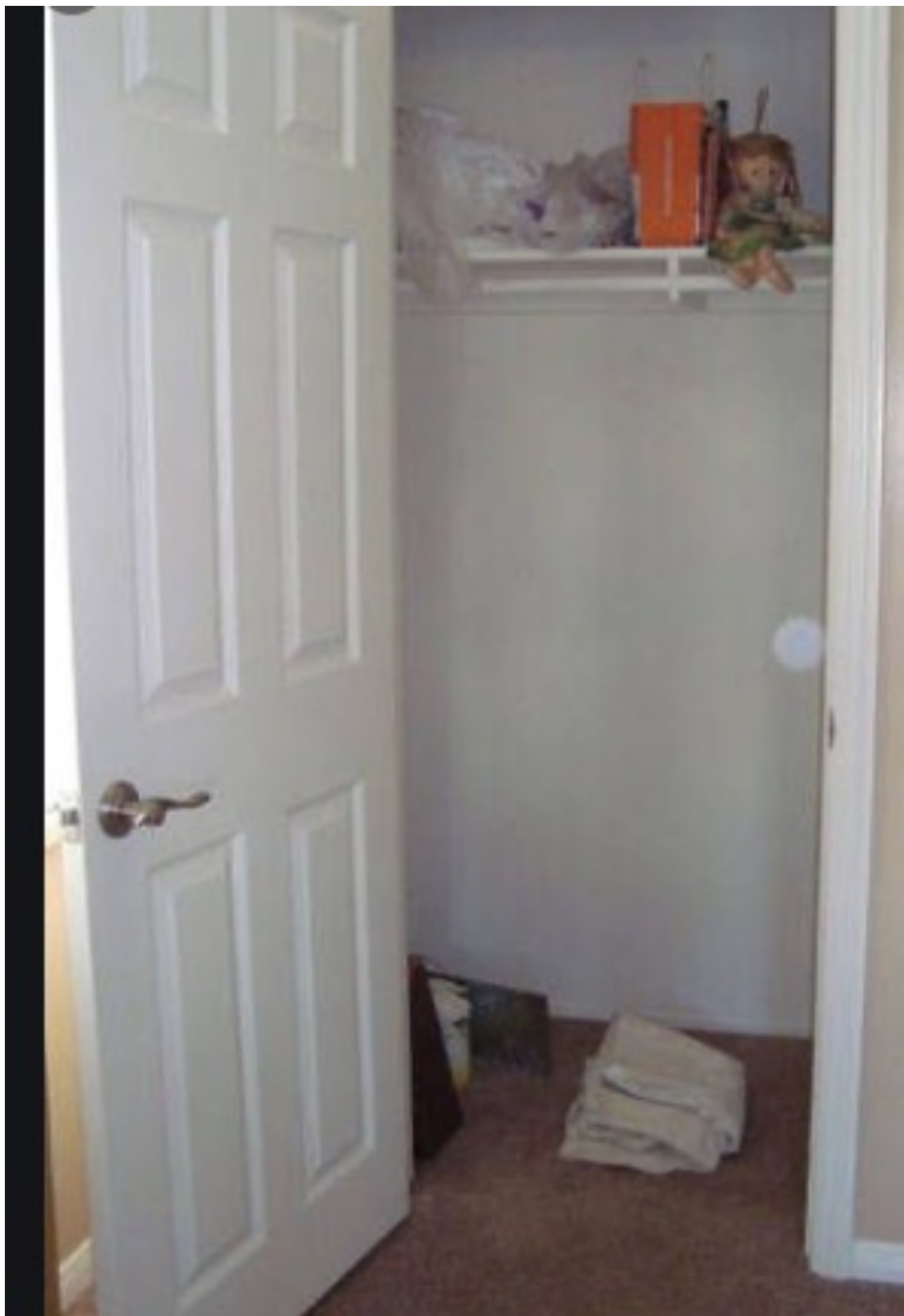
YOU'RE NOT ALONE.
**JOIN THE FAMILY
CAREGIVING
COMMUNITY
TODAY.**

COVID-19 Pandemic



Self Care – How?! When?!





You're Not Alone

We Are Stronger Together!



Ann-Marie and Al Campos



The Organization that
Honors Your Yesterdays,
Enriches Your Present,
& Secures Your Future

**I
AM
a
Family Caregiver!**

liuconsultants@gmail.com



@LilyLiuDC



20lilypix15

