

CICOA

Aging & In-Home Solutions

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CICOA helps build communities that enable older persons and those of any age with a disability to live with the greatest possible independence, dignity and quality of life.

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CICOA Welcomes the Following New Employees:

Henry Maxie, Data Input Specialist

Tami Vernon, Care Manager (E Team)

Caregiver Learns She Doesn't Have to Go It Alone

According to the Family Caregiver Alliance National Center on Caregiving, about one-half of primary caregivers provide care with no outside assistance. Teresa Lane is grateful she wasn't always among that one-half.

Moving back home to care for her parents was hard enough, but doing it without help would have been extremely difficult, said Lane, a wife, mother and respiratory therapist.

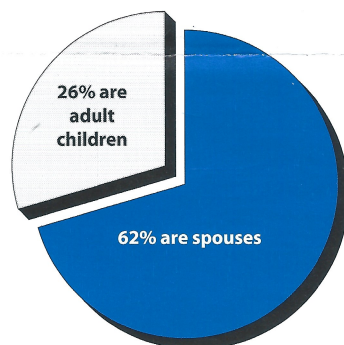
"I gave up everything to come home and take care of my parents and I was glad to do it. I promised them that I'd never put them in a nursing home and I've kept my promise," she said. "But I just needed help so I could get things done."

That help began when Lane made a call to CICOA at the urging of her aunt. "My aunt would call me with words of encouragement and say, 'You need some help.' She told me about CICOA," Lane said.

And although Lane called CICOA hoping to secure services for her father, she was referred to CICOA's Elder Solutions family caregiver program so she could benefit from caregiving assistance until her father makes it to the top of CICOA's waiting list for in-home services.

"I felt relieved," Lane said. "I didn't even know they had a program for caregivers."

Relationships Between Caregivers & Care Recipients



"I called Gloria again because now both my parents were down," Lane said. "My mother had so many doctor appointments after her surgery that I wouldn't have been able to handle everything without Elder Solutions."

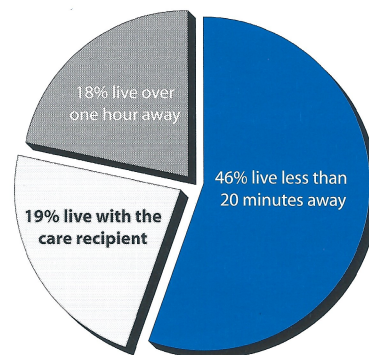
Since Lane was in a crisis situation, Blankenburg arranged for a home health aide from Nightingale Home Healthcare to visit four times a week for two hours at a time to bathe and shave Lane's father, wash his hair and, most importantly to Teresa, keep him company. This helped Teresa focus attention on her mother's needs.

"That [company] means so much to the elderly – having someone to converse with," said Lane. "And he just loves Teresa [the Nightingale home health aid]. She's like part of the family."

Unfortunately, Lane's father has been on CICOA's waiting list for in-home services for three years. He, and more than 3,000 other clients, must wait for services because there are simply not enough federal, state, city and private dollars available to meet their immediate needs. However, the ray of hope to Lane is the relief – and moral support – she experienced during her caregiving duties.

"Every time I've called CICOA or Gloria, everybody has just been so nice, helpful and courteous. They even call periodically just to check in. I've sent other people to CICOA," Lane said.

Caregiver Distance from Care Recipient



Elder Solutions Manager Gloria Blankenburg made an initial home visit to meet with Teresa to find out what type of help was needed. Since Lane was juggling caregiving duties with full-time employment, 36 hours of respite care was made available to her for three months so she could take care of herself and avoid burnout. At that time, her father, who has multiple sclerosis, was the primary focus and help with his bathing was top priority. However, life as a caregiver soon became even more complicated. Both her father and mother were hospitalized at the same time – her father due to a stroke and her mother for cancer surgery.