



NATI NEWSWIRE

Eldercare Services Should Include Counseling for Caregivers

Posted By [Carrie](#)

^[1]When we think of eldercare services, we often think of home health care, geriatric care, home-delivered meal services, and senior centers. But what about caregivers? As an essential part of the eldercare equation, caregivers should have eldercare services targeted to help them, too.

Recent research showed that eldercare services like individual counseling for caregivers and family counseling for caregivers and other family members can reduce caregiver depression. Other eldercare services such as caregiver classes have also been shown to be helpful. If you're a caregiver, you already know that you're at a higher risk for stress, anxiety, and related health problems. But do you know what these eldercare services entail? If you're not familiar with eldercare services like counseling and classes for caregivers, here's a little information for you.

Individual Counseling

In individual counseling, you spend time talking one-on-one with a mental health professional such as a Master's level counselor, licensed clinical social worker (LCSW), or psychologist. Different professionals use different approaches, but the goal of individual counseling is to help you express your thoughts and feelings in a safe setting and work toward goals that will help reduce any issues such as depression and help enhance your well-being.

Family Counseling

Eldercare services that involve whole families might be just what you need if you're trying to coordinate caregiving responsibilities among siblings and other relatives. It's great to have multiple caregivers available, but this can also result in conflict or misunderstandings. Family counseling is also conducted by a mental health professional, but this time several family members meet with

the counselor at once in order to resolve barriers to effective caregiving and to develop a plan for dividing tasks among caregivers.

Caregiver Classes

Caregiver classes are becoming popular eldercare services because several caregivers can be reached at once and the format is more appealing to those who aren't comfortable with the idea of mental health services. These eldercare services gather groups of caregivers together and teach them about caregiving techniques using manuals, videos, and discussions.

Given the known benefit of these approaches, it seems logical to include them as eldercare services offered to any community. What do you think? Post a comment to this blog, and be sure to sign up for our [RSS Feed](#) ^[2] to receive regular updates about new eldercare topics posted on ElderCareABC.com.

-Carrie L. Hill, Ph.D

Article printed from Elder Care ABC:

<http://eldercareabcblog.com>

Website of Interest

[Partnering With Faith Communities To Provide Elder Fraud Prevention, Intervention, and Victim Services](#)

In 2002, with funding provided by the Bureau of Justice Assistance (BJA), the Office for Victims of Crime (OVC) awarded a grant to the Denver District Attorney's Office to develop a demonstration project called the Communities Against Senior Exploitation (CASE) Partnership. The Denver District Attorney's Office partnered with faith communities to provide community-based services for elder financial fraud prevention, intervention, reporting, and victim support. The CASE Partnership has been particularly successful in raising awareness of financial fraud among older individuals, including those with little or no English proficiency. Three other judicial districts in Colorado have successfully replicated the CASE Partnership. With additional funding from BJA, the CASE Partnership will be replicated in 20 additional sites across the country in the coming year.

http://www.ojp.usdoj.gov/ovc/publications/bulletins/elderfraud_case/pfv.html

OVC Links to Victim Assistance & Compensation Programs

With Victims of Crime Act (VOCA) funding from OVC, state agencies within the United States and U.S. territories have established compensation programs to reimburse crime victims and assistance programs to offer victim services.

The numerous agencies responsible for running these VOCA-funded victim service organizations vary from state to state, but their corresponding **state administrator contact information** and Web links have been assembled in two formats for your easy reference:

Alphabetical list of [State VOCA programs](#) in a printer-friendly format.

Geographic list of VOCA-funded victim service organizations. To access these individual state reports, click on a state or territory shown in the map below or use the [pull-down menu](#). Each report contains summary data of all state programs followed by individual programs listed by city.

<http://www.ojp.usdoj.gov/ovc/help/links.htm>

A First Look at Older Americans and the Mortgage Crisis September 2008—This first-ever analysis of mortgage data by age shows that older Americans have been significantly impacted by the mortgage crisis, with more than 684,000 homeowners age 50+ in delinquency or foreclosure during July-December 2007 http://www.aarp.org/research/credit-debt/mortgages/i9_mortgage.html

PA. WOMAN GETS JAIL FOR SWINDLING NYC MAN, 93

NEW YORK - A [Pennsylvania](#) woman who admitted stealing \$800,000 from a 93-year-old Queens man with Alzheimer's disease has been sentenced to two to six years in prison.

Alexandra Gilmore of Pittsburgh was sentenced Thursday in Queens. The 37-year-old pleaded guilty earlier this month to grand larceny as a hate crime. Her scheme was considered a hate crime because of the victim's age.

Prosecutors say that between 2004 and 2006, the 37-year-old Gilmore took advantage of the man's confusion and fraudulently refinanced a Queens property he owned to steal its equity. Authorities say she and an acquaintance later contrived to steal ownership of his home elsewhere in Queens.

A case against the acquaintance continues.

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Man jailed in mother's beating, neglect

by: MATT BARNARD World Staff Writer

Police have arrested a Tulsa man who is accused of beating and threatening to kill his 96-year-old mother.

Kenneth Allan Thomson, 63, was jailed Thursday on two felony complaints of caretaker abuse and neglect. His mother, Catherine Thomson, suffered several injuries and was hospitalized while under his care, police said. Officers were first sent to a residence in the 6300 block of 107th East Avenue on Tuesday.

Thomson told police that he wanted his mother to die and threatened to kill her, according to his arrest report. He told a detective that "even milk containers have an expiration date," the report says.

Police returned to the residence Thursday and arrested Thomson. He admitted to beating his mother regularly and said he hadn't taken her to a doctor since 2003, police said.

Police said she has several conditions that require medication. Thomson was his mother's caretaker since 2004 and shared a home with her, according to his arrest report. He is being held at the Tulsa Jail in lieu of \$200,000 bail.

Aide accused of abuse enters not guilty plea

LOCKPORT—Niagara County prosecutors haven't given up on their case against a former nursing home aide accused of sexually molesting an elderly female patient Aug. 29. David M. Payne, 46, of Niagara Avenue, Niagara Falls, pleaded not guilty Friday to a fresh indictment accusing him of first-degree criminal sexual act and first-degree sexual abuse. Judge Matthew J. Murphy III had dismissed those same charges Jan. 30, saying the evidence presented to the grand jury was insufficient. This time, Assistant District Attorney Robert A. Zucco said, the grand jury was offered testimony from the 89-year-old alleged victim, a resident of Niagara Rehabilitation and Nursing Center, 822 Cedar Ave., Niagara Falls. Assistant Public Defender Michael E. Benedict moved for another dismissal, asserting Payne didn't receive notice of the grand jury proceedings. Zucco said he noted in court on Jan. 30 that he would try to reindict Payne. Murphy set bail at \$10,000.

Michigan's Branch County Triad

I chair the S.A.L.T. council and the Triad group has consisted of the State Police, County Sheriff's Department, City and Village Police Departments, Branch County Commission on Aging, Two local banks, a local Medicare office representative and several local senior representatives. We present on Prevention of Fraud and Abuse, Personal Protection information, etc. We have two free breakfast presentations per year with a speaker. Nancy Davis, Executive Director
Branch County Commission on Aging
Ph. 517-279-6565 E- mail: dircoa@cbpu.com

More Senior Safety related articles are located at www.nationaltriad.org; e-news section

OVC announces the release of the Victim Impact:

Listen and Learn curriculum!

OVC site image <https://www.ovcttac.gov/victimimpact/> The Victim Impact curriculum <https://www.ovcttac.gov/victimimpact/> uses a victim-centered approach that is designed to help facilitators in their efforts to make offenders more aware of the impact that crime has on victims, to take responsibility for their actions, and begin to make amends.

View About This Curriculum

https://www.ovcttac.gov/victimimpact/about_this_curriculum.cfm now to learn more about the target audience, facilitator requirements, and the 13 training units that compose the Victim Impact curriculum.

The Victim Impact curriculum

<https://www.ovcttac.gov/victimimpact/> allows facilitators to tailor their curriculum to meet training goals.

View unit specific curricula on:

Property Crime

<https://www.ovcttac.gov/victimimpact/unit3.cfm>

Assault

<https://www.ovcttac.gov/victimimpact/unit4.cfm>

Robbery

<https://www.ovcttac.gov/victimimpact/unit5.cfm>

Hate and Bias Crime

<https://www.ovcttac.gov/victimimpact/unit6.cfm>

Gang Crime

<https://www.ovcttac.gov/victimimpact/unit7.cfm>

Sexual Assault

<https://www.ovcttac.gov/victimimpact/unit8.cfm>

Child Abuse and Neglect

<https://www.ovcttac.gov/victimimpact/unit9.cfm>

Domestic Violence

<https://www.ovcttac.gov/victimimpact/unit10.cfm>

Drunk and Impaired Driving

<https://www.ovcttac.gov/victimimpact/unit11.cfm>

Homicide

<https://www.ovcttac.gov/victimimpact/unit12.cfm>

Or use the Presenter's Toolbox

https://www.ovcttac.gov/victimimpact/presenters_toolbox.cfm to access and download all training units, curriculum DVD clips, and a customizable agenda.

Putting Victims First

http://ovc.ncjrs.gov/notices/VictimImpact/images/1_pvf_hd.gif

Free Lunch Monitor Program

I wanted to inform you about a relatively new AARP program, the Free Lunch Monitor Program. The Free Lunch Monitor (FLM) program aims to engage members and the public to be AARP's eyes and ears at free lunch investment seminars. Individuals who receive an invitation and have interest in attending are encouraged to take the "What to Listen For Checklist" and become a Free Lunch Monitor. The FLM armed with the AARP/NASAA approved checklist will report any activities that do not adhere to the guidelines set by securities regulators. The FLM website, www.aarp.org/nofreelunch, contains all the information necessary to perform the Free Lunch Monitor duties. The Monitors will send completed checklist to AARP which will then be shared with the appropriate state securities regulator for possible follow-up and disciplinary action, if warranted.

Andrés Castillo—AARP

601 E Street, NW Washington, D.C. 20049

(202) 434-2473 nofreelunch@aarp.org

Fake Cop Fools 80 Year Old

By Diana Lucio Reporter - Mobile, Alabama

Mobile Police are warning the elderly not to fall for a fake police officer wanting money. Police say in the past month Eric Odom has posed as a police officer while scamming the elderly. Last Friday, investigators say he stole cash from an 80 year old woman on Rotterdam Street. Police believe Odom committed the same crime against another senior citizen off Opal Avenue on February 9th.

According to police, Odom knocks on the victim's door claiming to be with the police department, then shows them a badge.

Mobile Police tell News Five their badges have the city's seal displayed on them and that officers are required to carry a separate I.D. with the same seal.

"If the person answering the door does not feel secure that the person is a real police officer or is from a police agency, you should call 911 before letting them in their home," said Dana Godwin, a spokeswoman for the Mobile Police Department.

Police believe Eric Odom could be staying at hotels in Mobile and Baldwin Counties. He was last seen driving a full size white sedan. If you have any information that could help police, call CrimeStoppers at 208-7000.

Pine Bluff Police Provide Free Dead-bolt Locks

Reported by: *Pete Thompson, KARK 4 News—AR*

It's something you may not think about but police say the lock on your door can save your life.

"A deadbolt's going to make it really hard to open the door," says Sgt. Richard Davies, "Some slip a credit card in and that's an easy thing to do." But there's nothing easy about this.

Once you install a deadbolt lock police say it's almost impossible to jimmy it open. And if your age 55 or older and live in Pine Bluff Police will install a dead bolt and a peep hole in your home for free.

"We buy the locks, we buy the peepholes, we use our man power to put it in," says Sgt. Davies. "None of us feel secure anymore. Crime is all around us," says Pine Bluff resident Betty Johnson. Johnson says her home has been vandalized three times recently. A volunteer who works with senior citizens she credits her dead bolt for preventing any further crime.

"So many of senior citizens live alone, I know they would all feel better in their homes with dead bolt locks," she says. Police say they will also provide a free security check of anyone's home to make sure there's no easy place a criminal can get in. Contact the Pine Bluff Police Department for more information.

Senior Walking Club does more than boost the heart rate

By Sally Applegate / Correspondent

North Andover - The music playing for the walkers is by Jimmy Buffet. Each senior citizen goes at his or her own pace. People with arthritis or knee replacements might circle the gym a few times, rest a bit, and then circle it a few times more. Others can keep going for the entire free hour offered at the North Andover Youth Center three mornings a week.

The new senior Walking Club started up on Jan. 9, and it has been increasingly popular over the winter, with about 20 walkers showing up every Monday, Wednesday and Friday to socialize and get active. The club is free and walkers can just drop in at 9 a.m. and join everyone for the fun, one-hour walk at the Youth Center, which is right across from the Hay Scales Restaurant in the North Andover's Old Center.

"Walking to the beat of the Jimmy Buffett music makes a big, big difference — you just keep going," says Walking Club participant Arlene Coon, who wonders if, at age 78, she just might be the oldest person in the group. She has no trouble keeping going for the entire hour. "It's just been great," says Coon. "It's fun. We have a good time."

Coon says after the walk she feels wonderful and her fellow walkers do, too. It's all done inside, away from this winter's icy snow-covered sidewalks and streets.

"Ever since we've started, the weather has been just treacherous," says Coon. "You can tell people are having a great time, because they show up right on time and stay to the end, and there are several married couples doing this together as well." Priscilla Cole, at 73, is another regular walker, and points out that anyone can join. She says the hour of walking gets the day off to a great start. Her husband, Robert, comes with her for the walks. "You feel good," says Cole. "You really do get motivated to get on with your day, and it's a social thing as well. It motivates you to continue your day and do other things."

Senior Center Program Director Barbara Champigny says Youth Center Director Rick Gorman lets the seniors use the facility when the teens are at school on weekdays. She is happy to report the club just keeps growing.

"It's an activity you can show up at alone and be comfortable, and meet new people," says Champigny. "We have quite a few people who have never participated in our Senior Center programs before. Besides the physical activity, they socialize and learn what's going on around town.

"A good walk in the morning gives you a boost of energy for the day — that's what they're telling me. Our current age range for the club is 60 to 80. I'd like to see it drop down to 50 and up to 95. I just think it's a good program all around."

Champigny or a volunteer senior citizen is always on hand at the Youth Center on Walking Club days, taking attendance and answering questions. "I walk with them," says Champigny. "Everybody needs a good walk."

When the weather gets better, the Walking Club plans to move outside, walking around the big green in the Old Center, on North Andover streets, and maybe, suggests Cole, even around the track at North Andover High School.

For information on the Walking Club, call Champigny at 978-688-9560.

**NOTE: Triads use a similar program to get urban 'at risk' older adults out and active. S.A.L.T. councils add a safety message before or after.*

Thank you to everyone for responding to my recent surveys about psychologists on elder/dependent adult abuse multidisciplinary teams (MDTs). Here are the results:

I sent one survey through the NCEA elder abuse listserv, plus directly to FASTs whose contact information I got elsewhere.

Of 17 complete responses I got, most were from FAST teams. Six teams have psychologists. Of those psychologists, four are neuropsychologists, and one is a geropsychologist. One team has two psychologists; another team's psychologist uses assistants. Four have a physician(s); of those that specified, two of those physicians are geriatricians. One team has a geriatrician, psychiatrist, and neurologist on the team. A fifth team has a consulting physician not directly on the team. One elder death review team previously had a geropsychiatrist who is now retired. One person responded that Oregon has multiple MDTs, and for the most part, they do not have psychologists or physicians.

I sent another survey through the Triad listserv. Of the 29 responses I got, two have mental health professionals; no teams have psychologists.

One team that has a mental health professional also has a physician: a geriatrician. A few others previously had various health professionals, now inactive on the team. Many Triad people who gave additional comments said they consult with other teams who do have mental health professionals. I have little knowledge of Triad or SALT teams, and thus I have little concept of the proper role, if any, health professionals might have on these teams.

My goal in doing this survey is as follows. I hope to present a poster about FASTs and other MDTs to an upcoming neuropsychology conference. My personal experience is that every professional discipline has something valuable to contribute to MDTs, their disciplines overlap, and as we work on teams, we get to know about each others' specialties. Still, there is a unique role, set of tools, and expertise associated with each discipline. I think neuropsychology has worthwhile expertise to contribute to MDTs, as do all health professions. But, we all know that having the degree is not close to enough; we need experience with the phenomenon of elder/dependent abuse. To help with practical problem-solving, we have to learn about how elder abuse is detected and handled by a range of

professions. Health professionals who know about dementia, developmental disability, psychiatric disorder, and normal aging should also learn about legal standards before doing capacity assessments. I want to spread the word among my fellow neuropsychologists interested in this area about what they might give to and learn from MDTs.

Thank you for your time,

Rebecca Goodman, Ph.D., ABPP

Neuropsychologist

22 West Micheltoarena Street Suite B

Santa Barbara, CA 93101

805-563-2644 rgoodman44@cox.net

'Grandson' scam is a warning for others, police say

By Matt Russell Post-Bulletin, Rochester MN

A 75-year-old Rochester woman was recently scammed out of \$12,300 by a man calling from Canada claiming to be her grandson, according to police.

The woman received four phone calls between Feb. 11 and 13. The man claimed each time that he needed money for expenses following an arrest in Canada after a night of drinking, according to Lt. Dan Muyres. It appears the man never identified himself, Muyres said, and it's likely people carrying out such scams call houses randomly until they find someone who believes them.

"It doesn't even sound like he gave a name," Muyres said. "He just said, 'Grandma, this is your grandson.'"

The man requested \$3,500 during the first call on Feb. 11, and the woman wired the money to Ontario. The man called later that day and asked for \$3,800 more, which the woman also sent, Muyres said.

The man called again on Feb. 12 and asked for \$3,000 to cover court costs, Muyres said. He made his last call Feb. 13, requesting \$2,000 to cover damages to his vehicle.

The woman reported the scam Monday, a couple of days after running into her actual grandson and asking him about his trouble in Canada. The grandson said he didn't know what she was talking about, Muyres said.

Scams such as these are hard to prosecute, partly because the calls were placed outside the Rochester Police Department's jurisdiction, Muyres said.

"Quite frankly, what we try to do with these cases is educate people so others don't fall for them," he said.

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1450 Duke Street, Alexandria, VA 22314
800/424-7827 phone 703-519-8567 fax
www.sheriffs.org

