

Ducks In A Row Digest



CAROLINA FAMILY ESTATE PLANNING • MONTHLY NEWSLETTER

MAY 2023 • ISSUE #5

What's Inside

Coping With Caregiving Stress

Discover what crisis planning is and why it is important for caregivers who have a loved one in need of long-term care.

Free In-Person Seminars at Our Office

A Note of Gratitude to Our Seminars Attendees

10 Warning Signs of Dementia

Knowing how to spot the early signs of dementia is half the battle. Read more to learn what to watch for.

Puzzle Time!

Challenge your mind and improve your brainpower with our Mental Health Awareness word search game!



Thank you to everyone who stopped by our table during the Triangle Walk to De-Feet Dementia!

We're proud of our community for showing up and being part of this wonderful cause.

See you next year!

Alzheimer's Planning Center

AT CAROLINA FAMILY ESTATE PLANNING



May
2023

Coping with Caregiving Stress

Everyone copes with stress differently. Usually, you cope by taking breaks to do your favorite things. However, when you're a caregiver, it's hard to take breaks, and stress can be hard to deal with. Caregivers may feel as if they're on-call 24/7 and find it hard to step back for breaks. Now that May: Mental Health Awareness Month is here, we want to remind caregivers that their mental health matters too. We know that caregiving can take a toll, and we want to help you find ways to cope and thrive.

Let's read about some tips and resources to help you cope with the stress of being a caregiver:

Ask for support.

You are not alone. There are many individuals out there experiencing the same thing as you. Learning that others have had or are in similar experiences can be an enormous relief. An easy way to find support from other caregivers is to join a caregiver support group near you or virtually. There are a variety of support groups that offer support for various conditions and for different types of caregivers.

Seek help from a therapist.

Don't be afraid to seek therapy services, whether in person or virtual. There are many options depending on your schedule. Even if you think you are feeling okay, having someone to talk to and process your feelings can be beneficial. If you need help to locate a therapist within your budget, [DailyCaring](http://DailyCaring.com) (dailycaring.com) has compiled a list of ways to locate affordable therapy services.

Take a break from caregiving.

Everyone needs a break from time to time. That especially includes caregivers! There are a variety of ways to take a moment for yourself:

- Take your loved one to an adult daycare.
- Have another family member care for them for a few hours.
- Hire a trusted professional for a few hours each month.



Some ways to pay for respite caregivers are:

- You can apply for the North Carolina Lifespan Respite Program, which offers various funding options to support families with respite care expenses.
- See if your loved one qualifies for Medicaid Waivers or if the Medicaid State Plan will cover respite care.
- If your loved one is a veteran, they may be eligible for outpatient medical services such as respite care.

Let technology help you.

There are many applications, devices and other technological advances out there that can help you when caring for your loved one! There are apps, like the [EyeOn App](http://EyeOnApp.com) (eyeonapp.com) that alerts people designated as your loved one's check-in buddies if they fail to check in on their phone after a set period of time.

If you are having to administer a lot of medication, you can have all the prescriptions filled through [MedMinder](http://MedMinder.com) (medminder.com) and they will deliver the medicine presorted in individual compartments. MedMinder's smart medicine dispenser will tell your loved one when to take their medicine and what compartment to open.

Remember, you're doing great!

Caregivers often forget to take credit for everything they're doing. It's a hard job, and you should always take time to remind yourself of that.

FREE IN-PERSON SEMINARS AT CAROLINA FAMILY ESTATE PLANNING

We want to express our gratitude to everyone who attended our free in-person seminar "When is it More Than Just Forgetfulness?", presented by The Alzheimer's Planning Center and Carolina Family Estate Planning. We had a great time meeting you and sharing our expertise and insights with you. We welcome your feedback and questions. If you missed the seminars or want to learn more, please explore our website or reach out to us for a consultation. We are here to support you and your family.



Join us for our upcoming events!

To learn about our future seminars and workshops at our office, call us at 919-694-4437, or visit our website: www.CarolinaFEP.com/reports/



10 WARNING SIGNS OF DEMENTIA

If you or someone you love is experiencing any of these 10 warning signs, don't ignore them. Talk to your doctor and get help. Early diagnosis and treatment can make a difference.



Memory loss

Forgetting important dates, events, or names; asking for the same information repeatedly.



Problems with language

Trouble following a conversation, struggling to find the words and repeating themselves.



Withdrawal from work or social activities

Losing interest in hobbies or avoiding social situations.



Difficulty with planning or solving problems

Such as managing finances or following a recipe.



Trouble with images and spatial relationships

Having trouble reading, judging distance, or recognizing faces.



Changes in mood and personality

Becoming irritable, depressed, anxious, confused or fearful. They may be easily upset.



Trouble completing familiar tasks

As driving to a known location, using a phone, or challenges with household chores.



Misplacing things

Putting things in unusual places, or forgetting where they put them, or being unable to find them again.



Confusion with time or place

As losing track of dates, seasons, time, or their current location.



Decreased or poor judgment

Changes in judgment or decision-making, especially involving money or finances.



Taking care of a loved one impacted by Alzheimer's or dementia can be overwhelming, but you are not alone; we are here to help. Give the Alzheimer's Planning Center a call at 919-694-4437.



A MESSAGE FROM JACKIE

It's wild to think we're already in the month of May! Kids will be out of school soon, and it's likely that grandparents will be eager for the grandkids to come and visit while mom and dad work. So why don't you take the time to make sure those grandparents are cared for? You can attend one of our in-person seminars at our office to learn more about Alzheimer's and dementia, long-term care, estate planning, and so much more.

Your parents took care of you, and now they're likely helping to take care of your children. However, the day may come when the roles are reversed and the child may need to care for the parent. Preparing now means less stress and worry later.

We are pleased to offer seminars and resources on topics related to elder care and long-term care planning and we appreciate your interest and support. A big thank you to everyone who has attended our events at our office this month! As a reminder, you can connect with us on social media and keep an eye out for our email newsletters, to stay up-to-date about our upcoming events.

Your feedback and participation are valuable to us. If you have any suggestions for topics you'd like us to cover in our newsletters throughout the year, please email us at Welcome@CarolinaFEP.com. We're always eager to learn more, just like you are.

-Jackie

WORD SEARCH GAME!

Word search puzzles are a fun and engaging way to challenge your mind and improve your problem-solving skills. They require logical, analytical, and critical thinking, which helps keep your brain active and healthy.

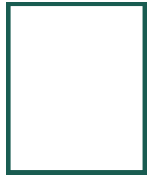
In this puzzle, we've hidden 15 words related to Mental Health. See if you can find them all! Good luck!

- Anxiety
- Emotion
- Mental Health
- Relaxation
- Support
- Alzheimers
- Happiness
- Mindfulness
- Self-Care
- Therapy
- Depression
- Meditation
- Mood
- Stress
- Wellness

Stay tuned for the puzzle answer! Follow us on social media to find out.

[@carolinafep](https://www.instagram.com/carolinafep)
[@alzheimersplanningcenter](https://www.linkedin.com/company/alzheimersplanningcenter)

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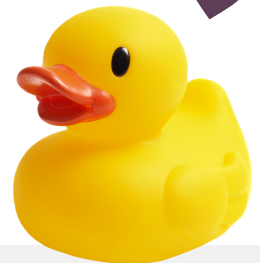
Thank you for your referrals!

We donate a portion of our income from each Estate Plan, Estate Administration, and Memory Safeguard Plan to *Meals on Wheels* of Wake County and the *Dementia Society of America*. When you refer to Carolina Family Estate Planning or The Alzheimer's Planning Center, you can rest assured that not only will they receive the award-winning service we are known for, but that you are helping support two very worthy causes.



Thank You For Introducing Your Friends and Family to Carolina Family Estate Planning!

Ed & Kim Leon
Triangle Smart Divorce, Diane Allen
Tryon Title Agency LLC, Chris Cabaniss
Cary Magazine Business Recognition Award Article
Durham Internal Medicine Associates, Michael Richards MD
Law offices of Lowry & Associates, Steve Lowry
Robert & Samantha Fastenau
David & Emily Glover
Merrill Lynch
Ira Schugar



Get a **FREE** Guide for North Carolina Executors and Trustees Navigating the Probate Process:

Understanding Estate Administration

• Scan the QR Code and Get Your Copy Now! •