

CAREGIVER

RESOURCE GUIDE

NOVEMBER 2024



SHAMELESS PLUG

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SHARED WISDOM & LOCAL SUPPORT

SANDWICHED
family caregivers
of
KANSAS CITY

CARING FOR A LOVED ONE?

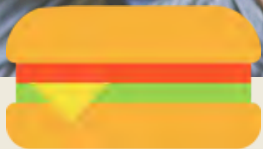


Connect with others who understand
what you're going through



Whether you're just helping a little, you've been helping for a while, or you're a primary caregiver, caregiving comes with both rewards and challenges. If you're caring for a loved one and want to talk to others who can relate to your feelings and experiences, connect with us today!

VISIT [SANDWICHEDKC.COM](https://www.sandwichedkc.com) OR CALL (816) 472-9178



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Editor's Note

I'd like to personally welcome you to our first edition of the Kansas City Caregiver Resource Guide.

We stand amazed at the love and care that countless daughters, sons, husbands, wives, grandchildren, and nieces & nephews here in Kansas City provide to their loved ones everyday, often without thanks or pay.

Balancing your life and the responsibilities of caregiving can be overwhelming. There are times we can feel like we are smushed into situations so big, we're not even sure how to take the first bite.

We know what it feels like to be stressed out and overwhelmed from caregiving. That's why we offer information and education to family caregivers, as well chances to connect with others who have traveled similar journeys.

We put this guide together to share helpful information and programs we've heard about with those who are caring for a loved one in the KC Metro.

The guide is organized by topic. Each topic includes a link to the Sandwiched Resources section of our website. On our website, you can explore resources in KC that can help you as you help your loved one, as well as programs and services specifically for older adults and people with disabilities.

Rachel Hiles
Sandwiched KC Founder





SHAMELESS PLUG

KC's First Stop for Caregivers

Are you helping a loved one or know someone who is?

According to our calculations, over 500,000 people living in the Kansas City Metro are caring for older parents or loved ones, helping them live independently at home or overseeing their care in the community. Caring for a loved one has its joys and rewards, but it doesn't come without stresses and challenges.

In January of 2018, we launched Sandwiched KC with the vision of welcoming, embracing, consoling, and supporting family caregivers. Our mission is to create opportunities for family caregivers to find local support and shared wisdom.

In addition to our signature virtual support group (we've been "Zooming" since 2018), we meet in person occasionally to offer even more opportunities for you to connect with your fellow family caregivers.

Looking for 1:1 support? We offer personalized recommendations, resource referrals and a listening ear.

Call Sandwiched KC today or visit us online at sandwichedkc.com





EMOTIONAL SUPPORT

SUPPORT GROUPS

There are many benefits of connecting with others who are caring or previously cared for a loved one. Attending a support group has many advantages:

Emotional Support 🍷

Support groups offer a safe space to share feelings, frustrations, and experiences and can help reduce feelings of isolation and loneliness.

Practical Advice & Resource Sharing 🍷

Support groups create an avenue for us to exchange practical tips and strategies for managing caregiving challenges. In our support group, we help each other find local resources, such as respite, financial aid, and legal assistance and share recommendations for healthcare providers and other professionals.

Validation 🍷

Above all, hearing from your fellow family caregivers tends to confirm that the challenges we face are normal and shared by others. This can be truly life-changing reassurance.

DIAGNOSIS & DISEASE SPECIFIC

When our loved ones have chronic illnesses or cognitive issues, those conditions can create unique challenges that are hard to cope with and understand if you haven't experienced them firsthand. Sometimes, it's helpful to connect with current and former caregivers in support groups focused on your loved one's specific condition.

For a listing of support groups for conditions like Alzheimer's and dementia, cancer, Parkinson's disease, and more, visit our website.

GRIEF & LOSS

After caregiving is over, connecting with others who have also experienced grief and loss may serve as a comfort. Community or faith-based support groups provide a welcoming space to express your feelings and share your experiences. To locate a grief support group near you, visit our website and click on Resources.

Find local support groups at sandwichedkc.com/resources



“FRIENDSHIP... IS BORN AT THE MOMENT WHEN ONE MAN SAYS TO ANOTHER “WHAT! YOU TOO?”

— C.S. Lewis, *The Four Loves*



THE THINGS WE DO FOR LOVE

Families are the long term care system of the United States.

When you think about the term “long term care,” what comes to mind?

If you immediately thought of a nursing home or similar facility, you are not alone.

There are many misconceptions about who cares for people when they require assistance due to aging or a disability.

Long term care is not a facility. Long term care is something you create for a person, whether by surrounding them with the support(s) they need to stay where they are, or by moving them to a place where they can have that level of supervision.

Essentially, there are three types of long term care older adults and people with disabilities can receive at home. No matter which path you take on your search for home care, there are risks and rewards.

Before we get started, we feel we need to explain something. When we say “home care,” we are talking about assistance with daily living activities, like meal preparation, light housekeeping, and help with dressing. This is non-medical care. It is not the same as “home health care.”

Types of Long Term Care

IN-KIND CARE

This is the care that nobody ever talks about, and so we’re listing it first. It is the care that we family caregivers provide to our loved ones. Often, we are providing it for free.

According to Caregiving in the US 2020 Report, “Unpaid caregiving is increasing in prevalence and the U.S. population continues to age and live longer with more complex and chronic conditions. Unpaid caregivers are serving as a core piece of the health and LTSS systems, as well as the main source for long-term care for adults living at home and in the community.” ([AARP, 16](#))

The problem with relying only on in-kind care is that it often falls solely on one person, and eventually, caregiving can take its toll. The stress and responsibilities of caring for a loved one can result in poor health outcomes and quality of life for those of us who are providing the care. Another risk of relying only on the care of family caregivers is something we all worry about: what if something happens to them? Who will provide the care then?

The Things We Do for Love

(continued)

HOME CARE

When loved ones are no longer able to stay by themselves or live safely on their own due to physical limitations or cognitive issues, finding home care becomes a top priority. Families often seek home care to supplement in-kind care a family caregiver is providing.

Supporting a loved one to receive care in their home often means a higher quality of life and can save money over the ever-increasing costs of moving to senior living options like retirement communities, assisted living or nursing facilities.

FACILITY BASED CARE

Sometimes it's simply not possible to care for a loved one at home. Whether it's due to intense medical needs, our own health issues, or some other complexity, there are times when we have to help our loved ones find a safe place to live. Even if facility-based care is not you or your loved one's first choice (or even your last choice), it's important to find a place that you can both agree on, just in case.

It's important to do your research and have conversations about long term care as soon as it becomes a concern--and frequently--as needs often change. 🏠



WHEN YOU SEE A MOVE IN THE FUTURE...

LIVING OPTIONS FOR OLDER ADULTS

INDEPENDENT LIVING

Communities that provide a convenient, senior-friendly environment that may include amenities like meal plans, housekeeping, transportation, recreational activities, and social events, allowing older adults to maintain an active and independent lifestyle.

ASSISTED LIVING

A residential care option for older adults or individuals with disabilities who need some help with daily activities but do not need the intensive medical care provided by a nursing home.

SKILLED NURSING

Skilled nursing is a kind of residential long term care where people have access to round-the-clock personal and medical care. It is not covered by Medicare but may be (at least partially) covered by Medicaid, long term care insurance, or private pay.

MEMORY CARE

Memory Care is a kind of residential long-term care for people with Alzheimer's and other forms of dementia. It is not covered by Medicare but may be (at least partially) covered by Medicaid, long term care insurance, or private pay.



FINDING HELP

What you need to know about finding help and hiring caregivers



SOMEONE TURNING AGE 65 TODAY HAS ALMOST A 70% CHANCE OF NEEDING SOME TYPE OF LONG-TERM CARE SERVICES AND SUPPORTS IN THEIR REMAINING YEARS.

—LONGTERMCARE.GOV

Caring for a loved one is too big of a job for one person. It is important to look for people and resources to help.

DETERMINE YOUR NEEDS

It is difficult to ask for help if you aren't sure what type of help you need. Tools are available to help you determine what level of assistance your loved one requires and what tasks you can delegate to others.

Check out [AARP's Prepare to Care](#) guide as a starting point. The Guide includes a goals and needs checklist that covers each major area of life to help you make a plan.

It may turn out that you can find people to help or outsource several smaller tasks, ultimately freeing up bigger chunks of time for you to take a break or tend to your own needs.

ALL HANDS ON DECK

It is up to all of us collectively to care for our loved ones. Caregivers are often responsible for rallying the troops to get the help they and their loved ones need. The first place to find help is your personal network. Who do you know who cares about you and/or your loved one? Figuring out who is at your disposal may require you to spend some time mapping your loved one's relationships. Relatives, friends, and neighbors are normally happy to offer assistance, but they may need guidance on how they can lighten the load.

BRINGING IN OUTSIDE HELP

If you've figured out what kind of help you need, but don't have connections that can assist, you might have to hire outside help to provide home care.

RISKS OF PAYING PRIVATELY

If you decide that hiring private caregivers is the avenue you and your loved one want to take, you should know there are risks.

If you pay household employees over \$2,700 a year, you are required to withhold taxes from their pay and report that income to the IRS.

When you hire private caregivers, you are responsible for thoroughly screening and properly training them. You may be required to purchase additional insurance coverage.

It may be a lot of work at first, but if you are able to manage the responsibilities of hiring your own caregivers, it may be well worth the reward. 🍷



Get help navigating home care at sandwichedkc.com

HOME DELIVERED MEALS

Local meal delivery programs like Meals on Wheels bring meals to our family members, friends, and neighbors across the metro area each day.

Home delivered meal programs are critical programs that not only ensure the health of the ones we care for, they interrupt the social isolation experienced by many of today's seniors who live on their own.

These programs, often powered by dedicated volunteers, deliver to our grandparents, moms and dads, neighbors, and friends, making it possible for many of them to live in their own homes and avoid placement in nursing facilities. They truly change lives. 🍷

Caregiver Services at Mid-America Regional Council

Are you caring for a loved one and don't know where to start? Do you wonder how to access home-delivered meals, transportation or legal services for your loved one? Do you need respite as a caregiver?

Mid-America Regional Council (MARC) is your one-stop shop for caregiver connections in Jackson, Clay, Platte, Ray and Cass Counties.

Our services include:

- Respite for needed relief from caregiving duties.
- Home Safety Modification Resource Guide.
- Information and referrals to increase your access to resources.
- Dementia support for help you navigate this difficult journey.
- Legal assistance with end-of-life planning.

Call 816-421-4980 to get started!



GETTING PAID TO CARE

Options for being reimbursed for the care you provide to a loved one



“Time is money. No one knows this better than the nation’s 38 million family caregivers who devote 36 billion hours of free care to older parents, spouses, partners and friends with chronic, disabling and serious health conditions. **Family caregivers are the backbone of the long-term care system in the U.S.**”
–AARP

While some of us may be able to afford to provide this in-kind care to our family members, friends, and neighbors, others find that it comes at great sacrifice. Lost wages, abandoned jobs and careers, and financial issues are often faced by those who accept the call to help a loved one in need.

Caregivers often give a lot! Nobody should just be expected to perform all of the tasks that caregiving requires. **The simple fact is that if resources are available, family caregivers should be reimbursed for their time.**

Here are some common ways family caregivers get paid:

- 1 Caregiver Contracts**
A caregiver contract is a formal agreement between a person who needs care (or their family) and the caregiver providing that care.
- 2 Long Term Care Insurance Policies**
Some LTC insurance policies include a provision for family caregivers to be paid. Contact the insurance company for guidance.

- 3 Medicaid programs**
If your loved one receives or qualifies for Medicaid, it may be possible for you to be paid as their family caregiver through the Self Directed Services or home and community-based services (HCBS) waivers.

- 4 Consumer/Self-Directed Respite Programs**
These programs, often offered through your Area Agency Aging or a community organization that serves older adults, people with disabilities or special healthcare needs, allow your loved one to pay you as their caregiver.

- 5 Veteran’s Benefits**
If your loved one is a veteran, they may qualify for the Veteran Directed Care Program and hire you as their caregiver. Contact your local VA to find out more.

 **Get help navigating caregiver assistance at sandwichedkc.com**



SELF CARE & PRESERVATION



TAKING A BREAK

WHAT IS RESPITE?

Respite, simply defined, is taking a break from caregiving. Respite is not necessarily a service, program or place.

PIECEMEALING IT

We wish we could tell you there was a one-size-fits-all solution to getting a break from caring for a loved one.

Often, helping a loved one age in place or caring for them in our homes requires creative solutions comes from a combination of sources: family members and friends and community resources.

There are limited programs and resources available that provide in-home and off-site respite. Some programs have strict eligibility guidelines. Some of them may be covered by private or public insurance or paid for out of pocket.

If your loved one can afford it or has long term care insurance, you may consider hiring a caregiver to be with them while you take a break, whether it be privately or through an agency. As with anything else in life, there are risks and rewards to both agency-based and private care.

OUT & ABOUT

If your loved one is able to get out of the house, one of the easiest strategies is to get them involved in the activities they can enjoy in the community. Finding a companion or hiring a caregiver may make this strategy a viable option if your loved one is unable to leave their home without assistance. Consider exploring activities and programming offered by the community centers, the library, senior center, faith communities, local parks and recreation departments.

RESPITE RESOURCES

Your local **Area Agency on Aging (AAA)** may offer programs or funding to help you take a break. For the AAAs in the Kansas City area visit sandwichedkc.com/resources

Adult Day Care may be a respite option if your loved one needs constant supervision or assistance. Adult day services may be covered by private or public insurance or paid for out of pocket.

Faith communities may be a resource. Select parishes, temples, and ministries offer volunteer respite program to give those caring for family members a break. 🍷

Get help planning or finding respite at sandwichedkc.com

TECHNOLOGY AS A CAREGIVING TOOL

Technology tools are transforming the caregiving landscape, providing innovative solutions to some of the most pressing challenges faced by caregivers. From health monitoring and medication management to smart home devices and emergency response systems, these tools enhance the quality of care, promote independence, and ensure the safety and well-being of seniors.

Here are some key technology tools that are making a huge impact in the field of caregiving:

HEALTH MONITORING DEVICES

Wearable health monitoring devices such as smartwatches and fitness trackers can monitor vital signs like heart rate, blood pressure, and

oxygen levels. These devices often come with alert systems that notify caregivers if there are any irregularities, allowing for prompt medical attention. For seniors with chronic conditions, continuous monitoring can be a lifesaver.

MEDICATION MANAGEMENT APPS

Managing medications can be challenging, especially when multiple prescriptions are involved. Medication management apps provide reminders for taking medications, tracking dosages, and even alerting caregivers if a dose is missed. Some advanced apps can integrate with pharmacy services to handle prescription refills.

Read on for more tech tools for caregiving ►►►



Raise your hand to support caregivers.



Join the fight at aarp.org/IAmACaregiver



Technology as a Caregiving Tool

(continued)

TELEHEALTH SERVICES

Telehealth has revolutionized access to healthcare, making it easier for seniors to consult with healthcare providers from the comfort of their homes. Video consultations can save time and reduce the need for transportation, which is particularly beneficial for those with mobility issues. Telehealth also allows caregivers to participate in appointments, ensuring they are informed and can assist in decision-making.

SMART HOME TECHNOLOGY

Smart home devices, such as voice-activated assistants (e.g., Amazon Echo, Google Home) and smart thermostats, can significantly enhance the safety and comfort of seniors. These devices can control lighting, temperature, and security systems through simple voice commands, making daily tasks easier and promoting independence.

GPS TRACKING DEVICES

For seniors with dementia or Alzheimer's, wandering can be a serious risk. GPS tracking devices, often integrated into wearables, can help caregivers monitor the location of their loved ones in real time. These devices can send alerts if the person leaves a predefined safe zone, ensuring quick response in case of emergencies.

VIRTUAL COMPANIONS

Loneliness and social isolation are common issues among seniors. Virtual companions, powered by artificial intelligence, can provide interaction, reminders, and entertainment. These companions can engage in conversations, play games, and even remind seniors to take their medications or follow their daily routines.

CAREGIVING PLATFORMS

Comprehensive caregiving platforms, such as Care.com or CaringBridge, offer a suite of tools to coordinate care among family members and professional caregivers. These platforms can manage schedules, share updates, and provide a centralized place for storing medical information and care plans.

EMERGENCY RESPONSE SYSTEMS

Emergency response systems, including wearable panic buttons and fall detection sensors, can immediately alert emergency services and caregivers in the event of a fall or other urgent situations. These systems provide peace of mind for both seniors and their caregivers, knowing that help is just a button press away.

As technology continues to advance, the possibilities for improving caregiving are boundless, offering new ways to support both caregivers and their loved ones. 🏠



Find resources for technology and equipment at sandwichedkc.com/resources



Ask SAMIE

Help for aging well at home

Adaptive equipment | Services | Education

AskSAMIE.com 1-800-644-3612



TECH TOOLS FOR CAREGIVERS

Even though many of these tools and equipment are geared toward increasing the independence and safety of people in need of assistance, they often benefit those who provide that assistance by reduce caregiver burden.

MEALTIME

Make mealtime more manageable and comfortable with tools like **automatic feeders, adaptive utensils, non-slip placemats** and **plate lifters**, plate guards, and even hydration reminder bottles.

PERSONAL HYGIENE

Make bathing and personal care safer and more comfortable with tools like **shower chairs, grab bars, handheld shower heads, raised toilet seats** and **commodes, automatic soap dispensers**, and products like the **Blue Hug shower garment**.

MOBILITY

Enhance independence and reduce the risk of injury with **walkers** and **Rollators, lightweight wheelchairs, lift recliners, bed rails, car door handles**, and **swivel seats**.

SECURITY

Improve safety and provide peace of mind with tools like **fall detection devices** and **personal emergency response systems, smart appliances, video monitoring systems, GPS trackers, smart door locks**, and **medication dispensers with alerts**.



PROTECTING OUR LOVED ONES: LEGAL CONSIDERATIONS FOR CAREGIVERS & OLDER ADULTS



There is often no limit to what we'll do to protect the ones we love. There are three special considerations when it comes to your caregiving journey.

PROTECTING YOUR LOVED ONE

Our #1 job as caregivers is to ensure the basic safety and security of our loved ones.

That often means educating ourselves on elder abuse protections and rights related to housing, healthcare, and long-term so we can keep them safe from harm.

PROTECTING YOUR LOVED ONE'S ASSETS

Finances dictate much of our lives and it is no different when we are in need of long term care.

It is important to get clear on your loved one's financial situation and consult with legal professionals to find out how you can protect and preserve any assets they may have.

Common legal documents and processes when it comes to your loved one's assets may involve creating wills, trusts, and power of attorney documents to manage their affairs and distribute assets accordingly.

PROTECTING YOUR LOVED ONE'S WISHES

It's a tough conversation, and it's one we often avoid. Trust us when we tell you it doesn't feel good to guess.

Legal documents and processes to think about when it comes to protecting your loved one's wishes can include advance healthcare directives, living wills and healthcare proxies, or Do Not Resuscitate (DNR) are crucial in ensuring that you and your family can protect your loved one's wishes.

Consulting with legal professionals who specialize in elder law is essential to navigate these complex matters effectively. 💡

Find legal, elder law & estate planning resources at sandwichedkc.com/resources



STATE HEALTH INSURANCE ASSISTANCE PROGRAMS

State Health Insurance Assistance Programs are certified by the federal and state government to provide free, unbiased, and confidential (private) Medicare services. SHIPs are not insurance companies. Many are housed within government or nonprofit agencies, and they do not sell anything or charge for their services.

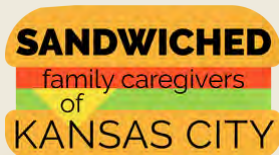


In Kansas?
Visit **SHICK** online at kdads.ks.gov

In Missouri?
Visit **MO SHIP** online at missouriship.org



SHIP programs have volunteer counselors and Community Partners who provide local Medicare counseling in their communities. Volunteers receive extensive training to become certified Medicare counselors and regularly receive updates and training. 🥪



FIND STRENGTH IN COMMUNITY.

Join our family caregiver Facebook group.





PALLIATIVE AND HOSPICE CARE: WHAT YOU NEED TO KNOW

Clearing up common misconceptions about care for chronic conditions & end-of-life-care

Palliative care is a specialized form of medical care focused on providing relief from the symptoms, pain, and stress associated with serious illnesses. The goal is to improve the quality of life for both the patient and their family. Palliative care can be provided alongside curative treatments at any stage of the illness and involves a multidisciplinary team approach, including doctors, nurses, social workers, and other healthcare professionals who work together to address the physical, emotional, and spiritual needs of the patient.

Hospice care is a type of palliative care specifically designed for patients who are in the final stages of a terminal illness, typically with a life expectancy of six months or less. The focus is on comfort, dignity, and quality of life, rather than attempting to cure the illness. Hospice care provides comprehensive support to patients and their families, including pain management, emotional and spiritual support, and assistance with daily activities. Care is usually provided in the patient's home, but can also be offered in hospice centers, hospitals, or nursing homes.

DISPELLING HOSPICE MYTHS

- 1 HOSPICE DOESN'T MEAN THAT YOUR LOVED ONE IS GOING TO DIE (soon... necessarily).** Let's face it. We're all going to die one day. Hospice services are typically called in when a person is expected to live six months or less.
- 2 GETTING HOSPICE FOR YOUR LOVED ONE DOESN'T MEAN YOU WANT THEM TO DIE.** Getting hospice actually means that you believe your loved one deserves to be as comfortable as possible at the end of life.
- 3 LOOKING INTO HOSPICE FOR YOUR LOVED ONE DOESN'T YOU'RE GIVING UP.** What it does mean is that you accept that you can do anything, but you can't do everything. Caregivers need a team, all the way up until the end.



Find palliative care and hospice providers at sandwichedkc.com/resources

COMING TO TERMS WITH END OF LIFE

BECOMING BETTER PREPARED

STEP 1: START THE CONVERSATION

Caring Conversations® materials help families to prepare for serious illness or the end of life.



Also available: *Caring Conversations®* Workshop on YouTube gives an overview of end of life planning.



STEP 2: DO YOUR RESEARCH

Explore options for **alternative death care, funerals** and **final arrangements**.



Consider aspects of end of life care beyond medical - emotional and spiritual.

Attend a **Death Cafe** to hear from others about their experiences.



STEP 3: GET IT IN WRITING

Sandwiched recommends consulting with an elder attorney to make sure all of the important legal documents are in place. Don't just arrange them for your loved one, get them done for yourself (You never know what could happen).



IT'S TOTALLY NORMAL ANTICIPATORY GRIEF

Grief is an emotional response which is a process that can help you accept the loss of a loved one. Everyone copes with grief differently, and there are many factors which come into play such as past experiences, the nature of the relationship with your loved one, and your spiritual views of life and death.

Anticipatory grief is grieving before an actual loss. This can happen to caregivers who may be grieving the life they used to have before caregiving, a feeling of grief at the prospect of losing their loved one, or the loss of plans made and concerns about what the future will hold.

It's not unusual to feel numbness or disbelief, guilt, sadness, anxiety, relief, fear of the future, or experience mood swings. Grief is a process, and it can take a significant amount of time to heal. Be patient with yourself and give yourself time, 6 months to a year is not an unusual amount of time for many people. Since many symptoms of grief are like clinical depression be sure to contact your doctor if you feel you might need professional help.

In the meantime, take the best care of yourself that you can. Eat healthy foods, drink plenty of water, get some exercise that you enjoy, remember to keep in contact with your friends and family for support - nurture your healthy relationships so that they can nurture you! 🍷





A FRAMEWORK FOR NAVIGATING DEMENTIA & ALZHEIMER'S



“There’s hope in dementia. It lies in the way we provide care.”

- JUDY CORNISH, CREATOR



The Dawn Method is an approach to dementia care that offers hope for individuals living with dementia and their caregivers. The basic tenet of the method, developed by Judy Cornish, is that while memory may fade, emotional intelligence remains intact.

The Dawn Method of dementia care empowers caregivers by shifting the focus from memory loss to emotional well-being, making caregiving a more positive and rewarding experience. By teaching caregivers to connect through emotions, create a supportive environment, and foster moments of independence, the method reduces stress and frustration.

The Dawn Method helps caregivers feel more confident and capable, enabling them to provide compassionate care while maintaining meaningful, joyful relationships with their loved ones.

At the heart of the Dawn Method is the belief that people with dementia can continue to live with dignity, happiness, and independence.

Instead of focusing on memory loss or cognitive decline, caregivers are encouraged to build a supportive, calm, and reassuring environment that fosters emotional security. This helps those with dementia feel safe, valued, and understood.

The approach focuses on five key principles:

- 1 EMOTIONAL CONNECTION**
Engaging with a person’s emotions rather than their logic helps create a more comforting and meaningful interaction.
- 2 EXPERIENTIAL WORLD**
Since short-term memory is often impaired, the Dawn Method teaches caregivers to live in the present moment with the person, focusing on their immediate experiences
- 3 SOCIAL SUCCESS**
Helping individuals feel competent and confident through daily interactions maintains their sense of self-worth.
- 4 AUTONOMY AND CHOICE**
Providing opportunities for decision-making, no matter how small, fosters independence and a sense of control.
- 5 MOOD MANAGEMENT**
Maintaining a peaceful environment and supporting positive emotions helps reduce anxiety and frustration.

The Dawn Method offers caregivers a roadmap to creating a calm, loving environment, transforming the caregiving experience into one filled with connection and hope. 🍌

Find resources for Alzheimer’s and dementia caregiving at sandwichedkc.com/resources



BOOKMARK, FOLLOW, AND SUBSCRIBE TO THESE
**ONLINE EDUCATIONAL RESOURCES FOR
DEMENTIA & ALZHEIMER'S CAREGIVERS**



The Dawn Method
thedawnmethod.com



**Teepa Snow's Positive
Approach to Care**
teepasnow.com



Be Light Care Consulting
belightcare.com



AlzAuthors
alzauthors.com



Dementia Darling
dementiadarling.com



Dementia CareBlazers
careblazers.com



MEMORY LOSS THAT DISRUPTS DAILY LIFE

may be a symptom of Alzheimer's or another dementia.

Learn more at alz.org/10signs

or call our free, 24/7 Helpline: **800.272.3900**





LOOKING BACK

We asked local family caregivers: ***What do you wish you knew when you became a caregiver for your loved one?***

I wish I knew...

"How mentally draining it would be. And how self care is pivotal for success."

-ANNA

"You matter too. Care works both ways. That a little love can solve more than you think."

-TERRI

"I wish I had known I would have to fight.. in order to provide for my parents the quality of life they deserve. I worry what will happen to me after my mother is gone. There will not be anyone to take care of me as I am now doing for my mother."

-DIANE



SANDWICHED
family caregivers
of
KANSAS CITY

PROUDLY PRESENTS

THE HEARTLAND CAREGIVING CONFERENCE



A conference for those who are helping

SAVE THE DATE

SATURDAY, NOVEMBER 1, 2025
9AM-4:30PM*

DETAILS TO BE ANNOUNCED AT

HEARTLANDCAREGIVINGCONFERENCE.COM

**Just like life, time and activities subject to change*

SANDWICHED

Family Caregivers
of Kansas City



Our network presents this resource guide to you at no charge with respect & reverence.

Find out more about us or make a donation at sandwichedkc.com

