

UPCOMING EVENTS

Caregiver Support Information meetings are held monthly:

Andrews Senior Center—
3rd Tuesday @ 1:00

Big Spring Senior Center—
2nd Tuesday @ 10:30

Fort Stockton Senior Center—
2nd Wednesday @ 10:30

Dawson County Senior Center,
Lamesa—3rd Tuesday @ 10:00

Memorial Health Care Center—
Seminole—1st Wednesday @ 10:30

Manor Park, Midland—
Last Thursday @ 10:00 and 2:00

Midland/Odessa—
Parkinson's Caregivers
- Call for Details

Midland Lutheran Church
The Patio—2nd Thursday @ 2:00
Respite Care Available

Ward County Senior Center,
Monahans—3rd Thursday @ 10:00

Odessa Regional Medical Center-
South Campus
4th Wednesday @ 2:00

Courtyard at Parks, Odessa—
4th Tuesday @ 2:00 PM

Pecos Senior Citizens Center—
2nd Wednesday @ 1:00

Rankin Senior Center—
3rd Wednesday @ 10:30

Martin County Senior Center,
Stanton—2nd Tuesday @ 1:00

Permian Basin Aging Advisory
Council Meetings are held at
10:00am on the following dates:

July 26, 2017 and October 18, 2017

at the Permian Basin Regional
Planning Commission

13th Annual Caregiver Conference

Thursday, August 29, 2017
9:00a.m.—2:00p.m.
more information pg. 2

Senior Insights

IMPORTANT BENEFITS TO SAVE MONEY

Many Americans are facing financial challenges today, and health care costs are no exception. Luckily, there are many ways to save money on health care costs if an individual is on Medicare.

If people have limited income and resources, they may qualify for Medicaid – a joint federal and state program that helps with medical costs. Even if individuals don't qualify for Medicaid, there are four types of programs that may help pay for Medicare premiums and other costs.



The 4 Medicare Savings Programs are:

1. Qualified Medicare Beneficiary (QMB) Program
2. Specified Low-Income Medicare Beneficiary (SLMB) Program
3. Qualifying Individual (QI) Program
4. Qualified Disabled and Working Individuals (QDWI) Program

If an individual qualifies for Medicaid or a Medicare Savings Program, often they will also get *Extra Help* paying for prescription drugs automatically. If not automatically qualified for *Extra Help*, they can apply online at www.SSA.gov or call the Area Agency on Aging and ask a Certified Benefits Counselor to assist them in applying.

If Medicare beneficiaries qualify for any of these programs, or if they would like more information regarding eligibility requirements such as income and resource limits, please call Patti Lindsey or Valerie Loera at The Area Agency on Aging of the Permian Basin for assistance at 432-563-1061 or 1-800-491-4636.

Reference: <https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>



13TH ANNUAL CAREGIVER CONFERENCE

TUESDAY, AUGUST 29, 2017

9:00 a.m. to 2:00 p.m. (registration begins at 8:30 a.m.)

MIDLAND COLLEGE, CARRASCO ROOM

As one of America's leading educators on dementia, Teepa Snow's philosophy is reflective of her education, work experience, available medical research, and first hand caregiving interactions. Working as a Registered Occupational Therapist for over 30 years her wealth of experience has led her to develop Positive Approach® to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world.

For more information and Teepa Snow's detailed bio, visit:
www.teepasnow.com



Featured Speaker



Teepa Snow, MS, OTR/L, FAOTA

FREE EVENT FOR CAREGIVERS

To make reservations, please contact
Susan Frederickson, Caregiver Program Specialist
(432) 262-4962 or
e-mail sf Frederickson@aaapb.com

LUNCH PROVIDED

Lunch reservations
required by
08/16/2017

EDUCATIONAL LECTURE



DOOR PRIZES



LOCAL RESOURCES/EXHIBITORS



3600 N. Garfield Street
Midland, Texas 79705

CEU provider for healthcare professionals

Online CEU registration opens

August 1, 2017

Ce.midland.edu/hs

Fee: \$30.00 Contact Hours: 5

Registration at the door is also available

Event sponsored by



of the Permian Basin Regional Planning Commission
funded by the Texas Health and Human Services Commission

Assessment and Care Planning:

The Key to Quality Care

Every person in a nursing home has a right to good care under the law. The law says the home must help people "attain or maintain" their highest level of well-being - physically, mentally and emotionally. To give good care staff must assess each resident and plan care to support each person's life-long patterns, and current interests, strengths and needs. Resident and family involvement in care planning gives staff information they need to make sure residents get good care and the care they deserve.

WHAT IS A RESIDENT ASSESSMENT?

Assessments gather information about how well residents can take care of themselves and when they need help in "functional abilities" -- how well you can walk, talk, eat, dress, bathe, see, hear, communicate, understand and remember. Staff also ask about residents' habits, activities and relationships so they can help residents live more comfortably and feel more at home. The assessment helps staff look for what is causing a problem. For instance, poor balance could be caused by medications, sitting too much, weak muscles, poor-fitting shoes, a urinary infection or an ear ache. Staff must know the cause in order to give treatment.

WHAT IS A PLAN OF CARE?

A plan of care is a strategy for how the staff will help a resident. It says what each staff person will do and when it will happen (for instance—The nursing assistant will help Mrs. Jones walk to each meal to build her strength). Care plans must be reviewed regularly to make sure they work and must be revised as needed. For care plans to work, residents must feel like staff meet their needs and must be comfortable with them. Care plans can address any medical or non-medical problem (example: incompatibility with a roommate).

WHAT IS A CARE PLANNING CONFERENCE?

A care planning conference is a meeting where staff and residents/families talk about life in the facility-- meals, activities, therapies, personal schedule, medical and nursing care, and emotional needs. Residents/families can bring up problems, ask questions, or offer information to help staff provide care. All staff who work with a resident should be involved--nursing assistants, nurse, physician, social worker, activities staff, dietician, occupational and physical therapists.

WHEN ARE CARE PLANNING CONFERENCES HELD?

Care planning meetings must occur every three months, and whenever there is a big change in a resident's physical or mental health that might require a change in care. The care plan must be completed within 7 days after an assessment. Assessments must be completed within 14 days of admission and at least once a year, with reviews every three months and when a resident's condition changes.

WHAT SHOULD YOU TALK ABOUT AT THE MEETING?

Talk about what you need, how you feel; ask questions about care and the daily routine, about food, activities, interests, staff, personal care, medications, and how well you get around. Staff must talk to you about treatment decisions, such as medications and restraints, and can only do what you agree to. You may have to be persistent about your concerns and choices. For help with problems, contact your Managing Local Ombudsman Carolyn Torres with the Area Agency on Aging of the Permian Basin at (432) 563-1061.

For more information on how residents and their families can participate in care planning, please visit www.theconsumervoice.org or call the Area Agency on Aging of the Permian Basin at 1-800-491-4636.



of the Permian Basin Regional Planning Commission
funded by the Texas Health and Human Services Commission

P.O. Box 60660

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www.aaapb.com



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Area Agency on Aging of the Permian Basin would like you wish you all a

Happy Independence Day

and remind you all as we celebrate our nation's freedom, we honor the
courageous men and women dedicated to preserving it.

If you wish to stop receiving this newsletter, please call

1-800-491-4636 or 432-563-1061

Or e-mail mtaylor@aaapb.com