



Caring Matters

County of Sacramento

September 2017

Who Cares? Stories of Caregiving



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Four in 10 American adults are family caregivers. They provide for the needs of parents, spouses, children with disabilities, and siblings. It's a labor of love that takes a toll physically, emotionally, financially. Who cares for the caregivers? How do they care for themselves?

Capital Public Radio and NPR explore these questions and more through the lives of three caregiving families in the Sacramento region, including IHSS Recipients and Providers.

To read or listen to these stories, visit <http://www.capradio.org/news/the-view-from-here/2014/05/09/who-cares/>.

Upcoming FREE Classes

IHSS Public Authority regularly holds classes on a variety of subjects related to caregiving! All classes are open to both Providers and Recipients, and are held on Thursday evenings as scheduled below. Classes begin at 5:30pm and end by 7:30pm. Take a look at some upcoming classes:

September 7th: Maintaining Boundaries and Professionalism. Presented by IHSS Public Authority staff, this class will discuss how to maintain a professional relationship between Providers and Recipients, including setting and maintaining healthy boundaries.

September 28th: Community Resources to the Rescue*. Presented by Jeff Parker from Shield Health Care, this class will discuss various medical products and services available through the Medi-Cal insurance program.

October 5th: Adult Protective Services and Mandated Reporting. Presented by Irene Chu, M.S. of Sacramento County APS, this class will discuss the various types of elder/dependent adult abuse, how to prevent abuse, and how to report it.

October 26th: Nutrition and the IHSS Consumer. Presented by CSUS Nursing students, this class will discuss how you can eat healthy, even on a budget. Learn how to read labels, identify hidden salt and sugar in your diet and smart shopping. Special attention is paid to the senior diet.

If you have questions regarding the IHSS Educational classes, please contact Mary-Ann Cowan at (916) 876-5682 or send an email to HHS-PA-Education@saccounty.net.

IHSS Public Authority

Welcome to the new IHSS Public Authority Newsletter! We've gone electronic with our newsletter, and welcome your suggestions for content or general feedback.

Contact Us

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Building Trust and Respect



Trust is important in any healthy relationship, because it comes with openness, sharing and growth. For a frail, elderly or person with a disability who has sustained many losses, trust is especially important. Losses can cause a person to turn inward and replace what was once confidence with fear. Providers can help to reverse this trend by building trust.

Here are some tips to encourage a trusting relationship:

- Decide on a mutually agreeable schedule prior to starting work.
- Follow the Recipient's instructions.
- Be dependable; call as soon as possible if you cannot come to work.
- Respect the privacy and individuality of the person.
- Do not start anything that you are not prepared to carry through.
- Be honest about your limits
- Respect Recipients. Call them by their last name unless asked to call them by their first name.
- Advise the Recipient of the name you would like to be called to help the Recipient get to know you.

Recipients are also responsible to be respectful toward their Providers. Here are some tips for Recipients:

- Be polite when asking your Provider to complete a task. Please and thank you go a long way in building trust and respect!
- Clearly explain job duties, responsibilities and work schedules to your Recipient.
- Discuss any problems or misunderstandings as they come up.
- Remember, being a caregiver can be a stressful job; do not lose your temper with your Provider.
- Keep a daily log of the hours your Provider works and be sure you both initial the log at the end of the shift.
- Treat your Provider with respect and praise them when they have done a good job.