

MARCH, 2024

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600 Lindberg Road
West Lafayette, IN 47906
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www.joyfuljourneywl.org



You're Invited: Caregiver Support Workshop

Caregiving can be incredibly rewarding and equally stressful. Joyful Journey is offering this workshop to provide inspiration, validation, and practical skills to help caregivers navigate their ever-changing journey. A few topics that will be covered include caregiver self-care, understanding brain changes in everyday life, and how to engage your loved one in activities. We will also provide time for you to meet other caregivers and talk about your experiences in a supportive environment. Please join us Saturday, April 13th, 10am-12pm, at Joyful Journey, 600 Lindberg Rd, West Lafayette. This event is FREE and light refreshments will be served.

Please RSVP by April 11 to 765-607-6156 or info@joyfuljourneywl.org.

Friends make awesome cheerleaders! When Friends weren't throwing the football for this Super Bowl themed activity, they were cheering from the sidelines.

Caregiver Support and Technology

Technology continues to evolve and expand its reach into new parts of our lives. In fact, there are a number of technological advances that truly benefit us and are particularly useful for caregivers. Below are some of our favorite technological supports for caregivers.

Medical Response Technology - From wristbands that sense a falling motion, to pendants and clips with buttons to push in an emergency, this type of technology can literally save your life. The Apple Watch is a great example. If you are wearing this watch and it detects a fall, it will monitor your motion and automatically call emergency services if you are not responding. Many of these devices also use GPS, so if you need help, people can find you. There are a variety of other options you can search for online using the words "medical alert system or watch" or talk to your physician.

Safety - Door and window alerts can give caregivers great peace of mind during the day and at night. Many are easy to install with two-sided tape or Velcro and are battery operated. If you find yourself unable to relax at home for fear that your loved one will leave the house without your knowing, this type of security might be a great asset.

Support Groups - During the pandemic, online support groups became a necessity and are the solution many caregivers have been looking for. At Joyful Journey, we find great benefit in Teepa Snow's Positive Approach to Care, and this group has several FREE online support options to choose from. Just go to shop.teepasnow.com/events/category/free/.

The Alzheimer's Association has additional support and resources that can be found at alzconnected.org.

QUOTE SELECTED BY JOYFUL JOURNEY FRIENDS

"Be honest, be nice, be a flower not a weed." Aaron Neville