**Tips and Information for You and/or Your Caregiver**

[*Keeping Track of Medications*](https://www.nia.nih.gov/health/tracking-your-medications-worksheet?utm_source=20180326_medworksheet&utm_medium=email&utm_campaign=ealert)*revised 3/27/18*

[*Talking with your doctor*](https://www.nia.nih.gov/health/why-being-able-talk-your-doctor-matters)*revised 8/28/17*

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| [*Downsizing: Checklists and Planning*](https://www.caregiver.org/downsizing-home-checklist-caregivers) posted 8/8/17  [*Coping with Grief During the Holidays*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/some_tips_for_coping_with_grief_at_the_holidays.docx) posted 12/19/16 |

[*Holiday Stress and Aging Parents*](http://www.aplaceformom.com/blog/happy-holidays-seniors-and-families-12-19-2012/)*posted 12/16/15*

[*Food Safety*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/barbeque_season_is_upon_us.docx) posted 4/22/15

[*When Mom Moves In*](https://www.care.com/a/when-mom-moves-in-creating-boundaries-and-expectations-1105121347)*posted 2/24/15*

[*5 Myths About Aging*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/five_myths_about_aging.pdf)***﻿****posted 9/17/14****﻿***

[*6 Normal Memory Lapses*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/6_common_memory_lapses.pdf)*posted 7/18/14*

[*Nutrition Guidelines as We Age*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/myplate_nutrition.pdf)posted 7/2/14

[*Fall Risks and Prevention*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/fall_risk_factors.pdf) *posted 6/25/14*

[*How Can I Tell If Mom's Being Treated Well*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/elder_abuse_and_neglect.pdf)*posted 4/17/14*

[*Hospice Care*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/9_hospice_care.pdf) *posted 4/3/2014*

[*What if Mom's Too Sick to Stay at Home*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/6_what_if_mom.pdf)    *posted 3/12/14*

[*How Can I Lighten the Load for My Parent?*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/5_how_can_i_lighten_the_load_for_my_parent.pdf)  *posted 3/05/14*

[*Keeping Up with Your Parent's Medical Care*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/4_keeping_up_with_your_parent.pdf)*posted 2/28/14*

[*Home Safety Suggestions*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/3_home_safety_suggestions.pdf)   *posted 2/20/14*

[*What Information Should a Caregiver Keep?*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/2_what_information_should_a_caregiver_keep_track_of.pdf)*posted 2/14/14*

[*Long Distance Caregiving*](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/1_long_distance_caregiving.pdf)*posted 2/10/14*

[www.CaregiversLibrary.org](http://www.caregiverslibrary.org/)       and       
[www.CaregiverStress.com](http://www.caregiverstress.com/)

**Information Links**

[**National Sleep Foundation**](http://sleepfoundation.org/)  
Offers information and tips for better sleep

[**National Council on Aging**](http://www.ncoa.org/) ... often referred to as **ncoa:**dedicated to improving the health and economic security of seniors [Share our SNAP locator](http://www.benefitscheckup.org/getSNAP) Know a senior who is struggling to pay for food? We’ve made it easy for them to learn more about SNAP, find their state application—and in some cases, apply online. Share this simple link: [BenefitsCheckUp.org/getSNAP](http://www.benefitscheckup.org/getSNAP)

[Peninsula Agency on Aging](http://www.paainc.org/)  
Offers information and assistance for adults 60 and over, caregivers and adults with disabilities, regardless of their income. Provides services including home delivered meals, medical transportation, adult day care, and in-home care for seniors.  Free Referral Service. Office: Historic Triangle 312 Waller Mill Rd. [Information@paainc.org](mailto:Information@paainc.org) 757.345.6277

[**Senior Navigator.com**](https://www.seniornavigator.org/)  Visit this statewide listing of resources

[Home Advisor Tips for home safety](https://www.homeadvisor.com/r/senior-home-injuries-and-prevention/)

Tips about caring for yourself while caring for a loved one. 

[**St. Martin's Resource List**](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/spcresources.pdf) arranged by need.

**RIDES**[Peninsula Association on Aging](http://www.paainc.org/) Williamsburg Area -- **To schedule a ride for non-emergency medical transportation-- call # (757) 345-6166**.  **Please call to make arrangements 24 hours in advance. A very small fee applies ($4 one way; $8 round trip).**

[**Faith in Action**](http://www.wfia.org/)     ... also offers transportation, shopping, friendly visits,etc. for Senior Citizens. **To schedule a ride (medical or otherwise),or find out about other free services, please call # 258-5890, 48 hrs. advance notice required.**

[Advanced Health Care Directive (click here)](https://www.stmartinswmbg.org/uploads/2/1/2/8/21284900/advance-directive-simple.pdf)

**Memory Corner**  
**click on the links**

[*Strategies to calm Agitation in dementia*](https://homecareassistance.com/blog/5-practical-methods-calming-agitation-older-adults-dementia)

[Reminiscing May Improve Productivity](http://cognitivetherapeutics.com/Newsroom/Blog/reminiscing-may-improve-productivity/)

[Arts and Crafts Improve Brain Health](http://cognitivetherapeutics.com/Newsroom/Blog/crafts-thought-to-improve-brain-health/)

[Go4Life Exercises](https://go4life.nia.nih.gov/exercises/)

**Group Opportunities**

**Transitions** Support Group  
This group is for individuals who are facing grief or loss issues.  It can be the death of a spouse or family member, Alzheimer's caregiver issues, etc. The group is confidential and meant to support each other through difficult times. **Contact Martha Caruso, 229-1111 for more information.**

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