



Assistance. Advocacy. Answers on Aging.

Weld County Area Agency on Aging

Senior Solutions

Summer 2018, Volume 10, Issue 3

Caregiver Corner: Grab Bar Safety

By Jillian Broce

The CDC estimates that every second an older adult falls in the United States. As many as one in four older adults surveyed in 2014 reported a significant fall. During that time more than 27,000 older adults died as a result of a fall—that’s 74 older adults every day! Most of these falls occur in the home. While these statistics might be surprising, the good news is there is hope. Many of these falls could have been prevented.

One economical means to protect your loved one is to install grab bars, particularly in the bathroom. Careful attention must be taken while installing grab bars. First, consider the size of grab bar needed. Make sure that the length and height are appropriate for the area. An ADA compliant bathroom requires grab bars to be installed 33-36 inches off the floor. Next, make sure to find the proper placement of a grab bar. Install the grab bar to a stud whenever possible. A stud sensor can assist you to find the location of the closest stud in the desired area. Remember, a securely anchored bar is useless if placed in the wrong location.

You might find it helpful to consult a physical or occupational therapist as they can help decide the best location and determine how many grab bars might be needed. A physician can help make a referral for a therapist evaluation.

MEALS ON WHEELS

Specially prepared, nutritious meals are delivered to the home five days per week. For additional information, contact Meals on Wheels at (970) 353-9738 in Greeley, (303) 857-6460 in Fort Lupton or (303) 833-3021 in Firestone-Carbon Valley.

Inside this issue

Caregiver Corner	1
Meals on Wheels	1
Senior Resource Services	2
ADRC	2
Adult Protective Services.....	3
Senior Law Day.....	3
Nutrition News	4
Weld Aging Well.....	5

Important Dates

7/4 [AAA Office Closed](#)
[Independence Day Holiday](#)

Did you Know?

You can review all of the Area Agency on Aging programs on our website at www.weldaaa.org. This is a great source of information and even has updated meal calendars, Helpsource booklets and more.

Check it out!

SENIOR RESOURCE SERVICES

Wouldn't you hope that someone would be willing to help your aging family members and friends if it meant they were able to remain healthy and live independently? SRS is in need of additional volunteer drivers to provide free transportation to local appointments for Weld County's aging population. Flexible dates and times– you choose each appointment!

We are also looking for 60+ year old clients in need of transportation. Start either process by applying online at www.srsweld.com, emailing staff@srsweld.com or by calling 970-352-9348.



Helping Hands for Seniors

AGING AND DISABILITY RESOURCES



“Empowering individuals to effectively navigate their health and other long-term support options.”

The Aging and Disability Resources for Colorado ADRC is designed to streamline access to long-term care services and supports for adults age 60 and over, 18 and over with a disability, and their caregivers.

ADRC programs provide options counseling to assist:

- Individuals and families needing public or private resources;
- Individuals and families planning for their future long-term care needs;
- Professionals seeking assistance on behalf of their clients;
- Medicaid residents in skilled nursing facilities interested in transitioning to the community.

To talk with an options counselor or to find out more information, please call Tom Gonzales or Michelle Shepard at (970) 346-6952.

Adult Protective Services: “Make the Call”

Kirk P. Cree, MPA, Weld County Adult Protection Program Manager

Initiated by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations, World Elder Abuse Awareness Day (WEAAD) began on June 15, 2006, and has remained an annual event. This year in recognition of WEAAD, Weld County Adult Protection Services under the Weld County Area Agency on Aging, wants to remind the community that if you suspect or witness an at-risk adult being physically abused, financially exploited, neglected by their caregiver, or are self-neglecting by not providing for their basic needs or care, that you call the Adult Protection Hotline, 970-346-7676, and make a report. Reports are taken 24 hours a day, 365 days a year. It is estimated that for every single Adult Protection report received in the United States, there are up to 27 incidents of abuse or neglect of an at-risk adult that go unreported on average (National Adult Protective Services Association – 2016). If you witness or suspect abuse or neglect, please “make the call” and report to the Weld County Adult Protection Hotline 970-346-7676.



WELD COUNTY
SENIOR LAW DAY

Senior Law Day 2018

A Public Service Program Offered to
All Weld County Older Adults

SAVE THE DATE!

Friday, October 5, 2018

7:30am – 12:00pm

Island Grove Event Center Conference Rooms
425 N. 15th Ave. • Greeley, CO 80631

For more information:

Please Call (970) 346-6950

www.seniorlawday-weldcounty.com

Nutrition News: Hydration

By: Lorrie Wellman RDN, Senior Nutrition Dietician

Why is maintaining fluid balance important?

Water is essential for a healthy body. It is important for maintaining body temperature, distributing nutrients to cells, elimination of wastes, as well as many other functions. Two-thirds of the body is made up of fluid.

What is dehydration?

A condition in which water or fluid loss significantly exceeds fluid intake.

What are some risk factors associated with dehydration?

- Acute or chronic illness
- Medication use, especially laxatives or diuretics

What are some of the most common visible or measurable signs of dehydration?

- Dizziness upon sitting or standing
- Decreased urine output
- Constipation
- Confusion or change in mental status
- Poor skin turgor; dry mucous membranes
- Fever

What are some of the possible consequences of dehydration?

- Decreased functional ability
- Fluid and electrolyte imbalance
- Predisposition to falls
- Predisposition to infection



Please contact Friendly Fork Dietitian, Lorrie Wellman, RDN for more information or any other nutrition concerns. 970-400-6118, lwellman@weldgov.com

Summer 2018 Weld Aging Well Classes!

By Whitney Janzen-Pankratz



Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Thursdays 6/7/18 to 7/12/18 from 1:30 – 4:00 pm: Eaton Recreation Center

A Matter of Balance Workshop for the Visually Impaired:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Mondays 6/4/2018 to 7/23/18 from 9:00-11:00 am: Area Health Education Center, Greeley

Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Wednesdays 8/1/18 to 9/5/18: North Colorado Medical Center, Greeley: 9:30 – 12:00 am

For Registration, call (970) 400-6117

Workshops are free for persons 60+ (a minimal fee for persons 59 and younger)