

Adult Day Self-Care Newsletter

October 2021

Mental Health Awareness

Negative attitudes towards people with mental health issues are common, which may explain why fewer than half of the adults in the US who experience a mental illness get the help they need in a given year. In addition to creating barriers to getting care, negative attitudes may limit access to housing, education, and employment opportunities and can create additional distress for families. One of the most common mental health conditions that goes undiagnosed and untreated is depression, especially in [older adults](#). Significant loss, stress, social isolation, and certain medical conditions can put someone at risk of depression. Many people are not aware of these risk factors and don't recognize signs of depression. Many don't know that effective treatments are available.

This year, Mental Illness Awareness Week runs from October 3 through October 9. Consider sharing information or hosting a depression screening on October 7, which is National Depression Screening Day. An online screening is available through [Mental Health America](#).

Depression in Older Adults

The [National Institute of Aging](#) points out that depression is common in people with Alzheimer's or related dementia. Diagnosis can be a challenge, as some symptoms may overlap.

Depression is common among people who care for someone with memory loss. The [Family Caregiver Alliance](#) reports that 40% to 70% of caregivers have clinically significant symptoms of depression, which may be complicated by co-occurring anxiety and/or substance use. Stress, loss, and exhaustion contribute to this difficult situation.

Depression can be treated effectively. A primary care provider is a good first contact, in order to rule out medical causes that can mimic or worsen the signs and symptoms of depression. Counseling and/or medication often provides great relief. Self-care is essential for preventing and addressing depression, especially in combination with professional help. For more information and referral, contact us at **Care2Caregivers 1-800-424-2494** or the SAMHSA **National Helpline: 1-800-662-HELP (4357)**.

Mental Illness Awareness Week

CELEBRATE WORLD MENTAL HEALTH DAY
and let everyone know that:

- Mental health is just as important as physical health
- Mental health deserves attention and care
- "You Are Not Alone"

#Together4MH

nami.org/miaw

Mental Health Awareness Resources

- Social media resources (like the graphic above) are available from [NAMI](#).
- More information is available from the [World Federation for Mental Health](#) and [Mental Health America](#).
- Resources are available on our website ([C2C](#)) and from the [Family Caregiver Alliance](#).

Have you gotten your flu shot?

The [CDC reports](#) that, for adults, getting the flu shot was associated with a 26% lower risk of ICU admission and a 31% lower risk of death from flu compared to those who did not get it.



The CDC has created a [social media toolkit](#) for sharing information about flu vaccines, a [flyer](#) on why older adults need flu vaccinations, and a [toolkit](#) for Long-Term Care Providers to help improve vaccination rates among employees.

Compared to the rate of flu vaccination among healthcare providers in hospitals (95%), long-term care staff have a much lower rate (68%). In fact, the rate of flu vaccination for long-term care staff [declined](#) between 2014 and 2019. Data are not available for Adult Day Care workers. In NJ, only 66% of adults 65 and older received the flu vaccine during the 2019-2020 flu season. While this rate remains lower than it should, this group of older adults had the [highest rate](#) of all age groups, with the NJ average for all adults at 45%. The State of NJ has a statewide target of 67%.

For people providing dementia care, whether on the job or for a family member, getting the flu risks the people cared for in two ways. First, it may mean infecting the person receiving care. Second, being sick with the flu will likely mean someone else will need to step in to provide care. Be kind and be careful—get your flu shot!



visit our website www.care2caregivers.com for information on caregiver support groups

Check Out Our Latest Resources!

Our fabulous training staff have created a series of micro-videos for our website. These are very short 90-second videos on topics of interest. Our first set covers discovering and building on your *strengths* and using *affirmations* in difficult situations. We also have posted a longer 40-minute webinar on *Building Wellness to Manage Challenges*.

To find the videos, scroll down on our [Caregiver Resources](#) page, where you also can find downloadable brochures in English and Spanish.

Stay tuned—we have more planned over the next year. Feedback and suggestions are welcome!

As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education

October 21, 2021

Managing Your Mental Health While Caring for Others

Caregiving can pose many challenges that impact the mental health of caregivers. Being intentional about what you need to support your mental health can make all the difference. Join us for an interactive session to learn strategies for dealing with common mental health challenges such as depression, anxiety and stress, receive tips for continued mental health wellness and explore resources.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJAsc-uvpz8sHdBrO4vv4l0l0Nt1umTuqbxJ>

For more info email Monica:

mlt4@ubhc.rutgers.edu

or call Care2Caregivers at 800-424-2494.

1-800-424-2494