

Central Texas Veteran Direction

APRIL 2010

VOLUME ONE ISSUE 5

LATEST NEWS FROM PALCO

Jon Sweeney of our Financial management Service, PALCO announced that the 2nd quarter budget Reports of expenditures from January 1 through March 31, 2010 will be sent out mid-April. This report will allow you as an employer to see how much you have spent in this period.

In the month of April and May, your local consultant will visit you with the budget reconciliation document to show you how your program is going. He will be discussing with you maintaining a ledger of your account that will help you to manage your program efficiently and with more self-direction.

ELDER STAY@HOME DVD Available to train your caregivers

The Area Agency on Aging has available a three DVD set that will help you in Training your family, friends, and hired employees in meeting your personal care needs. The DVD set is Called **Elder Stay @ Home**.

Developed by the University of Arkansas for Medical Studies and the Schmieding Center for Senior Health and Education, the Elder Stay at Home expertly demonstrates basic, Intermediate, and Advanced Home Caregiver skills using the most up-to-date techniques.

If you have need to discuss your spending or payroll, Call PALCO, we enjoy visiting with you about your program.

PALCO INFORMATION:

Phone: (501) 753-4933

Toll Free Number:
1-877-710-0457

Fax: (501)753-4535

Address:
PALCO Inc
ATTN: VD-HCBS
PO Box 13280
Maumelle, AR 72113

AAACT / Veteran Directed Home and Community Based Services Program

AACT Special Events

- ◆ **The Savvy Caregiver** Group meets every Wednesday 10am-Noon
- ◆ **A Matter of Balance** Class:Managing Concerns about Falls call 254-770-2334 to register for the next class.
- ◆ April 21 **You Only Die Once: Preparing for the end of Life with Grace & Gusto** Speaker” Margie Jenkins Author
AAACT 10am-12pm

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DVD-I Basic Family Caregiver Skills demonstrates 24 essential skills including body mechanics, infection control, lifting & moving in bed, personal care, helpful products and much more.

DVD II Intermediate Family Caregiver skills demonstrates 19 additional skills including emergency situations, vital signs, fluid balances, feeding, exercises, and more.

DVD III Advanced Family Caregiver Skills demonstrates 14 critical skills to provide intensive infection control and prevention, bowle and blqdder, transferring and personal care.

Contact your Consultant to get an **Elder Stay @ Home DVD** to borrow.



From the Consultant's Desk

Well spring is here and with it the chilly blast of the winds of march have gone and now we are entering the Rainy days of April. The Bluebonnets have certainly made their mark in the central Texas Countryside. Along with this weather change comes the spring of our program.

The local VAMC has put a temporary stop to enrolling more vets in the VD-HCBS while they get money transferred in that will double the number of veterans we now cover with the program. While we catch a breather from new enrollments, I will be coming out to each veterans home this month or in May to review your budget and assure that everything is working as it should.

April is also month 6 since the start of the program so some of our Veterans in April and May will be having the six month program review. You may be selected to give a satisfaction review of the program that will be used to see what we are doing right and what we can do to make things better for you.

I have been advised that we have special additional VDHCBS funding for Afghanistan and Iraq veterans who have been recently disabled. If know anyone who fits this grouping please forward their names to me so we can see if they are interested in VD-HCBS.

As seen on the front page of the newsletter, we do now have access to the Elder Stay@ Home program with 3 training DVDs. These DVDs are meant to train your family members who care for your without pay, your friends who may help you out occasionally, and of course for you to use when you train your paid workers. We have these on loan from the Area Agency on Aging for short-tem loan or you may purchase them and keep them for your long term usage. The DVD set comes with the three DVDs and a companion booklet.

If you are interested in the Elder Stay@Home DVD Set or have questions about your VDHCBS program or Budget please contact your Consultant :

Thomas Wilson, LMSW
254-770-2359 Or 1-800-447-7169 ext 2359 (message service available)

Cell phone: 254-721-2626 (no message service available)

Email: thomas.wilson@ctcog.org
mail: AACT (VD-HCBS)

PO Box 729

Belton TX 76513



Good Body Mechanics

The phrase “good Body Mechanics” refers to the way of moving or lifting weight that minimizes the risk of injury to the patient or the care giver. Using good mechanics during lifting or transferring is essential to prevent injuries to yourself or the older or disabled person you being assisted.

Before attempting to assist an older or disabled adult, you should be familiar with these rules of good posture and movement:

- Never bend or twist at the waist
- Always use the large muscles of the upper legs when lifting, and remember to bend at the knees.

- Keep the load or weight closer to you for better control
- Point one foot in the direction you will be going to prevent twisting
- Always use a gait belt when transferring (Ask your consultant where to get one if you need it)
- Use both hands when lifting
- Always stand with your feet shoulder width apart for better balance.

Whenever moving and older or disabled person always think **safety first**. If the individual is too heavy to move alone, get help.

A **Gait Belt** is a durable fabric belt used to transfer patients that may be too weak to stand for long periods. They are safe, reliable methods for transferring patients from any surface such as a bed, chair or toilet.

How to use a Gait Belt:

Step 1 Hold up the belt to ensure the buckle isn't turned inward. Wrap the belt around the patient's waist.

Step 2 Be sure the belt is low enough and well below the breasts for females.

Step 3 Secure the belt by threading it through the teeth, and pulling the excess through the last metal opening. It may be necessary to tuck the slack of the belt into the pants, depending on the length.

Step 4 Run a finger through the belt to check its tightness. No more than a few fingers should fit between the belt and the waist to maintain a good grip.

Always use good body mechanics when transferring an individual with a gait belt. Bend your knees, and try not to twist your back to avoid injury.

April & May 2010 Payroll Dates

3/20 to 4/2

Time Sheets due 4/7

Payroll processed 4/9/10

4/3 to 4/16

Time Sheets due 4/21

Payroll Processed 4/23

4/17 to 4/30

Time Sheets due 5/5

Payroll Processed 5/7

5/01/ to 5/14

Time Sheet due 5/19

Payroll Processed 5/21

5/15 to 5/28

Time Sheet due 6/2

Payroll processed 6/04

Questions about payroll should be called to PALCO 1-877-710-0457

AREA AGENCY ON AGING
OF CENTRAL TEXAS

VETERANS DIRECTED
HOME & COMMUNITY
BASED SERVICES

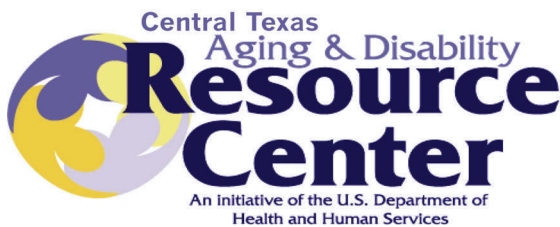
2180 North Main
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The Area Agency on Aging of Central Texas (AAACT), under the federal Older Americans Act, is administratively responsible for the development of a comprehensive and coordinated system of services for the population over age 60.

The Veterans Directed Home and Community Based Services Program is administered by the AAACT under a joint pilot program funded by the Department of Veterans Affairs and the Administration on Aging. The Veterans Directed Home and Community Based Services Program is open to Veterans of all ages who meet criteria for the program.

WE ARE ON THE WEB
WWW.CENTEXAAA.COMINDEX.ASP



Up-Coming Holidays For the AAACT

April 2 Good Friday
May 31 Memorial Day



Don't Forget that April 15 is the last day to file your 2009 Income Taxes