



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 14/ISSUE 6 January 2020

January Project GRANDD Support Groups

Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00 PM
Martin Luther King Jr. Recreation Center
110 Hilliard St SE, Atlanta, GA 30312

This month: **Tuesday, January 14, 2020- 10 AM**

Topic: **Money Management**



DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm

Covington Branch of DeKalb Public Library
3500 Covington Hwy, Decatur, GA 30032

This month: **Thursday, January 9, 2019- 10:30 AM**

Topic: **PREVENTIVE SERVICES = BETTER HEALTH**



Improve your health and reduce your risk of chronic disease by becoming familiar with needed immunizations, screenings and services. Learn about preventive services that Medicare covers as well as other free and low-cost services.

Presented by Atlanta Regional Commission

GRANDDS and KIDS Evening Support

Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups



Monday, January 27th, 2019 from 6:00pm to 8:00pm - Dinner Served 6:00 to 6:30

Metropolitan Library 1332 Metropolitan Pkwy SW

Topic this month: Money Management

We hope you had a happy holiday come start 2020 off right with peer support! All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18**. Childcare will be provided for children under 8. **Register to attend by email to lauraw@isdd-home.org or call 470-310-3452 by January 23rd.**

Have you taken our PASTA class for relative caregivers yet?

Mark your calendar for the next **8-week** enrichment:
Parenting the Second Time around (PASTA)

The award-winning curriculum created by Cornell University for relatives raising children.

Topics include child development, discipline, caring for oneself as a caregiver, rebuilding a family, living With teens, legal issues, and advocacy.

Group will meet 8 Thursdays in January and February 2010 from 10:00am to 12:00pm

Location:

Access Mental Health
1903 Phoenix Blvd., Suite 200
Atlanta, GA 30349

Starts Thursday Jan 9th, 2020 thru Thursday, Feb. 28th

Please RSVP to Laura 470-310-3452 or email pasta@isdd-home.org



**Need Help?
Have a Question?
Contact Us**

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HEALTH CORNER

13 New Year's Resolutions for Caregivers

Reprinted from www.agingcare.com

It is human to want a fresh start. Even though I know that December 31 of one year is rarely that different from January 1 of the next, I greet each New Year's Day as a new beginning. I cannot explain it, but the first day of January always gives me a psychological boost, be it ever so brief.

Like most caregivers, I always strove for perfection and I always wound up feeling like I fell short. There is no way that I know of to be a perfect caregiver. The needs of any care receiver can change in an instant. We can miss subtle signals. We are often so tired and stressed that we may absentmindedly forget to pick up a prescription, check an adult brief or do the laundry. All of these things can bring on a huge case of unearned caregiver guilt.

It is so easy to get wrapped up in the difficult feelings and the pressure. Every so often, caregivers need to remind themselves that they are doing their personal best. The New Year is a perfect time to take

HEALTH CORNER (Continued)

My thought is that we can look at the coming year with fresh eyes, even though that freshness may only last a moment.

Let's make a list of New Year's resolutions and pretend we'll keep them all. Even if you only stick to one of them, remember that progress is good, no matter how small.

New Year's Resolutions to Consider

1. I give myself permission to not keep the following resolutions or to keep them only partway.
2. When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
3. I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and sources I've never considered before.
4. Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.
5. I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.
6. I will follow through with my own health care appointments and screenings, including dental cleanings and eye exams.
7. I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of **exhaustion and burnout**.
8. I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
9. I will remember that my care receiver didn't choose the illness or disability that he or she is living with.
10. I will remember that I didn't choose this life for my care receiver either, so I won't be a martyr to their illness.
11. I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
12. I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to my friends, my family or me.
13. I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a support group, seeking out respite care, or meeting with a therapist.

This list is merely a starting point. What resolutions would you add for yourself? Which would you delete? If you print out this list and hang it in a prominent place, you can work toward these goals a little bit every day. Even looking at it once a month will help you view your situation with a fresh perspective.

Remember, happiness isn't about perfection—it's about having realistic expectations. We all have room to adjust our expectations to more closely match reality, and that change alone can help us have a happier and more productive year.

RESOURCE CORNER

The 2020 Census is coming!

Facts about the Census:

1. It is free & completely confidential.
2. Data collected impacts how community funding and resources are distributed.
3. It will begin March 12th- April 27th.
4. The Census can be completed by telephone, paper form, in person (county locations), or by phone.

For more info visit atlcounts.org or deklabcounts2020.org!

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PROJECT GRANDD
A program of Innovative Solutions for
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