

one source Empowering Caregivers

NEWSLETTER SUMMER 2024



The Top Misconceptions About a Power of Attorney

by Kevin Ryan, Senior Living Writer
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A power of attorney (POA) is a useful legal tool for seniors and families planning for the future. At its basic level, a power of attorney gives one or more persons the power to act on another's behalf. And there are numerous circumstances in which a power of attorney can be used, from financial decisions to those concerning medical care. But there are also several misconceptions associated with creating a power of attorney and the powers it grants. Experts recommended families seek the aid of a lawyer to draft a power of attorney that meets their loved one's unique needs and minimizes mistakes that can lead to legal pitfalls.

Misconception #1: A mentally incapacitated individual can appoint a power of attorney. An individual cannot appoint a power of attorney, or sign legal documents if they are mentally *incapacitated*. A person who is legally incapacitated lacks the physical or mental abilities to manage his or her own personal care, property, or finances. Capacity will be judged by the attorney who prepares and works with the principal to execute the power of attorney.

Misconception #2: You should use power of attorney documents from the internet. By choosing to use a power of attorney document found online may be missing important information that could invalidate the power of attorney. A power of attorney document should be created with intention to address the specific circumstances and needs of the principal.

An attorney drafted power of attorney will include legal requirements specific too

continued on page 2

Introducing New OSEC Volunteer Coordinator Jet Williams

Jeanette Williams, affectionately known as Jet, is a native of Grass Valley, California, whose journey exemplifies dedication, compassion, and a strong commitment to serving her community. Graduating from Nevada Union, Jet embarked on her nursing career in 2000 and has since been on a path of continuous learning and growth, currently pursuing her Bachelor's degree in Nursing.

With a heart dedicated to service, Jet serves as the Volunteer Coordinator for One Source Empowering Caregivers, where she plays a crucial role in supporting and empowering individuals in need. Her role allows her to touch the lives of many, providing care, support, and guidance to those who require it most.

Beyond her professional endeavors, Jet is a loving and creative mother to five children, ranging from 25 to 13 years old. Her nurturing spirit extends beyond the workplace, as she dedicates herself to creating a warm and supportive environment for her family, nurturing and guiding her children in their journeys through life.

Jet's latest endeavor, spearheading the "Bringing Generations Together" program in her county, showcases her innovative and community-focused approach. By bridging generational gaps and fostering connections between different age groups, Jet is creating a space where wisdom, experience, and fresh perspectives can come together to create a stronger, more cohesive community.

Through her collaborations with various community partners, Jet has been able to leverage her passion and expertise to make a meaningful impact in her community. She considers herself incredibly blessed to call Grass Valley home, where she can contribute to the well-being and growth of those around her.

In summary, Jeanette "Jet" Williams stands as a shining example of a compassionate nursing professional, dedicated mother, and community leader. Her unwavering commitment to service, coupled with her creative and nurturing spirit, has made her a valuable asset to her community and an inspiration to those around her."



Family In-Home Caregivers: TAKE A BREAK

As you all know, caring for a loved one at home is a more-than-fulltime job, often with too little support and far too little time. In our different ways, each organization that has helped put this day together, works to support the in-home family caregivers in Nevada County. We know that your health, happiness and ability to thrive needs to be prioritized and that finding the time to care for yourself is often impossible.

To share a little history, this pilot is the result of a group of dedicated organizations working together to respond to the Master Plan on Aging in Nevada County. After many conversations, this pilot – a drop-in respite share for family caregivers – is our first programmatic effort to fill the void of caregiver support in Nevada County.

Many groups working together made today possible. We'd like to thank Soroptimist of Grass Valley and of the Sierra Foothills, Peace Lutheran Endowment, FREED and BriarPatch.

Our goal is to provide a safe, relaxing and fun space for your care recipient to get out of the house, socialize or observe and relax and up to 4 hours for you to do something for yourself!

We hope to offer this event with more frequency, eventually offering it weekly at a recurring time

We'll be serving lunch at 12:00 p.m. Until then, please enjoy the music and get to know one another. And we'd like to invite anyone who is interested to stay after to watch the drama club from Engaged Services at 3:00 p.m. We're told it's a fun group and could be fun to watch.



The Top Misconceptions About a Power of Attorney contd.

An attorney drafted power of attorney will include legal requirements specific to their state, tailored details appropriate to their situation, specific instructions, and legal authority. Estate-planning documents are the most important documents a person will ever sign. They should not be bought on the cheap from an untrusted source.

Misconception #3: A power of attorney grants an agent the right to do what they please with your estate. By law, an agent has an obligation to make financial decisions that are in the best interest of the principal. A power of attorney doesn't grant full financial rights to a principal's assets. The agent does not have a right to use the principal's assets for their own benefit without authorization.

Misconception #4: There is only one standard power of attorney. There are several types of powers of attorney to help accommodate the specific circumstances of the principal.

General powers of attorney terminate if the principal dies or becomes incapacitated. The rules governing a regular or general power of attorney vary from state to state. However, an agent's powers should be explicitly detailed in the document.

Limited or special powers of attorney limit the agent's authority to only the powers that are written into the document. It's the responsibility of the agent to thoroughly understand the power of attorney document and the authorities they are granted regarding the principal's affairs.

A health care advance directive (HCAD) is a power of attorney that allows an agent to manage health decisions should the principal become incapacitated.

A durable power of attorney allows the agent to continue to act on the principal's behalf, even if the principal is mentally incompetent. This authority is often granted to an agent who can manage financial end-of-life decisions.

There are two types of durable powers of attorney:

A currently effective durable power of attorney becomes effective when it is signed by the principal and continues even after the principal becomes incapacitated.

The springing durable power of attorney becomes effective when a predetermined event occurs, such as incapacity, as outlined in the document.

The authority granted to an agent under the power of attorney terminates once the principal has passed away. It should be noted that many powers of attorney, with the exception of the durable POA, also terminate when the principal becomes incapacitated.

Did You Know?

- About 61% of caregivers are women.
- About 1/3 of people with cancer are cared for by a man.
- About 24% of caregivers are caring for two or more people.
- 85% of caregivers found the benefits of caring for their loved one outweighed the disadvantages.
- Family caregiving in the US costs about 600 billion dollars each year for all health conditions.

The Roller Coaster of Caregiving

by Jane Cassily Knapp, RN, LCSWC
www.caregiver.com

The decisions to become a caregiver are usually made in crisis situations. We rarely have time to consider the ramifications of these decisions nor do we really fully understand that there are any ramifications. What could be so difficult about caring for someone we love?

In the ideal situation a family meeting should be called to get an understanding from all involved as to what the primary caregiver's role will be. What are each family member's expectations and understanding of caregiving? What is the family's plan for support to the caregiver?

Scheduled assistance and relief to the caregiver should be routinely incorporated into the weekly schedule from the onset.

The caregiving role is a pivotal one: You become the center person, the "expert" in the care of someone. Everyone else in the family is required to go through you to find out what is now needed for this person. Your new position forever changes your role with each family member.

Avoid pit falls. Dispel misunderstandings/myths regarding your desire to be the caregiver. Others not available or not wanting the responsibility to give care may misunderstand your motives. Often this is rooted in their guilt over not taking on this role themselves. They begin to question....."what is your hidden agenda for caregiving?"

Usually caregivers are by nature giving people. This additional responsibility seems natural to them. But caregivers occasionally suffer from co-dependency. This means that they have had a history of setting poor boundaries and healthy limits to protect themselves from being victimized or exhausted.

Others, not attuned to this, often misunderstand. They may have healthier boundaries and would never allow themselves to do more than they feel they can do. They



assume that the caregiver is not going to work harder than they can tolerate. If an exhausted caregiver continues to try to provide everything needed without asking for help, those around them assume that they are fine. If they weren't fine they would stop and ask for help. The caregiver may become angry and feel abused and victimized. They feel that others should know that they need help but if you don't ask, no one will know. The people around you may not be unwilling or uncaring; they just aren't mind readers.

There are many positive gifts to be had by participating in caregiving. You have the unique opportunity to get to know the dependent person in a very intimate and wonderful way. You can experience tremendous satisfaction from caregiving. You become the model for family members and others who take on the caregiving experience.

You provide the gift of allowing the dependent person to live in a home environment and to be taken care of by someone who loves them and who will honestly work to maintain their privacy, security, and personhood.

Family caregivers share history with the dependent person. They knew them before their many losses. They knew and respected the personhood of their past. Therefore they don't only see them as who they appear in the present. This provides a connection and intimacy that is very comforting.

Family caregivers also provide a sense of comfort and relief to the other family members of the dependent person by the fact that they now have the peace of mind that their dependent loved one is being cared for by someone who really cares for them.

What can you do to assist in caregiving and to care for yourself?

- Allow others to help you.
- Be assertive of your needs and set healthy boundaries.
- Use respite services.
- Participate in support groups and church activities.
- Take time out for yourself and your family; take vacations.
- Make sure you have planned caregiver relief routinely into your weekly schedule.
- Maintain your own health; exercise, get adequate sleep and nutrition.
- Use a monitor if applicable so that you can safely leave your love done for short periods.
- Create a private space for you and your family away from the dependent person.
- Allow yourself to vent your frustrations.
- Don't beat yourself up with guilt.
- Compliment yourself for the tremendous caregiving job you are doing.



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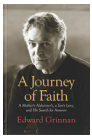
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OSEC Fundraiser at Panda Express in Grass Valley

Dine at Panda Express in Grass Valley and help OSEC! The dates are Saturday, July 6, Friday, August 9, Saturday, September 14, and Friday, October 18, 2024. Mention OSEC when you order and a portion of proceeds will benefit our organization.



Reader Selections



A Journey of Faith by Edward Grinnan
Edward Grinnan, Guideposts Editor-in-chief, understands the fear and panic of memory loss and Alzheimer's all too well.



Solace in the Storm by Cathy Cooke
In this book, Dr. Merle Griff looks at caregiving throughout the human lifecycle, starting with infancy through caring for adult parents.



Raging Currents by Nanette J. Davis
A surprise sink-or-swim lesson at the tender age of nine opens this gripping memoir of love, mental illness, and caregiving.



**FAMILY IN-HOME CAREGIVERS,
YOU ARE INVITED TO
TAKE A
BREAK!**

RELAX AND ENJOY A CURATED
AFTERNOON OF FUN AND COMMUNITY
WITH OTHER CAREGIVERS &
CARE RECIPIENTS

Tues July 16 | 11am-3pm

- Lunch provided
- Live Music and Activities
- Ice Cream Social
- FREE!

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