

Caregivers



MEMORY CARE™
HOME SOLUTIONS



ANNUAL REPORT

JUNE 2014 | MAY 2015

Hope

It's about Hope

It's about Caregivers

It's about Being of Value



With Alzheimer's disease exploding at historic rates and the prediction of the number affected by the disease to triple by 2050, it's a wonderful opportunity to talk about a bright light in this difficult field: Memory Care Home Solutions.

It's about Hope!

Dear Key Stakeholders:

This year Memory Care Home Solutions is thrilled to announce that we have served 66,850 people since the start of the organization in 2002. You can see the trajectory grow as we have served 22,000 of those in the last program year alone.

It's about Caregivers.

Our family caregivers are comprised of the spouses, children, siblings, friends or neighbors who valiantly take on the role of helping care for someone whose cognitive abilities are in decline. Whether they bring over a casserole, drive to the grocery store or accompany them to a doctor's appointment, they are part of the caregiving team, and we are there to help them. The testimonials from caregivers we receive include such phrases as, "you are a godsend," "We are so glad we found you," and "What would we have done without you?" It warms our hearts to hear such feedback. The fact is that there are many, many families who are still caregiving without us, but thanks to wonderful funding, our program is expanding in its breadth and depth to reach them where they are.



It's about Being of Value.

Community Recently, Memory Care garnered increased community support, which allowed our program staff to triple since 2013. Through the support of the Missouri Foundation for Health and the Retirement Research Foundation, among others, Memory Care Home Solutions took our caregiving training programs to the next level and served more than 300 families, offering each up to four occupational therapy visits. That means our families are receiving hands-on training in the most basic and important activities of their life.

Caregivers are learning how to bathe, transfer, assist with personal hygiene and simply know how to talk to someone with cognitive impairment through Memory Care's programs. With the support of our community, we now offer classes and appear at corporate trade shows and health fairs, which expands the awareness of what we offer. Throughout the last year, we appeared at RGA, Watlow, BJC and Wells Fargo Advisors. Our partnerships reach 85 counties across Missouri and in Illinois. Thanks to our wonderful funders, our services are offered free of charge.

Results Memory Care Home Solutions was awarded additional funding from the Missouri Legislature of approximately \$100,000 to be paid in FY2015 that will allow us to expand our reach and our programming even farther. The state identified MCHS for the support, due to our key positioning, the fact that our results prove to reduce long-term healthcare costs for the State of Missouri and a timely increase in state general revenue.

Quality The impact of our program cannot be understated. We continue to track the reduction of healthcare costs, showing marked reduction of 911 calls, ER visits and length of stay at hospitals. Beyond that, now with our expanded occupational therapy visit offering, we are able to show that in the last program year:

- 82% of caregivers benefited from communication and disruptive behavior training
- 97% of male caregivers benefit from perineal care and toileting training
- 67% of caregivers benefit from training on medication management

The list goes on and on. We are so thankful that we have been able to maintain quality services free of charge to every concerned caregiver who calls us – regardless of diagnosis, financial status or geography. Caregivers are now being helped nationwide through the sale of our “Memory Care Guidebook”, the dedicated professionals who staff our geriatric phone line and the resources available at our new web site.

So when the day may seem dark and fruitless, Memory Care Home Solutions is here to offer hope.

HOPE

*to Caregivers, to the Community, to the
Larger Healthcare Systems.*

We look forward to continuing the successful partnerships, and we thank you for your support.

Gratefully,



Lisa Baron
Executive Director
Memory Care Home Solutions

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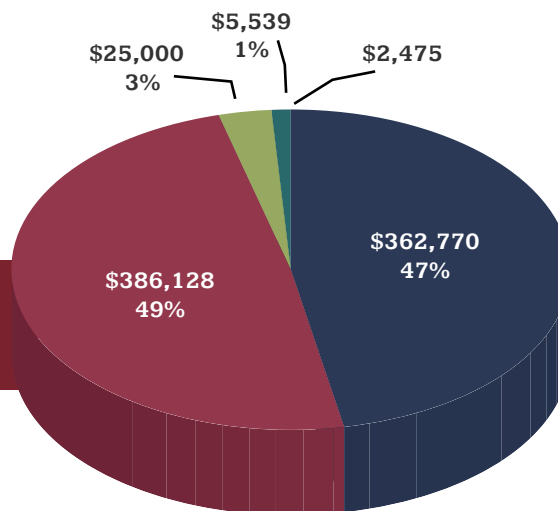


INCOME & EXPENSES 2014/2015

Grants	\$362,770
Gifts/Events/Appeals	\$386,128
State Funds	\$25,000
Interest	\$5,539
CTC Donations	\$2,475
TOTAL INCOME	\$781,912*
Program Cost	\$586,447
Fundraising	\$83,331
Administration	\$70,651
TOTAL EXPENSES	\$740,429

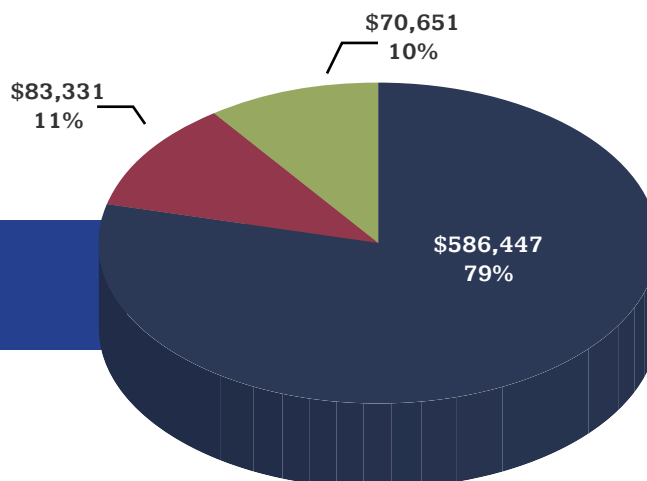
*Does not include capital donations of \$25,000

TOTAL INCOME 2014-2015



- Grants
- Gifts/Events/Appeals
- State Funds
- Interest/Dividends
- CTC Donations

TOTAL EXPENSE 2014-2015



- Program Cost
- Fundraising
- Administration

It's about *Hope*



It's about *Caregivers*





Alzheimer's Community Service Award 2014



The Memory Care Home Solutions Community Service Award is presented to individuals or entities who have demonstrated extraordinary commitment and advocacy to the welfare, health and education of the St. Louis community. Nancy and Craig Schnuck were honored during the 8th Annual Memories & Melodies event held on November 6, 2014 at the Four Seasons Hotel.



Alzheimer's Community Service Previous Award Recipients

Pat and William A. Peck, MD, 2009
Mary Lee and Bob Hermann, 2010
Betty and David C. Farrell, 2011

Suzanne and Earle Harbison, 2012
Ellen and John Wallace, 2013

Mission Champions 2014

Memory Care Home Solutions honored the following people as Mission Champions. These awardees are dedicated to connecting patients and families with much-needed caregiver support and training! Because of their compassion for the clients we serve, they have allowed us to expand our reach to more families caring for a loved one with memory loss, dementia or Alzheimer's disease.

Yolanda Crawford, MSW
SSM Depaul Health Center

Hazel Kirk, LCSW
Delmar Gardens Home Care

Sue Leon, RN, GNP- BC
Barron Family Medicine

Chris Mahoney, CIRS-A/D
Mid-East Area Agency on Aging

Margaret "Peggy" Mitchell, OTR/L
BJC Home Care Services

Debra Schuster, JD
Debra K. Schuster & Associates

Margaret Stasiak, RN, BSN
Mercy Care Navigators

Janelle Elliott MSN, RN, CCM;
Robert D. Hackleman, MSW LCSW;
Carmen A. Smith, MHS, RRT, AE-C
Stay Healthy Outpatient Program Case Managers
- Barnes-Jewish Hospital

Cassandra Ward, ANP-C
The Memory Diagnostic Center at Washington
University

Cheryl Wingbermuehle, LCSW,
& Helpline Staff
Alzheimer's Association St. Louis Chapter

Memory Care Home Solutions **Volunteer of the Year 2014**

Lydie Wallace & Chuck Jahneke

Memory Care Home Solutions honored Lydie Wallace and Chuck Jahneke as our volunteers of the year at our 4th annual **Swing into Spring Event** on May 14, 2015 in the Champions Club at Busch Stadium. Lydie Wallace has generously given her time and talents as our co-chair for our fall gala Memories & Melodies and through the year in many capacities. Chuck Jahneke has played a large role in the design of our new headquarters, as well as the constant upkeep of the building. Volunteers such as Lydie and Chuck are vital to the delivery of our mission and success of our organization.





The Story of *Joan & Mable*



When Joan, a retired school teacher of 40 years, began caring for her mother with Alzheimer's, she was doing it completely on her own.

It wasn't until she was referred to Memory Care Home Solutions' programs for caregivers of loved ones with dementia that she has truly been able to balance her personal time with the responsibilities of caring for her mother.

"Memory Care has helped me the most because they provided me with real strategies caregivers use to help their loved one with memory loss and still have time to do things they enjoy," said Joan. "I try to do as much for myself as I can because it keeps me positive and calm."

Joan's mother, Mable, suffered from a stroke five years ago and moved in with Joan after the symptoms of her Alzheimer's worsened. While Mable's memory is continuing to decline, the 93-year-old is still healthy and enjoys going to church, spending time with family and being social. Joan does

not want to move her into a nursing home, as she's still mobile and enjoyable to be around. However, it is common for persons with cognitive impairments to become anxious and agitated if their caregiver is not directly in their line of sight. This makes it difficult for caregivers to accomplish their own daily activities.

Joan has seen this first-hand and says the most challenging part of her caregiving situation is her mother's compulsive tendencies. Mable often repeats questions throughout the day or becomes fixated on topics or concerns for

long periods of time. Mable also tends to follow Joan around throughout the house, making everyday tasks more challenging for Joan to complete.

Jan Hanneke, a social worker for Memory Care, and Shelia Lynch, an occupational therapist, made multiple visits to Joan's home to assess her situation and provide individualized recommendations for how to improve Joan and Mable's routines.

"During our initial visit, we noticed Mable needed a lot of reassurance from Joan; Mable was always right by her side. It was difficult for Joan to focus on a task while in the same room as her mother," said Jan, who provided the initial in-home consultation for Joan and Mable. "When we gave Mable an art activity to focus on, Joan was ecstatic because she could check the mail without any interruptions. It's the little things we take for granted, like

quickly sorting the mail, that become difficult as a caregiver."

Managing the time commitments and financial responsibilities of caregiving takes patience and understanding. Memory Care's programs aim to ease the stress of caregivers as much as possible. After the initial in-home consultation, Memory Care works with the caregiver to identify three or four main priorities to accomplish during four additional visits, ranging from communication support to advice on personal care.



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Providing Support

When a loved one begins to show the signs of memory loss, dementia or Alzheimer's disease, families – everyday heroes – put it all aside to do the best job they can.

Memory Care Home Solutions has served, supported and connected with many of these incredible caregivers since the organization was founded.

Sandra, a caregiver of both her sister and mother, two beautiful women with Alzheimer's disease, made a comment that we cannot seem to forget, **“Co-workers, friends, family – they don't understand what you go through as a caregiver – but the program director from Memory Care Home Solutions was on top of all those things – their staff met the needs before I even knew they were there.”** Memory Care Home Solutions brings this peace to thousands of caregivers every year.

Last year in the United States – 15.5 million family members and friends provided over 17.7 billion hours of unpaid care to loved ones with Alzheimer's disease and other dementias.

The Story of Joan & Mable



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“The puzzles and photo albums Memory Care Home Solutions gave us have really made a difference. They distract her and give me time to breathe,” said Joan. “I’m so blessed to have these resources.”

Memory Care Home Solutions offers a variety of programs at no cost to family caregivers. The most customized program is the in-home family training and consultation program. Families receive an average of 12 hours of one-on-one support from social work and occupational therapy clinicians over the course of a year. Memory Care Home Solutions also offers free, interactive caregiving workshops to community groups and telephone-based dementia care counseling for caregivers to call whenever they need support or advice.

“It’s difficult to understand Alzheimer’s and what it does, but that’s what all caregivers have to keep in mind – it’s not the person, it’s the illness,” concludes Joan. “I wouldn’t be able to help my mother without the help of Memory Care, my family or my faith.”

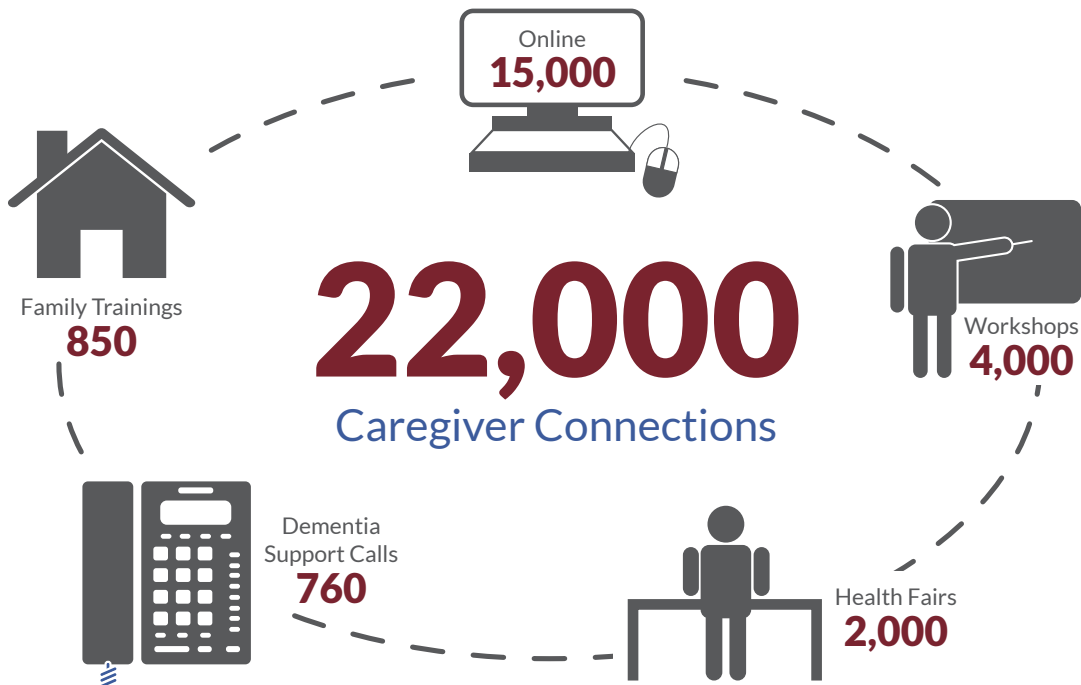
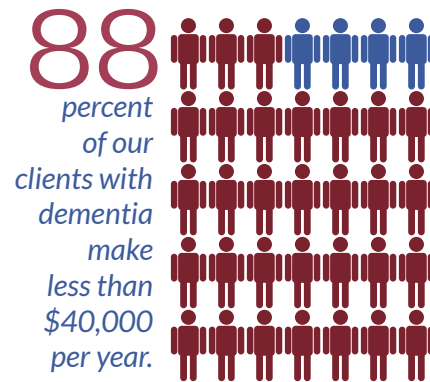
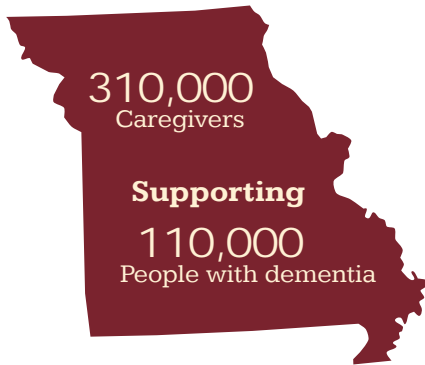
“I try to do as much for myself as I can because it keeps me positive and calm.”

It's about Being of Value

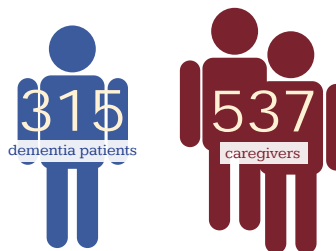


Mission

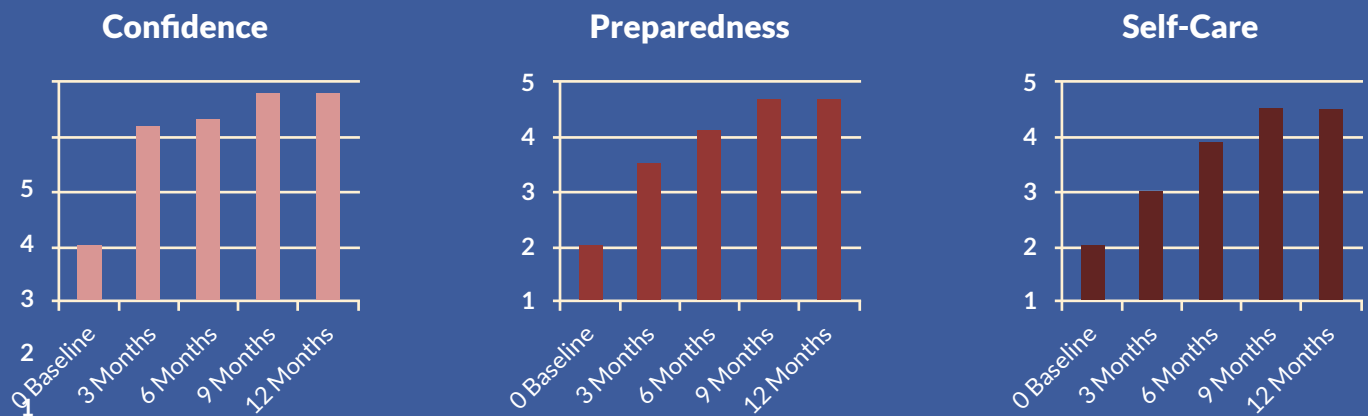
Memory Care Home Solutions is a non-profit organization that exists to extend and improve quality time at home for families caring for loved ones with memory loss, dementia, or Alzheimer's disease.



During our year-long intervention in 2014, we served



Reduction of Caregiver Burden



Changes reported by caregivers while receiving the Memory Care service.

Confidence: self-confidence in providing high quality care

Preparedness: preparation to deal with caregiving challenges

Self-care: ability to make time for themselves

Data prepared in association with Washington University, Department of Psychology.

Caregiver Training & Consultation Program

Cost

Grant funding and generous donations enable Memory Care Home Solutions to provide this program (valued at \$1,500/family) at **no charge to participants.**

Service Area

Missouri: St. Louis City and County, St. Charles, Jefferson, and Franklin counties

Illinois: St. Clair and Madison counties

Phone/Email Consultation

Memory Care professionals are available to answer questions and offer further professional advice and community referral services at any time throughout the program.

All donations are greatly appreciated.

MONTH 1

Initial Visit or Consultation

Home Visit and/or Consultation

- Memory Care Home Solutions staff visits family in their home or alternate location depending on caregiver needs
- Assess the living environment and actual challenges faced by the caregiver
- Delivers customized and specific training to caregivers

Topics:

- Independence at home
- Coping strategies
- Home safety recommendations
- Communication skills
- Management of behavioral problems
- Participation in daily activities
- Reduction of caregiver stress
- Community resource facilitation

Strategy Plan:

Caregivers receive a written comprehensive strategy plan including:

- Individualized environmental and behavioral strategies
- Recommendations for assistive devices
- Appropriate professional and community referrals
- Adaptive equipment
- Safety devices

MONTH 3

Follow-up Assessment #1

- Memory Care Home Solutions staff conducts follow-up phone assessment
- Evaluates the implementation of the strategy plan and other suggestions
- Continues implementation of evaluation tools
- Makes recommendations and provides strategies as needed

MONTH 6

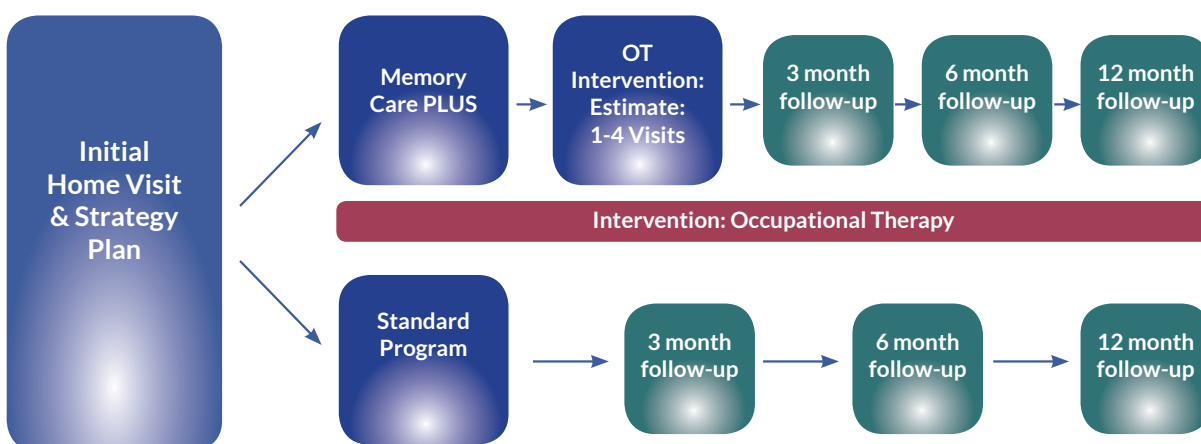
Follow-up Assessment #2

MONTH 12

Follow-up Assessment #3

- Memory Care Home Solutions staff sends final assessment and survey to caregiver via mail
- Offers ongoing support and advice

Memory Care PLUS



Our Results



As a not-for-profit organization, Memory Care Home Solutions exists due to support from multiple foundations and individual donors.

An Expanding Need in the Community



Too many former caregivers who hear of our program immediately say they desperately needed help and wished they had known about our program when they were caring for a family member with Alzheimer's disease. It is our duty to expand our reach so everyone in need of support knows we are here for their family as soon as they need help.

Memory Care Home Solutions has been a vital asset to the caregiver community for over 10 years. The organization is an established leader in the training and support of those caring for a loved one with memory loss, dementia or Alzheimer's disease.

We Are Here

A Permanent Part Of The Community

In 2013, with local and national support, Memory Care Home Solutions opened the doors of its new Headquarters and Caregiver Training Environment. This facility serves as a permanent home for the organization's day-to-day operations while providing a unique opportunity for the growth of programming focused solely on helping those who need it most – the unpaid family caregivers.

We are here to reach the caregivers who need us. Our Caregiver Training Environment provides the community with knowledgeable resources that help serve families in need. We accomplish this through training, information, support and camaraderie, not only with other caregivers, but with experts in the field of memory loss, dementia and Alzheimer's disease.

The family trainers and therapists from Memory Care Home Solutions provide a unique intervention, at no cost, that serves caregivers who need support.



Memory Care Home Solutions supports individuals learning to care for their loved one and protect themselves and their families from crisis.



memorycarehs.org



