

THE OREGON ATTORNEY ASSISTANCE PROGRAM
PRESENTS

CARING FOR SELF WHILE CARING FOR OTHERS

A NEW SERIES examining four challenging areas
& effective ways of caring for yourself while taking
care of others.

WEEK FOUR: AGEING PARENTS AND FAMILY MEMBERS

PRESENTER: LYNNE COON, LPC

FEBRUARY 25, 2019

Time: 12:00 PM – 1:00 PM

World Trade Center, Mezzanine 5
25 SW Salmon Street
Portland, OR 97204

January 28, 2019: Cultivating Lawyer Well-Being
Presenter:
Doug Querin, JD, LPC, CADC I

February 4, 2019: Mindful Parenting
Presenter:
Kyra Hazilla, JD, LCSW

February 11, 2019: Unhealthy Behaviors and Substance Use
in the Family – panel discussion
Presenter:
Bryan Welch, JD, CADC I

February 25, 2019: Aging Parents and Family Members
Presenter: Lynne Coon, LPC



Application for 1 MCLE credit pending

Oregon Attorney Assistance Program
520 SW Yamhill Street, Suite 1050
Portland, OR 97204
503.226.1057 www.aaap.org

MCLE FORM 1: Recordkeeping Form (Do Not Return This Form to the Bar)

Instructions:

Pursuant to MCLE Rule 7.2, every active member shall maintain records of participation in **accredited** CLE activities. You may wish to use this form to record your CLE activities, attaching it to a copy of the program brochure or other information regarding the CLE activity.

Do not return this form to the Oregon State Bar. This is to be retained in your own MCLE file.

Name:		Bar Number:	
Sponsor of CLE Activity:			
Title of CLE Activity:		Program Number:	
Date:	Location:		
<input type="checkbox"/> <i>Activity has been accredited by the Oregon State Bar for the following credit:</i> ___ General ___ Prof Resp-Ethics ___ Access to Justice ___ Abuse Reporting ___ Practical Skills ___ Pers. Mgmt/Bus. Dev.*	<input type="checkbox"/> Full Credit. <i>I attended the entire program and the total of authorized credits are:</i> ___ General ___ Prof Resp-Ethics ___ Access to Justice ___ Abuse Reporting ___ Practical Skills ___ Pers. Mgmt/Bus. Dev.*	<input type="checkbox"/> Partial Credit. <i>I attended _____ hours of the program and am entitled to the following credits*:</i> ___ General ___ Prof Resp-Ethics ___ Access to Justice ___ Abuse Reporting ___ Practical Skills ___ Pers. Mgmt/Bus. Dev.*	

***Credit Calculation:**

One (1) MCLE credit may be claimed for each sixty (60) minutes of actual participation. Do not include registration, introductions, business meetings and programs less than 30 minutes. MCLE credits may not be claimed for any activity that has not been accredited by the MCLE Administrator. If the program has not been accredited by the MCLE Administrator, you must submit a Group CLE Activity Accreditation application (See MCLE Form 2.)

Caveat:

If the actual program length is less than the credit hours approved, Bar members are responsible for making the appropriate adjustments in their compliance reports. Adjustments must also be made for late arrival, early departure or other periods of absence or non-participation.

*Personal Management Assistance/Business Development. See MCLE Rule 5.12 and Regulation 5.300 for additional information regarding Category III activities. Maximum credit that may be claimed for Category III activities is 6.0 in a three-year reporting period and 3.0 in a short reporting period.

Biography

Lynne Coon, a Licensed Professional Counselor, started her career 15 years ago, working with older adults in community mental health. In her private practice she provides counseling, problem solving and resources to both older adults and the adult children of elderly parents. She also provides family mediation when there is disagreement among elderly parents, adult children or siblings related to elder care.

Lynne has written a workbook, **Planning for Future Needs of Elderly Parents** and facilitates a monthly support group for adult children dealing with the aging issues of their elderly parents.

Lynne grew up with a great grandfather who lived in her family's home until he died in his 100th year. She also lived near both sets of grandparents and witnessed the challenges they faced as they aged from watching her parents and relatives make the decision to honor her grandfather's wishes to discontinue life sustaining measures to a grandmother who slowly slipped away with dementia. She also helped care for her mother-in-law until her death.

This presentation will cover challenges lawyers face with elderly parents, relatives, partners, friends and ourselves as we age; identify some of the barriers to talking about, and planning for, aging; provide communication strategies and approaches; offer ideas for taking care of yourself in this process; provide approaches to planning for emotional and financial pitfalls that come up when a parent remarries or cohabitates and offers ideas to plan for your own healthy aging and potential care needs.

CHALLENGES

- Ability to manage ADLs
- Poor judgment
- Physical decline
- Dependence
- Limited finances

BARRIERS TO HELPING

- Unequal relationship
- Guilt
- Avoidance
- Depression
- Overwhelm
- Anger
- Fear

BURNOUT

- The insidiousness of caregiving
- How to avoid or reduce the likelihood of it occurring

SOLUTIONS/APPROACHES

- Work on sibling relationships
- Identify the person with the most influence to talk to your parents
- Prepare your parents for the idea of talking
- Ask what and how questions
- Compromise and Negotiation

MAKE A PLAN FOR PARENTS WHO WON'T PLAN

- Sometimes, despite our best intentions, our parents may refuse to plan.
- If appropriate you might share the effect on their decisions on you.

CONSIDERATIONS FOR PARENTS WHO REMARRY/COHABITAT

- If you have an elderly parent who divorce and die and begin new
- Possible challenges you may face

PREPARE FOR YOUR OWN AGING

- Don't assume others will be there to help
- Consider a long term care policy
- Adapt as you decline (studies show those who do this are happier than those who focus and lament their losses)
- Focus on what you can still do not what you can't
- Keep or make social connections
- Talk with your kids or relatives about what you want as you age.
- Identify someone who can oversee your care in case you can't

Lynne Coon Counseling LLC

RESOURCES

Geriatric Care Managers:

Geriatric care managers are professionals such as gerontologists, nurses, counselors, social workers, or psychologists with a specialization in issues related to aging and elder care. Care managers work privately with older adults and their families to create a plan of care. You can find a geriatric care manager in your state/county/city by going to the search page on their [website](#)

Placement Services: (assistance in finding senior living options)

[Adult Placement Network](#), Michele Fiasca, 503-659-2029

[Autumn Of Life](#), Cherie Henry, 503-970-1032

[All About Seniors](#), Jennifer Hale Roney, R.N. 503-659-1410

Oregon Senior Referral Agency Association ([OSRAA.com](#))

Aging in Place

[Click here for a Google search with local options](#)

In Home Care:

[Aging Advisors](#), 503.953.5827 (also geriatric assessments and case management)

[Guardian Angel Caregivers](#), Steve Miller, 503-698-2020

[Caregiver Connection](#), Micki Carrier, 503-246-4672 (will vet and provide in home care help that you pay directly)

Caregiver Support Groups

- I hold one on the 3rd Tuesday of the month at 6-7:30pm. (dates can vary due to holidays or vacation); 1020 SW Taylor St. Suite 448. Free. To learn more [click here](#)
- Legacy Good Samaritan: 1st Thursday of month; 3-4:30pm; 1040 NW 22nd Bldg 2; 503-413-5658
- Hollywood Senior Center: 1st and 3rd Tuesdays of month; 10-11:30am; 1820 NE 40th Ave. LGBT Welcoming! 503-288-8303
- Mt Hood Adult Day Center: 1st and 3rd Thursday of month; 11am-1:00pm; 376 NE 219th Ave., Gresham OR 97030. You can prearrange care for your parent for a fee by calling 503-512-7373

Aging and Disability Services

- Some states have better Aging and Disability services than others but it's always helpful to check with the one in your parent's county to see what services they offer or to find local services in your area. The name may vary slightly in other states but searching for Aging Services and the county name should work to find it.
- **Multnomah County** has online resources for seniors (older people), people with disabilities, and caregivers. Aging and Disability Resource Connection (ADRC) online, 24 hour phone coverage at 503-988-3646 or email adrc@multco.us.

Assessing Driving Ability

The **State of Oregon** has a good [resource document](#)

AARP has a [page](#) dedicated to this

Physician's Orders for Life Sustaining Treatment (POLST)

This overrides a Living Will. Emergency workers/staff look or ask for these. Primary care doctors provide these to patients.