

Evergreen Case Coordination

Are you concerned about your parent living home alone?



Are you wondering about what kind of assistance is available for your spouse?

Do you hesitate looking for services due to financial concerns?



Does your Spanish-speaking family member need answers about community resources?

Necesita una persona en tu familia información sobre recursos en la comunidad?

If you answered “yes” to any of these questions, you and your loved one will benefit from **Evergreen Commons Case Coordination Services.**

A trained professional will come to your home to

- share information about community services
- complete an assessment at no charge
- coordinate necessary services
- provide ongoing monitoring



Discover how we can work together to improve the quality of life for you and your loved one.

Call today for more information or to set up an appointment.

355-5118 for local calls
(888) 201-9145 toll free

evergreen  COMMONS

www.evergreencommons.org

A Caregiver's Story

I am a husband and caregiver and this is my story, my journey.

I first started noticing something was wrong with my wife, Sherron, when she started throwing half-made recipes in the garbage. We owned a bed & breakfast and she was always cooking and baking, so it was rather odd when I found half-mixed ingredients thrown away. This happened many times until I asked what was going on. She shared with me that she couldn't remember what ingredients she had put in and what she hadn't, so she'd throw it out and start over. And over. And over, again. I tried to help her, tried to fix the problem, but nothing seemed to work. I started talking to my children about what was going on and they suggested we see a doctor.

I scheduled the doctor's appointment and soon after she was assessed. The doctor gathered information from the tests and diagnosed her with Alzheimer's disease. At first we did not make many immediate changes. However, as the disease progressed I decided we needed to sell our business. As time went on, she agreed. Our business sold and life began to change.

There were many times I would drive by Evergreen Commons Senior Center and wonder what was inside. After curiosity got the best of me, I stopped in. Soon after joining I started spending time at Evergreen. I would shoot pool and spend time socializing. I started receiving The Courier and noticed they offered "Caregiver Training" courses. I wasn't sure what that meant, but I contacted the Care Coordinator and learned more about the "Caregiver

Training" and "Caring for Someone with Dementia" classes.

I found the classes to be very helpful—once I started attending! I did not attend right away, but they didn't give up on me. I would stop by, talk with staff,

call and email—all while trying to sort out what was going on with my wife and how my life was changing. About 6 months later, I signed up for the class. And attended.

Evergreen Senior Care Services means everything to me. I found support. I didn't need to go from one place to another to find help. I found it all right here. Evergreen has been such a huge relief. If I needed help about community resources, they helped. If I needed information about caring for my wife, they helped. When I didn't know I needed to care for myself, they helped.



Sherron (l.) and Evergreen In Home Assistant Dora

After taking the classes I realized more changes needed to be made. I connected with a Case Coordinator and soon after In Home Care services started. By having In Home Care, a load has been lifted off my shoulders. Sherron is so relaxed when our Evergreen Commons Caregiver is here. Sherron enjoys Dora taking care of her. With Dora's visits I am able to get out of the house for a few hours and know Sherron is well taken care of. What a relief!

If you are a caregiver and are wondering what to do—my suggestion is, "Go to Evergreen! All resources are there."

As told to Evergreen Case Coordinator Nicole L. Klunder, BSW