

Adult Day Self-Care Newsletter

April 2022

We're Here For You!

We hope you have had a chance to visit the [new section of our website](#) devoted exclusively to **Adult Day Services!** We have pages with staff training materials; practical resources, links, and publications; and a library of back issues of our monthly newsletter. The Staff Training resources tab includes training videos you can use with new staff or as a refresher for your veteran staff. Located under Staff Training, the *Foundations* video series (and related manual) cover the basics of supporting individuals with memory loss in Adult Day Programs. The focus is on creating a dementia capable environment, with information on topics such as communication, safety, mealtime, and managing behavioral challenges. We will continue to add more information and resources on a regular basis, so check back often. Because we want the website to be useful to you, we welcome your thoughts and experiencing these resources. Please share your ideas about what you find useful and about what else would be useful to add to these web pages and what topics you would like to see in future newsletters. We will look for your [email!](#)

Decision Fatigue

April 16 is [National Healthcare Decisions Day](#)—you can find info and resources on page 2 of this issue. The focus of this awareness day is to share information and tools to help people prepare advance directives. This process involves a lot of big decisions, but our lives are also filled with many small decisions that can add up.

The pandemic has added to our daily decision burden. Should I go to this event? Should I wear a mask? What kind of mask should I use? Will this put my family at risk? Should I get a COVID test?

Psychologists tell us that we make as many as 35,000 decisions each day! Some experts believe that each of these decisions takes mental energy, with the most exhaustion from facing complicated choices involving many options. Over the course of a long day, it gets harder to make thoughtful decisions or even simple decisions about what to have for dinner or whether to indulge in a big bowl of ice cream. What to do? *See page 2...*



Other April 2022 Awareness Events

[Parkinson's Awareness](#) Month

[Stress Awareness](#) Month

[National Occupational Therapy](#) Month

[National Minority Health](#) Month

[National Poetry](#) Month

Decision Fatigue: Practical Tips

Here are a few things to consider.

Individual differences: Not everyone is well-organized or disciplined. Some have more self-control than others. We also are affected by our current situation, our health, and our energy level. You'll have to learn what works for you.

Plan ahead: This is the idea behind advance directives for healthcare and end-of-life. Make decisions when you are calm and collected, before you are in an emergency situation. This principle also applies to small decisions. For example, eating the same general breakfast every day, like cereal and fruit, reduces your decisions but still allows for variety.

Schedule wisely: If you have a choice, consider the best time of day for decisions. Mornings are often better than evenings for big decisions. If you have an afternoon slump, that's not the best time to focus on decision-making!

Limit your options: Too many choices adds to the challenge of picking one. It will be easier to make a decision if you can focus on just a few.

Rest up: Lack of sleep can impair judgment and add to decision fatigue. [See the March 2022 issue!](#)

Boost your energy: Take a break. Recharge. Close your eyes for a minute. Have a piece of fruit, a little protein, or a cup of tea with honey.

Forgive yourself: Bad decision? Don't give up. Take a [self-compassion break](#). All is not lost. You can make a different decision next time.

References

- Baumeister, R., & Tierney, J. (2011). *Willpower: Rediscovering the greatest human strength*. Penguin.
- Pignatiello et al. (2020). Decision fatigue: A conceptual analysis. [Journal of Health Psychology](#), 25(1), 123-135.



visit our website www.care2caregivers.com for information on caregiver support groups

For More Information

Here are some resources for learning more about planning ahead for health and safety.

The [Conversation Project](#) website offers end-of-life resources and ideas for activities on National Healthcare Decisions Day.

This [general decision worksheet](#) for health and social decisions is available in several languages.

New Jersey provides a [legal form \(POLST\)](#) to indicate preferences for life-sustaining treatment.

COPSA offers a free brochure on [Emergency Care Planning](#) for caregivers.

You also can find many resources on emergency preparedness at [Ready.gov](#)

As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education 2022

Caregiving and Decision Making

April 15, 2022 1:00pm

Click [HERE](#) to register for February 16

Seize the Day: Meaningful Ways to Add Structure and Fun to Your Day

May 25, 2022 1:00pm

Click [HERE](#) to register

Brain Health

June 22, 2022 1:00pm

Click [HERE](#) to register

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