

senior review

FREE

September 2023

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Generations United: The Power of Grandparents as Girl Scout Volunteers

by Girl Scouts of the Northwestern Great Lakes

As the saying goes, "Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love." This rings true in Girl Scouts as grandparents play a vital role in enriching the Girl Scouts experience for girls, parents, and the Girl Scout Movement. Their unique blend of wisdom, patience, and enthusiasm makes them exceptional volunteers, leaving a lasting impact on everyone involved.

As a grandparent, what can YOU bring to the Girl Scout community?

Relatability and Wisdom | Grandparents are a bridge between generations, connecting their experiences from the past with the present. They have a wealth of wisdom to share, making them incredible mentors for young Girl Scouts. Their stories often carry cultural, historical, and personal significance, fostering understanding and appreciation for diverse perspectives.

Unwavering Support | Grandparents are genuinely interested in the well-being of their grandchildren. Their unconditional love and encouragement serve as a powerful motivator for Girl Scouts to pursue their goals and dreams. The emotional security that grandparents provide empowers girls to take on challenges with confidence and resilience.

Enhanced Parent-Grandparent Partnership | When grandparents actively participate in Girl Scout activities, it creates a beautiful synergy between generations and strengthens family bonds. Parents often find immense relief and support from grandparents, who share the responsibilities of organizing events, attending meetings, and supervising outings.

Rich Heritage | Girl Scouts is built on a strong foundation of traditions and values, and grandparents play a vital role in preserving and passing down these elements. Their involvement ensures that the rich heritage of Girl Scouts continues to inspire and guide future generations.



Diverse Skill Sets | Grandparents often bring a diverse range of skills and experiences to the table. From traditional crafts, storytelling, or outdoor survival skills, the expertise of grandparents adds depth to the Girl Scout program. Girls are exposed to diverse perspectives and learn valuable life lessons that inspire them to become well-rounded individuals.

Encouragement and Empowerment

| Grandparents, with their years of life experience, know the power of encouragement and empowerment. As Girl Scout volunteers, they provide a nurturing environment where girls feel supported in pursuing their interests and ambitions. The unwavering encouragement from grandparents fosters a sense of self-belief and resilience in the girls, helping them develop leadership skills and grow into confident young women.

Community Involvement | When grandparents volunteer for the Girl Scouts, it often inspires other community members to get involved. This ripple effect leads to a stronger, more engaged network of support for Girl Scouts, creating a positive impact on the community as a whole.

Grandparents make outstanding Girl Scout volunteers, bringing joy, wisdom, and an intergenerational connection to the organization. As they impart valuable life skills, instill a sense of tradition, and empower young girls to become strong, confident leaders, grandparents leave a lasting impact on everyone involved. Through this beautiful exchange of love and knowledge, Girl Scouts truly exemplifies the power of building bridges between generations and fostering a sense of community that stands the test of time.

Get in touch to learn more or to start your Girl Scout volunteer journey today - gsnwg.org, info@gsnwg.org, or 888.747.6945.

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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).



If you truly wouldn't want to be seen in that outfit, now is the time to tell them!



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National Assisted Living Week acknowledges the importance of these facilities and the crucial role that they play in the lives of elderly people and people with disabilities. The week-long celebration recognizes everyone involved in assisted living facilities, including family members, residents, assisted living resident assistants, volunteers, and other staff.

How to Have the “Assisted Living” Talk *By Becky Streeter*

There are many strong opinions regarding in-home care versus assisted living facilities. Regardless of your stance, there may come a day when a facility is the best option for your loved one, even if they don't believe it is. Many senior adults do not want to leave their homes, so a conversation about moving to an assisted living facility can be difficult. Below are some tips on how to approach that discussion.

1. Talk with your loved one about their wishes early on and often as they age. Make sure everyone is on the same page, and discuss the possibility of moving to an assisted living facility if you feel the care required cannot be provided physically or financially by remaining in their home. Often the burdens of maintaining a home (repairs, lawn care and snow removal, etc) become too difficult to keep up with, especially if there are physical limitations. By talking about assisted living early and often, you can normalize the conversation and concept.
2. Research some facilities ahead of time so you have options to look at together. Create a spreadsheet with amenities or ask for a mailed brochure. If possible, take a tour of the facility with your loved one and make sure to ask the staff many questions. If they cannot answer all your questions to your satisfaction, it might not be the right choice. Involving your loved one in the process as much as possible will help them retain their independence and autonomy. It is still their life, after all.
3. Do not force the issue. If they refuse to even talk about it, revisit the topic at a later date, asking if they've had a chance to think

about or review any information you provided. Unfortunate events such as hospitalization can also be an appropriate time to carefully bring up the conversation. Let them know you're glad things weren't worse, AND that they might receive better and more constant support in a facility to hopefully avoid dangerous situations going forward.



4. Acknowledge that change can be hard, but it can also be good. Life in an assisted living facility can be an enriching experience. Many facilities offer a wide range of activities and socialization, juxtaposed by remaining at home where seniors often become isolated. Some developments also have themes and focuses that might align well with your loved one's desires and lifestyle.

Source: "Talking About Assisted Living." *Today's Caregiver*. 21 Sept 2022. <https://caregiver.com/articles/talking-assisted-living>.



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Making the decision to enter assisted living can be emotional and stressful for everyone involved, but having a starting point for assessing options can help reduce any stress. If you and your loved ones are prepared with a list of questions, you will feel more prepared when moving day comes along. A in depth list of questions to ask when conducting your interviews can be found below.

BASICS

- Distance from loved ones?

TRAINING FOR STAFF

- Type of training for staff?
- Certifications required before hiring staff?
- Staff trained to handle refusal to bath, eat, drink fluids, etc.?

SAFETY

- Cameras on the hallways and doorways?
- How is community security?
- Secure buildings/grounds?

RATE

- Monthly rate for housing/care?
- What does the rate include?

THE FACILITY

- Private rooms?
- Memory care available?
- Are residents grouped by cognitive level?
- Ratio of staff to resident during day/night?
- Walking paths?

- How often are housekeeping and laundry provided?
- Meals in dining area or in-room?

MEDICAL ASSISTANCE

- Level of personal assistance?
- Policy for handling medical emergencies?
- Nurse on duty 24/7?
- Visiting physician?
- Medical services available?
- Each resident have individual care plan?

RESIDENT'S WELL-BEING

- Programs offered (exercise, PT, social activities)?
- Therapy (physical, pet, music)?
- Communication w/ family about residents' well-being?
- Transition residents from assisted living to memory care to skilled nursing?

OTHER

- Transportation
- Discharge policy

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Community Based Residential Facility (CBRF)

CBRF's are staffed group living arrangements that provide room, board, supervision and other supportive services to 5 or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and bathroom, and share living and dining space with other residents of the facility. CBRFs are intended for people who cannot live independently, but are neither acutely ill nor need extensive amounts of skilled nursing care. Up to 3 hours of skilled nursing care per week may be provided. Unlimited amounts of supportive and personal care are provided. Facilities vary in size from 5 residents to over 100.

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An RCAC is a place where five or more adults reside. Apartments must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. This living option provides no more than 28 hours per week of supportive services, personal assistance and skilled nursing services.

Adult Family Homes Adult Family Homes—where 3 or 4 adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board. May include up to 7 hours per week of nursing care per resident.

Source: Eau Claire ADRC

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