

Newsflash

VOLUME 13, ISSUE 4

APRIL 2014



Three-time Oregon Business Magazine
Award Winner for
best medium-sized nonprofit
to work for in the state
and
Two-time Alfred P. Sloan Award Winner!

Aging Gracefully

Aging happens to all of us. It is inevitable, unavoidable, and sometimes worrisome. At the same time, the process is indescribable, beautiful, and personal. Aging, when coupled with developmental disabilities, becomes a complex topic, and one worth looking at proactively by clients and their caregivers alike.

As a benefit of recent medical advances, the general population is living longer than ever; the same goes for adults with developmental disabilities. Those with developmental disabilities are at risk for developing chronic health conditions at younger ages, which can make the process of aging more challenging.

People with developmental disabilities will have an increased need for long term care, and perhaps at earlier ages in comparison to the general population. By in large, facilities may not be fully prepared for dual health concerns such as behavior and memory changes, which can have earlier onset for people with developmental disabilities. Increased advocacy and research on proper long term care facilities is necessary for clients who need this type of care.

Lastly, many of our clients rely on family as caregivers. As caregivers age, a natural support system may become more difficult to piece together. Simple steps such as starting conversations around housing options, developing a family trust, or expanding a support network can all have lasting benefits.

So how can we best support those with developmental disabilities in aging gracefully? Focus on healthy living habits and earlier interventions that can help aging be as natural of an experience as possible. With the current trend toward more patient-directed care, our clients will need increased advocacy during the aging process. Additionally, starting the planning process with caregivers earlier in life will better enable our clients to shine with dignity and preparedness during their golden years.



Happy Spring!



Birthdays!!!

Adam P

Andrew C

Angela S

Bradley M

Cathy S

Charles I

Christopher J

Craig N



Daniel C

David W

Elaine U

Emily W

Gary B

Izzy F

James Henry D

Jamie C



Jannel L

Jessica J

Jessica P

Judith J

Kendra L

Mark A

Michael K

Mindy P



Mitch E

Nicole P

Paul K

Rachel L

Rebecca R

Rhonda E

Ryan L

Sean E



Shari B

Shirley E

Skippur S

Sky C

Skyler M

Walter L

Wanda D



And to anyone we may have missed!!

Full Access

1240 Charnelton Street

Eugene, OR 97401



LookMeInTheEye.org



Eugene Office:

1240 Charnelton St.

Eugene, OR 97401

Phone: 541-284-5070

Toll Free: 1-866-890-5743

Fax: 541-284-5067

SLeifeste@fullaccess.org

Cottage Grove Office:

1450 Birch Ave

Cottage Grove, OR 97424

Phone: 541-513-8548

Email: LNopp@fullaccess.org

Bend Office:

711 NE Butler Market Rd.

Bend, OR 97701

Phone: 541-749-2158

Toll Free: 1-888-272-5065

Fax: 541-617-8632

HHSlechta@fullaccess.org

Madras Office:

212 SW 4th Street, Ste 303

Madras, OR 97741

Bend Phone: 541-749-2158

Bend Fax: 541-617-8632

Email: SConroy@fullaccess.org



<http://fullaccess.org>