



Caregiver Tip of the Month – January 2011

Notes from Area Agency on Aging of North Idaho

As you watch your parents get older, are you aware of issues that aging will most likely force upon them (and upon you as you work with them)? Each month I'll focus on some tidbit that will get you thinking or provide a snippet into an issue that you may want to explore further.

Flu season usually peaks in January or February, so this month's tip will highlight the Centers for Disease Control's (CDC) recommended vaccinations. *For seniors 65 and older:* 1) Seasonal flu shot (also protects against H1N1 Swine Flu). Seniors are at high risk for dangerous complications with the flu – around 90 % of the 24,000 people who die from flu are seniors. This year a new high-potency, FDA-approved, Fluzone High-Dose, is available for those 65 and older instead of a regular flu shot. It boosts immune response. 2) Pneumonia shot, Pneumovax, will provide protection for up to 10 years. *For those age 19-64 who are around small children:* 1) Whooping Cough shot, Tdap, (contains three vaccines for tetanus, diphtheria and pertussis) in place of one of the Td (tetanus, diphtheria) booster shots.

You should always discuss your plan for vaccinations with your doctor. To locate vaccination sites near you, call Panhandle Health District 415-5270 or the CDC information line at 800-232-4636 or visit flu.gov. If you're a Medicare beneficiary, Part B will cover your flu vaccination and pneumonia, but not the pertussis. Check other health plans and your Part D plan for possible coverage.

Contact Betsy Bullard, Area Agency on Aging, at 667-3179, ext. 222, or email infoassist@aaani.org to find out more about these options and other resources. For expanded caregiver tips go to our website at www.aaani.org and click on Family Caregiving on the left hand side of the home page.