

Home Care Is Often Best For Elderly

by Donna Behrend

In conclusion of our two-part series on the care of the elderly, this article will deal with home care of the elderly.

Many families are presently dealing with the problem of finding a suitable person to come into the home. Most families depend on relatives to cook, clean, bathe and do other chores that cannot be done by the elderly.

The Central Oregon Council on Aging provides services to aid local families in locating a suitable person. COCOA's headquarters are located in Bend but there are Information and Referral Centers located in Prineville, Redmond and Madras.

Upon talking to John Weber, Director of COCOA, we found that COCOA has a Nutrition program, a Homemakers Project and a Weatherization Project.

Over 200 persons take advantage of the nutrition Program. In Bend, this program is offered daily, but it is offered in outlying centers only two to three times per week. The meals are for those who can't afford or are unable to prepare themselves a hot, nutritious meal at least once a day.

The Homemakers services are provided for those who cannot clean, make beds or for those who have recently been released from the hospital. The Homemaker goes into the home for two to three hours a day, two to three days a week. Presently, they service 90 people a week.

The Weatherization Program services and readies homes of the elderly, up to the amount of \$800, for winter. The services are free, providing that the person meets the financial qualifications. The Weatherization project began in August 1977 and 100 homes have been serviced thus far. They anticipate servicing 25 homes monthly.

Another project is the Dial-a-Ride service. It is for those who need transportation to the doctor or the nutrition centers. This service has proved very successful in the Bend area and hopefully the Information

and Referral Centers in Madras and Prineville will soon be getting vans to provide the same services to elderly residents in their areas.

The COCOA project is funded 90 percent by Federal and State Governments with the balance of their financial needs provided through donations and volunteer hours.

Those who work in the centers and provide homemakers services are all CETA employees and are paid the minimum wage. These services are not limited just to Welfare clients, but are also provided to people over 60 years of age, to those in the low income bracket, or the disabled. A single person who has an annual income of \$3,600 or less is considered at or below poverty level. The same goes for a couple who has annual income of \$4,800 or less.

The Nutrition Centers are open to persons over 60 and the payment for meals is on a voluntary basis only. The Homemakers project is free to those people at or below the poverty level, but to those who are above that level, the cost is 60 cents per hour. The weatherization project is also free, depending on income. The Dial-A-Ride services are for Senior Citizens and the handicapped. Rides are 25 cents but on a donation basis only.

The Confederated Tribes are faced with the choice of seeking their own funding and go directly to the Federal Government or through COCOA for aid. The problem with going directly to the Federal Government is that the amount they can provide is a

mere drop in the bucket compared to what COCOA can offer. "The most we can get through the Federal Government is \$6,000, which is hardly worth the effort," stated Art Tassie, Tribal Grants Planner. "The route now is to go to COCOA, as they are budgeting now. Their monies will be available in June or July."

The Health and Welfare committee feels that the Tribes can provide the staff here and all that COCOA will have to do is train personnel and offer technical assistance. However, they have the right to investigate and audit whenever they feel it is necessary.

The Tribes hope to eventually provide these services themselves, but at present only three of the services are being offered to the elderly on the reservation. One is the provision of fire wood. The wood is cut and delivered, but sometimes it is not chopped. The other service is home visitation to senior citizens who are unable to get out. On those visitations emergency food applications are sometimes taken. These applications are not limited to those with little or no income, or to Tribal members only, but for any person in need. They are \$35 for a single person and \$45 per couple.

The other service is a monthly meal at the Community Center. Five departments chip in and donate time and money to this project. However, the last meal was around Christmas time.

The Confederated Tribes also have Community Health Representatives who are re-

sponsible for transporting clients to and from doctor visits if no family or relative is available. They are also responsible for making out-reach visits to clients, instructing individuals about medication and its application, make follow-up home visits, and deliver medications upon recommendation of physicians when no family member is able. Above and beyond these duties, the CHR's are required to prepare and maintain adequate records in relationship to home visits, transportation, special clinics, resource referrals and other daily functions they then submit monthly reports on all services provided to the General Manager, local Service Unit Director and immediate Supervisor.

The most important requirement is that a CHR be able to speak the languages of the Confederated Tribes. A CHR must have a high school education or equivalent, one to six months experience in a health related field, and a valid Oregon chauffeurs-drivers license. A CHR must also be willing to take further training and must be able to communicate with Indian people, IHS medical staff, and resource agencies.

Care of the elderly in the home is considerably less expensive than care in a rest home or elsewhere. The elderly people seem to be more comfortable and happy when they are able to stay at home. They often feel they will be forgotten in a nursing home and that no one will come to visit with them - sort of an "out of sight, out of mind" idea.

The above summary of ser-

vices presently available to persons in need on the reservation is limited. This would indicate that more services need be established.

Those working as CHR's are feeling pressure from all sides. One CHR can't be in two places at one time. They are not responsible for cleaning, cooking, and other chores that should be done by others.

The Health and Welfare committee's duties include not only finding resources to care for the elderly, but they also offer advice and suggestions to the Welfare department, Maternal child health clerk, CHR's and Public Health Service.

The Health and Welfare Committee is responsible for setting up more services but they are limited because they can act only upon the recommendation of the people. The Tribal Council can act on improving services only through the recommendation of the Health and Welfare Committee. If you feel there is a service that can be improved upon or needs to be launched, contact any member of the committee.

To conclude, the type of care you choose is your decision. Rest home care, at times, seems impersonal and sterile. But, usually you can rest easy, knowing that your loved one will receive 24 hour care.

The difficulty in choosing the right person to come into the home is frustrating. Most people suitable for the job are already working or are not interested. But, if you hit it lucky and find the right person, you and your older person will be among the very fortunate.

Turnover Of Indian Counselors Matter Of Concern

(Continued from Page 2)

* to job security as another factor in their decisions. The relative insecurity of a job that is dependent on the continued funding of the federal government was less attractive to the family men than the higher paid positions with better benefits offered by the Tribes.

Security alone was not enough to lure the counselors away from their work with the students, which they all found to be satisfying.

Clements, in fact, feels he could probably have made more money if he had stayed at the school and worked summers. But it had always been a dream of his to come back and work for the Tribes, to help his people locally. Working in Madras left him out of touch with the Warm Springs community, he said. Now he aids in local planning but also maintains his contact with students and the school district through involvement on the Tribal Education Committee.

Calica understands and explains this allegiance to the Tribes. "Our tribal members will naturally return to the reservation to work. The Tribe is growing in the complexity of its operation and naturally it is going to draw our people back into the organization to lend their expertise."

Neither Calica nor Clements has turned his back on the education of Indian students. But they both feel they have left some frustrations behind.

As a counselor, Calica felt frustrated with his "relative inability to effect any kind of

long-range improvements." He also recognized the uncomfortable positions in which Indian Education staff are placed, "getting it from both sides of the river." They are constantly having to explain and defend their activities to justify their positions with the district, he said.

At times Clements felt alone as a Title IV employee whose program did not always have the administrative support it needed to be successful. Some staff people didn't understand the federal programs and viewed them as a form of favoritism, he said. If the program had the backing of everyone in the building, the resignation of a counselor would not spell the failure of the program, suggested Clements.

Apparently discouraged by the pattern of hiring and training Indian people only to lose them to the Confederated Tribes, the School Board unhappily accepted the latest resignation. The Title IV Part A Parent Committee also accepted the resignation reluctantly. "We thought we had a good thing going," said Sutterlee. "Small Fire would have been great if he'd stayed . . . but he up and left without letting us know."

Sutterlee suggested that the Committee be more involved in the next screening and selection process to ensure that they are better tuned to the "true feelings" of the candidates.

District Superintendent Darrell Wright, who said he had been aware of Hawk's interest in law enforcement, feels less dis-

couraged by the turn of events. This was a unique year, he said, and he doesn't see the counselor position as any more transitory than other school positions have become.

Wright is fairly optimistic about federal Indian programs, detecting recent progress in the development of cooperation and understanding among staff. Of course "in the best of all possible worlds" there would be no need for special programs, said Wright, but given the circumstances they are necessary and valuable, and as an administrator he supports them.

One solution to the turnover problem that Wright can envision is the absorption of federal positions by the school district budget, thereby offering

more job security. Wright also hopes that with plenty of time to locate a counselor and with the chance to start at the beginning rather than the middle of a school year, a good, qualified candidate will be selected.

It is doubtful that a tribal member with the proper credentials will be available for the counselor job, according to Wright and Calica. But an Indian who isn't local is better than no Indian counselor at all, say those involved, and they are willing to take another risk.

As Calica noted, "You can't control personal aspirations and the desire to improve professionally." But he recommended the "possibility of providing more incentive for the recruitment and retaining of qualified people."

Man Pleads Not Guilty To Murder Charge

In a federal court hearing March 9, Owen James Wallulatum, 18, entered a plea of not guilty to the charge of second-degree murder in the recent gunshot death of George Clements, Jr., also 18. The trial was set for the week of May 1.

Wallulatum is being held in the custody of the U.S. Marshall at Portland's Rocky Butte jail, with bail set at \$25,000. A motion to reduce bail has been denied.

Arraigned before the U.S. Magistrate George Juba on March 2, Wallulatum was indicted the following day by a federal grand jury for second-degree

murder. Wallulatum's attorney in the case is Jeffrey Rogers.

Clements, a senior at Madras High School, died instantly when shot once with a .22 magnum rifle at the Clements' home in West Hills at about 1 a.m. Saturday, February 25. According to witnesses, the shooting occurred during an argument between Wallulatum and Clements.

Wallulatum was arrested later that day and transferred to Portland. Under the Major Crimes Act, murder cases on reservations are handled in the federal courts.

Students Tour

(Continued from Page 8)

ships, for Forestry majors. We presently have 15 students and are seeking 15-20 freshmen and transfer students at all levels.

The program is funded by the State of California by special appropriation to the State College and University system; prior to this year it was funded by the H.E.W. Fund for the Improvement of Post Secondary Education. Because of the uncertain nature of the State funding, we are also seeking additional long range funding and funds for program operation and students financial aid.

The nature of the program makes it extremely important for Indian people and also for those governmental agencies and private organizations who are seeking qualified minority professionals. Therefore we would appreciate hearing from all persons interested in the program — students, employers, and potential funding sources.

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