

# ECHO Script

## Emergency and Community Health Outreach



### ECHO Show #22 Script “Helping Families Care for Older Adults”

**TRANSLATORS:** Please translate this title, as well as the script.

Let me know if you have any other questions about this script!--Larry

**Deadlines:** Translation scripts (all six versions) Due 8-14-06

**-- PACKAGE SCRIPT ONLY – For SPNN-TV to edit on behalf of ECHO**

EDIT DIRECTIONS	AUDIO TRACK
SPNN: please include list of video source credits.	{-- VO SND—Pix of – }
SHOTS OF CARE GIVER ASSISTING RELATIVE OR FRIEND, ETC.	<p><b>-1-</b> For most people, doing things for others is part of daily life. Sometimes adults or elders need a little help from family and friends to get along in life. They may need help with cooking meals, paying bills and buying groceries. They may also need help with bathing, dressing or taking medications. People who provide this help are sometimes called “caregivers”.</p>
SHOTS OF “ELDER” CARE OR SENIORS OR OTHERS RECEIVING ASSISTANCE. ALL AGES	<p><b>-2-</b> We may not think of our family, friends or neighbors as caregivers, but many of them are. They are giving others what they need to be healthy, safe and happy. Family caregivers are people we know who provide care to adults or elders at no cost. They are husbands and wives, parents and children, relatives and friends.</p> <p><b>-3-</b> Many caregivers volunteer their help. Caregivers might also be paid to help.</p>

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EDIT DIRECTIONS	AUDIO TRACK
<p>“CHALLENGES OF CAREGIVING” ? MAYBE MULTI-TASKING SERIES?</p>	<p><b>-4-</b> You may be a caregiver because at some time or other, we all give a little help now and then. Being a caregiver is important and helpful but it can also be difficult to care for people in need.</p>
	<p><b>-5-</b> You may find that caregiving makes you feel happy or special because of your good work. Or you may feel angry, sad or confused by the challenges of caregiving. All caregivers feel a variety of emotions at different times for different reasons. These feelings are normal.</p>
<p>“ASKING OF A SECOND CAREGIVER PROVIDING ASSISTANCE.”</p>	<p><b>-6-</b> If you feel frustrated or too tired to give to others, it is time to find help for yourself. It’s okay to ask for help from other family members, friends or from professionals. By asking for help, you can be more helpful to those who need your care.</p>
<p>PROPER DIET AND EXERCISE (MAY BORROW FROM PRIOR ECHO SHOW)</p>	<p><b>-7-</b> Here are ways caregivers can help themselves while helping others:</p> <p>Eat nutritious foods and exercise daily. If you are feeling sick, you should see a doctor.</p>
<p>PROPER DIET AND EXERCISE (MAY BORROW FROM PRIOR ECHO SHOW)</p>	<p>Eat fruits and vegetables because they have vitamins for a healthy diet. It’s also important to exercise. A 30-minute walk or bike ride every day helps keep your body in shape.</p>

<b>EDIT DIRECTIONS</b>	<b>AUDIO TRACK</b>
<p>PROPER EMOTIONAL HEALTH (MAY BORROW FROM PRIOR ECHO SHOW 2005 AND SOME 2006)</p>	<p><b>-8-</b> In addition to good diet and exercise, talk to others when you feel sad or stressed. Some caregivers find it helpful to talk with someone they trust or by going to spiritual leaders or counselors. Caregiving isn't easy work and talking about it can help.</p> <p><b>-9-</b> It is not always easy to ask for help but it is okay to ask for help. After all asking for help when you need it will benefit you and the person you care for.</p> <p><b>-10-</b> Help is available in your community. Contact the Senior LinkAge Line at 1-800-333-2433 or your local or state human services agency.</p> <p>421 WORD COUNT</p> <p>##### END ##### END #####</p>