



Helping caregivers through their journey one step at a time.

Caregiver Rights to Health Data by **Marc Mar-Yohana**

When we start caring for a loved one, we instantly become the chief administrator of all their health information. We need to collect and organize records of past diagnoses, vitals, test results, lab results, medications, and much more. Very quickly records become folders. Folders become binders. Binder become files cabinets, computer hard drives, and flash drives.

At some point we realize that we may not have the full picture and our loved one may not be able to help. We need to call current and past medical providers and clinics to get the full picture. We may even need to contact the health insurance company or Medicare/Medicaid.

Right to access your records

First and foremost, we all have the right to get free access to our health information. This right is afforded us by the Health Insurance Portability and Accountability Act (HIPAA). Our records must be provided in an electronic (or other portable format) at no charge. This includes radiology images, test reports, and any documentation that may be used for continuity of care. You can learn more about HIPAA and these rights on the Health and Human Services (HHS) website, [Individuals' Right under HIPAA to Access their Health Information | HHS.gov](#).

Right to access your loved one's records

As a caregiver, you will need unfettered access to your loved one's healthcare information. Your right of access is based on your loved one authorizing you to act on their behalf. The best way to become authorized is by having your loved-one sign a Medical Power of Attorney (MPOA). This document can specify your role, the actions you are authorized to take, and the amount of time that the MPOA is valid. Every state has different rules on what needs to be in this document and how it needs to be executed. You can do a web search by state to find the right form. Most major clinics or hospitals will have a properly formatted MPOA for their jurisdiction and will usually help you execute it.

Exercising your loved one's rights

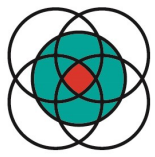
Once you have an executed MPOA, make lots of copies and be sure to file them with each of your loved one's healthcare providers, pharmacies, and their insurers. It will be helpful to keep a scanned copy on your cell phone, so you may present it on demand. You may also request access to the patient portal at your loved one's provider and insurer. Alternatively, you and your loved-one have the right to use your own health record application to access these medical records. This right is provided by the 21st Century Cures Act and the Office of the National Coordinator (ONC) Final Rule which states that you have the right to use the application of your choice to retrieve and manage your health records. You may learn about this right by visiting the ONC website: [What ONC's Cures Act Final Rule Means for Patients \(healthit.gov\)](#)

Having an executed MPOA is also helpful to providers. It will allow them to discuss their concerns with you openly, allow you to schedule appointments, to retrieve healthcare information from other providers, and help with insurance claims and pre-authorizations. In short, with the MPOA you are now a contributing member of the care team.

Caregiver Moment #12

Arguing for 30 minutes to get your loved one to wear matching socks...

Then realizing you went out with your own shirt on backwards.



October 2022

Family Friendly Fall Things

Here are some family friendly autumn activities and things to do that are both for the young and old. Although you may not be able to do all of these, do the ones you can. Create a list of your own!

Drink apple cider.

Apple cider is a classic beverage that practically screams fall. And a hot, steamy drink on a cold day always hits the spot.

Visit a corn or hay maze.

This is one of those fun fall activities that everyone can enjoy, no matter your age!

Make pumpkin pie from scratch.

Learn grandma's recipe to pass along to your own future (or current) family. It's bonding time and baking time all wrapped in one.

Enjoy hot chocolate under the stars.

A yummy fall drink out in the crisp cool air, it just *feels* right.

Eat & drink all the pumpkin flavored things you can.

Pumpkin spice life forever. Ignore anyone who calls you "basic"; don't let them yuck your yum, you're allowed to enjoy things!

Curl up under a blanket with a book on a rainy day.

Visit a pumpkin patch.

This is kind of a fall must-do!

Wear comfy, cozy boot socks.

Part of loving fall is loving the changing of the fashion. Bring on the bundled-up days of comfort!

Step on crunchy leaves.

Stepping on crunchy leaves is just one of those things where you can't exactly explain *why* it's fun, it just *is*. But it definitely should be on everyone's fall bucket list!

Carve a jack-o-lantern.

Was it really ever fall if you DIDN'T decorate at least one pumpkin?

Warm your feet by the fireplace.

Thawing cold toes over a roaring fire is the perfect way to unwind after a fun filled day.

Wear a scarf.

More fall fashion you can readily embrace.



Make a delicious, hearty soup in a crock pot.

Mmmm, soup season! What's your favorite?

Roast marshmallows over a campfire.

Better yet – hold a bonfire and invite friends over. Make a tradition out of it even!

Go on a hay ride.

An itchy, but classic fall thing to do.

Make bird feeders out of pine cones

Pine cone bird feeders are a simple way to keep busy this season. You'll be providing migrating birds with some energy during their breaks.

Roast pumpkin seeds.

You carved the pumpkin, now it's time to make good use out of the seeds.

Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to me for future correspondence! You can email me at jferril@thrive-alliance.org. Caregivers of Older Adults support groups are currently held the third Thursday of each month at 2:30 p.m. via Zoom. You can also join the first Thursday of every month at 3:30 p.m. via Zoom or live at the Decatur County Hospital. Relative Caregivers support groups are currently being held the second Tuesday of every month at 1:00 p.m. via Zoom. **All support groups are R.S.V.P.**

We also have a Thrive Alliance Caregiver Resources Facebook group. Email me if you would like to be a part of the group.



ROASTED FALL VEGETABLES

Author: colorfulrecipes.com

Prep Time: 10 mins

Cook Time: 50 mins

Total Time: 1 hour

Yield: 6-8

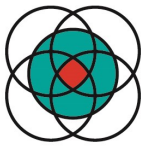
INGREDIENTS

- 1 large, peeled and cubed – Sweet Potato
- 1/2 lb. peeled and cubed – Butternut Squash
- 10, sliced in half – Baby Potatoes
- 1/2 lb. – Green Beans
- 3 small-medium, peeled and halved – Carrots
- 8 oz package – Baby Bella Mushrooms
- 1/2, cut into wedges – Red Onion
- 1 head, peeled – Garlic
- 2 tbsp. – Extra Virgin Olive Oil
- 2 tbsp. – Balsamic Vinegar
- 2 tbsp – Italian Seasoning
- Fresh Thyme – to taste.
- 2 tsp, or to taste – Salt
- Freshly Cracked Pepper – to taste.

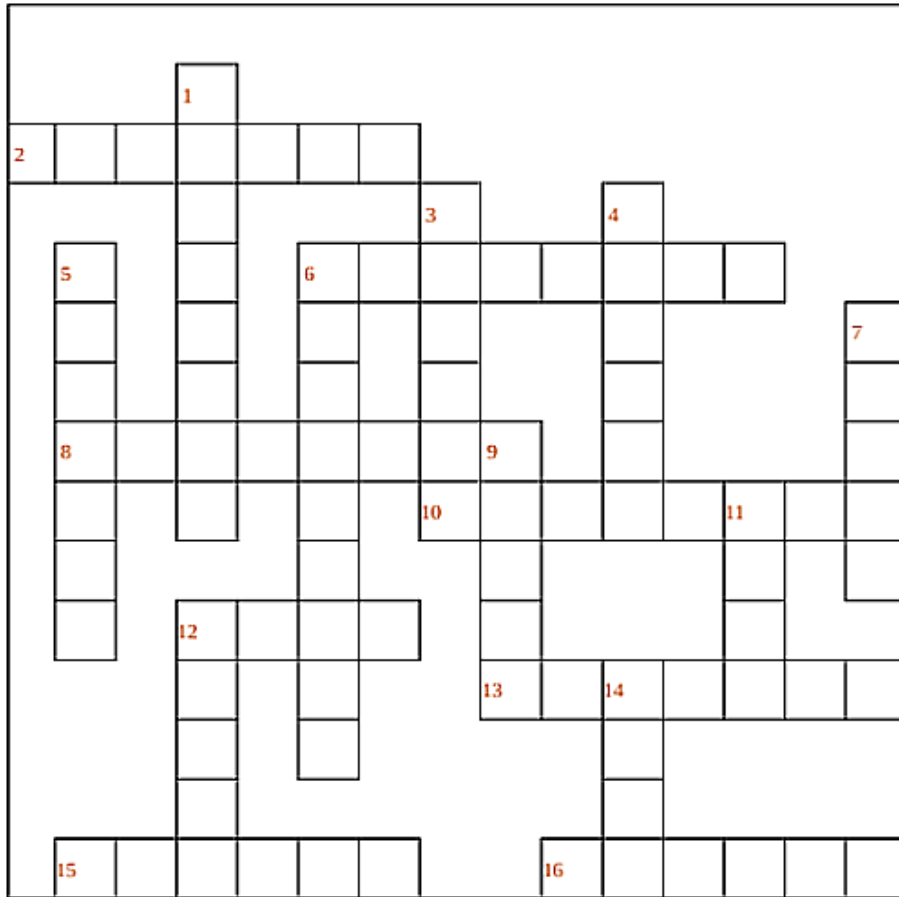
INSTRUCTIONS

- Preheat oven to 425 degrees F.
- Place all ingredients on a large baking sheet.
- Toss well to coat all the veggies with the oil, vinegar and spices.
- Bake for 45-50 minutes or until fork tender (but still crisp, not mushy).





Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves

