

YOU & the LAW



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Confidentiality and attorney-client privilege

Confidentiality and attorney-client privilege are two legal rules that protect your privacy when communicating with your attorney.

They are an important part of our legal system. These two rules are similar, and both are intended to encourage you to discuss freely all the facts of your case without fear that information you reveal to your attorney will be shared with others or used against you.

Having all the relevant information about your case helps your attorney to properly advise you.

Confidentiality is an attorney's ethical duty to keep private any verbal or written communication from a client received in the course of legal representation. It covers not only what the client shares in confidence, but also any information related to the representation, even if that information didn't come from the client. This information remains confidential when the case is over and even after the client's death.

The duty of client confidentiality is an ethical rule in every state and is part of the American Bar Association's Model Rules of Professional Responsibility. A lawyer who violates this duty by improperly revealing confidential information can be subject to disciplinary sanctions.



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The attorney-client privilege is a rule of evidence in court proceedings. It protects your right to refuse to disclose confidential communication between you and your attorney and to prevent any other person from disclosing this information. It is one of the oldest rules protecting confidential information, dating back to 16th century England.

Under the attorney-client privilege, a court cannot compel you or your attorney to disclose information you communicated to your attorney when seeking legal advice. This privilege belongs to you. Only you

can authorize release of information by waiving your privilege.

There are a few instances in which the usual protections of the confidentiality rule and the attorney-client privilege do not apply. If the information you shared with your attorney becomes generally known, it is no longer considered private and is not protected by the confidentiality rule.

If you give your consent, your attorney can reveal information that would normally be kept secret under the confidentiality rule or under the attorney-client privilege.

Your attorney cannot disclose information you reveal about past criminal activity. But if you try to use your lawyer's services to commit or cover up a serious crime or fraud, the confidentiality rule and your attorney-client privilege will not protect you.

Knowing that communications with your attorney will be kept private helps to build the trust that is necessary for a good attorney-client relationship. If you have any questions about the confidentiality rule or the attorney-client privilege, ask your lawyer to explain how these apply in your case. They are important protections that you should preserve.



Beware of skimmers at the pump

The Federal Trade Commission is warning consumers to be alert for credit card skimmers. Skimmers are illegal card readers attached to a payment terminal, such as a gas pump or an ATM machine. Identity thieves can use data obtained from cards passed through a skimmer to make online purchases.

Gas pumps are particularly attractive to thieves because many do not yet use the more secure chip-card readers. Also, newer skimmers are smaller and harder to detect. Thieves can even hide one inside a gas pump.

Look for these signs that the gas pump you are about to use has a skimmer attached to it:

- The gas pump panel is not completely closed. Many gas stations use a security seal over the cabinet panel as an added protection. If

someone opened the panel, the label will read “void.”

- The card reader on the pump looks different from the card readers on other pumps at the station.
- The card reader feels loose or moves when you touch it. Do not



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use a pump with a loose reader, and report your suspicions to the gas station attendant.

Additional payment precautions you can take at a gas station include:

- Use a credit card rather than a debit card so you do not expose your personal identification number (PIN) entry. If you must use a debit card, cover your hand when entering your PIN.
- Pay inside.
- Choose a pump located where attendants are more likely to see someone tampering with it.

It is a good practice to regularly monitor your credit card and bank accounts. Immediately report any unauthorized charges to your bank or credit card issuer.

How to buy shoes that are good to your feet

Most Americans walk 75,000 miles by the time they reach age 50, according to the American Podiatric Medical Association. Wearing the proper shoe for all those miles is important to your foot health.

Here are some key tips for getting the right fit for your feet:

- ✓ Shop for shoes in the afternoon. Your feet naturally expand during the day, and they may swell in hot weather.
- ✓ Measure both feet and buy the size for the larger foot. Foot size can change over time due to aging or health issues. A size that fit previously may no longer be right for your feet.
- ✓ Try on shoes before purchasing them and don't just rely on the size shown on the shoe. Fit can vary among different manufacturers.

Regardless of size, the shape of the shoe needs to suit the shape of your foot.

- ✓ Walk on hard floors as well as carpet to test the comfort and fit of the shoe. A new shoe should be comfortable immediately. Do not expect comfort to improve once the shoe is “broken in.”



- ✓ The shoe should have at least one-quarter to one-half inch of space between your longest toe and the end of the shoe.
- ✓ Check the inside of the shoe to make sure there are no seams, tags or other components that will cause irritation when walking.
- ✓ Examine the sole of the shoe for sturdiness and cushioning.

If you're purchasing shoes for active sports, consider shopping at a store that specializes in athletic footwear.

The American Podiatric Medical Association says shoes with stiff heels, some — but not too much — flexibility in the toe area, and a middle that does not twist too much help to improve balance.

Coping with caregiving

A recent Pew Research survey showed that one in four adults in the United States provides some form of care for an elderly relative or a child with health challenges or disabilities. Caring for a loved one can be rewarding. But the daily strain of arranging, overseeing and sometimes directly providing care can take its toll on the caregiver.

This is a common experience that even has a name — caregiver stress. Some of the signs are feeling overwhelmed or alone; sleeping too much or too little; gaining or losing a significant amount of weight; easily becoming angry or irritated; and frequently feeling tired, worried or sad.

Over time, the stress of constant caregiving can lead to depression, high blood pressure, heart disease, obesity, a weakened immune system and other negative health effects.

The first step in addressing stress before it becomes a threat to your health is self-care. We can't provide quality care to others if we aren't taking good care of ourselves.

Go easy on yourself. You may need to rethink your idea of what you can reasonably accomplish. This could mean setting more realistic expectations of what you can do and letting go of some things. It also means asking for help from other family members.

Practice compassion. When you find yourself overwhelmed by demands of caregiving and wrestling with feelings of frustration, helplessness, resentment or guilt, you may be inclined to berate yourself for not being stronger or more patient. Compassion for yourself is what is needed.

What you have undertaken is difficult, no matter how necessary or rewarding.



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Helpful tips to prevent caregiver stress

The Office on Women's Health of the Department of Health and Human Services has these recommendations to help prevent or manage caregiver stress:

- Learn ways to better help your loved one. Look for classes at your local hospital or ask your doctor for suggestions.
- Find caregiving resources in your community. Adult daycare and respite services give caregivers a break from their duties.
- Ask for and accept help. Make a list of specific tasks friends and other family members can take on, such as running errands or grocery shopping for you.
- Join a support group for caregivers with similar circumstances to share stories, exchange tips and offer support for the challenges you face.
- Stay organized with a to-do list and a daily routine.
- Make time in your day to do things you enjoy.
- Take care of your health. Get regular exercise, choose healthy foods and get enough sleep.
- See your doctor for regular checkups. Let your doctor or nurse know you are a caregiver and describe any symptoms of depression or sickness you may have.

Visit www.womenshealth.gov for more information on caregiving and your health.



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Lifestyle changes — how to make them stick

We know we need to make a change in our lifestyle — to lose weight, exercise more, eat healthier, learn to relax, quit smoking. Our intentions are good, and we start with a burst of enthusiasm.

At some point, we hit a bump in the road. Vacation disrupts our exercise routine. A stressful day has us reaching for our favorite comfort food. We can easily become discouraged and give up when we realize we've strayed from the path to a healthier lifestyle.

Creating a permanent change in our lifestyle is a challenge. Even when we know the benefits, we often find it difficult to stick with the plan. There are steps you can take that increase the likelihood of making your lifestyle changes permanent.



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Start with realistic expectations.

Setting a big weight loss goal can actually make it harder to stick to a diet. It is easy to become discouraged and give up when the goal seems too far in the future.

Instead of a weight loss goal of 25 pounds, make it your goal to lose 5 pounds. It's easier to keep your commitment to a goal that's within reach. Once you've lost 5 pounds, you can set another 5-pound goal.

Find the right program for you.

Choose a form of exercise that you enjoy. Group activities such as team sports or an aerobics class may motivate you to stay with your exercise. Walking or jogging offer time alone with your thoughts or a favorite podcast.

It's easier to stay with an exercise plan when it's an activity that is fun for you and suits your personality.

Don't sabotage yourself.

We tend to criticize ourselves when we slip up on our goals. But studies show that it's easier to summon the willpower needed to get back on track when we forgive ourselves for falling short of our expectations.

Remember, you're only human, which means you'll sometimes miss the mark.