CAREGIVING: STRATEGIES & RESOURCES

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What Is Caregiving?

- **Attending** to another person's **health needs** and **well-being**

    - Activities of Daily Living (ADLs)

    - Instrumental Activities of Daily Living (IADLs)

    - Emotional Support

    - Communicating & coordinating medical care with physicians & family members

    - Managing health needs

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Types of Caregivers: Formal (paid) & Informal (unpaid)

- **Formal:** Certified Nursing Assistants & Home Care Attendants

  - In the home

  - In a community setting- Skilled Nursing Facilities, Adult Day Care, Assisted Living, Memory Care

- **Informal:** Family members, friends

  - **53 million** unpaid caregivers providing **30 billion hours** of unpaid care valued at **$522 billion**

  - **83% of the help** provided to older adults comes from family, friends, or other unpaid caregivers

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Common Challenges of Caregiving

- The difficult behaviors associated with dementia

- The financial burden that can occur because hiring formal care is expensive and because the family caregiver may have to leave the workplace

- Physical health challenges from caregiving plus the lack of sleep, exercise, and nutrition that is sometimes association

- Emotional challenges such as anger, stress & frustration which can lead to burnout, isolation, and depression

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Domains of Caregiver Needs & Resources

Self-Care

Respite

Managing Difficult Behaviors

Emotional Support

Education & Consultation

Stanford Neuroscience Supportive Care Program
The Alzheimer's Association- www.alz.org
The Alzheimer's Foundation of America- www.alzfdn.org
Family Caregiver Alliance- www.caregiver.org
The Institute on Aging- www.ioaging.org
The Veteran's Administration- www.caregiver.va.gov

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The Crucial Role of Caregiving & Person-Centered Care

- Many studies shown family **caregiver interventions** had larger treatment effect on behaviors than medications & that **person-centered care** reduces difficult behaviors
- Person-Centered Care:
    - Recognizing the **whole person** and honoring their **preferences** and **personality**
    - Supporting **engagement** in activities that are **meaningful** to the individual
    - Including the PWD in **decision-making** and care planning to the greatest extent possible
    - Leveraging remaining **capabilities** and encouraging **independence** to the greatest extent possible
    - Seeing **behaviors as communication** of unmet needs

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The DICE Method (Kales, Gitlin & Lyketoso)
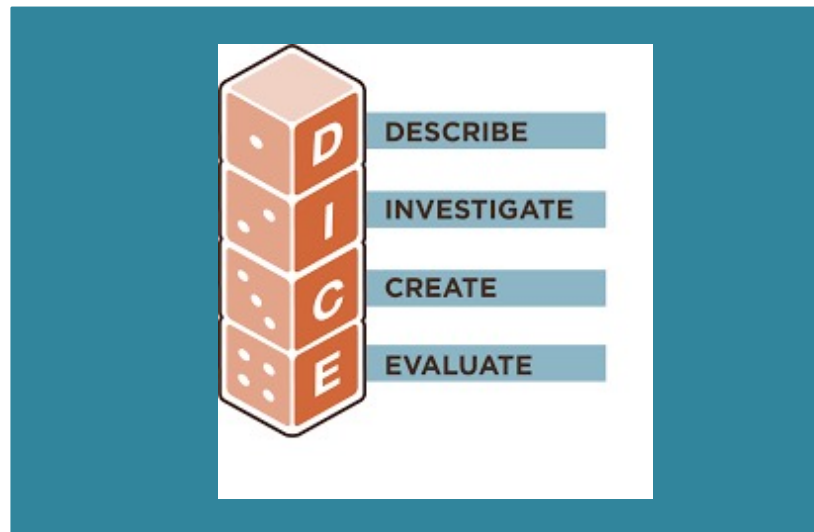
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Care Planning: Start With Assessment

- Biggest concern
- Current living situation
- ADLs, IADLs
- Nutrition
- Finances
- Medication Management
- Transportation
- Fall Risk
- Exercise
- Socialization
- Well-Being

- Sleep
- Daily Routine
- Communication
- Support System
- Advance Health Care Directives
- CG's knowledge of disease and disease process
- Future planning
- CG support

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Develop Person-Centered Care Plan

- **Goal: Optimize function and quality of life**
- **Implement Step-by-Step:**
  - Structured daily schedule with meaningful engagement, cognitive stimulation, exercise
  - Proper sleep hygiene
  - Healthy diet
  - Medication Management
  - Home, personal and driving safety
  - Support care partners/families/caregivers through education & family meetings
  - Discuss Advance Care Planning (DPOA)

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Resources

- Geriatricians (primary care or consult)
- Social Services- MSSP, IHSS
- Geriatric Care Managers
- Dementia Specialists
- Caregiver Support Groups
- Social Workers/Therapists
- Home Health and Home Care Agencies
- Adult Day Programs
- Legal/Financial- Attorneys, Financial Planners, Bill Paying Services
- PT/OT/ST

- Meal Delivery
- DME and Home Modifications
- Medication Management
- Transportation
- Senior Living- Independent Living, Assisted Living, Memory Care, Board and Care, SNF
- Respite Care
- Palliative Care
- Hospice Care

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THANK YOU

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