Empowering Families Who Care for Aging Loved Ones

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My story ...
TWO QUESTIONS:

What can we do to support families in need and family caregivers?

How are we preparing to face unscheduled changes in our lives and those of our loved ones?
There are only four kinds of people in the world:

- Those who *have been* caregivers
- Those who are *currently* caregivers
- Those who *will be* caregivers
- Those who *will need* caregivers

Rosalyn Carter
People who CARE have many names

- CareGiver
- Partner
- Family
- CareTeam
- Neighbor
- Father
- Husband
- Coworker
- Care Partner
- Son
- Friend
- Sister
- Sibling
- Mother
- Daughter
- Grandmother
- Aunt
- Uncle
- Carer
Are YOU a caregiver?

If you do any of the following for another individual, you are probably a caregiver. . . .
10 Signs that Aging Adults Need Help

- Not paying household bills on time or at all.
- Not recognizing a need for, or arranging household maintenance.
- Driving safely is becoming an issue.
- Not eating regularly.
- Declining personal hygiene.
- Not keeping up with or lack of interest in housekeeping.
- Losing track of medications.
- Reluctance to leave the house.
- Mobility is declining.
- Not making sound decisions.
Caregiving Relationships

Older Spouses – Quality counts

Adult Children: Quantity counts
Burnout

Stress

PULLED
IN TOO
MANY
DIRECTIONS

empty.

E FUEL F
Physical Signs and Symptoms
Emotional
Signs and Symptoms
Behavioral Signs and Symptoms

Sometimes I get to the point of frustration, that I just become silent.
The Caregiving Continuum

As the care recipient needs more help/declines, they only want you

As caregiving responsibilities increase, you become the expert
Which frog is in greater danger?
Never sink the mother-ship!
Five Steps to a Caregiving Plan
START THE CONVERSATION

"Whenever I walk in a room, everyone ignores me."
START THE CONVERSATION

“My advance directive was for you not to show up.”
FORM YOUR TEAM
I think we may need to update our disaster recovery plan. This one suggests we all run around in circles shouting 'What do we do?!' 'What do we do?!!'
Defining Caregiver Outcomes

- What do I need most?
- What help do I need to make that possible?
- The service I need would ...
- Three things I wish I had time to do
- What help do I need so I can take a break and feel stronger?
FAMILY MEETINGS
Understanding Others’ Views About Caregiving

- When I think about providing care for another individual, I ... (feel, think, see)
- What I am willing and able to do
- What I am NOT willing or able to do
- List the skills, equipment or resources you could contribute to the care situation
- Is there something you want to learn to increase your ability to provide care?
FIND SUPPORT
Older Americans Act

- Enacted by Congress in 1965
- Purpose: To address the social service needs of older persons

- President of the United States
- Health & Human Services Department
- Administration for Community Living (ACL)
- Older Americans Act (OAA)
- State Units on Aging (SUA)
- Area Agencies on Aging (AAA)
AREA AGENCIES ON AGING

www.eldercare.gov
AGING SERVICES

- Information & Resources
- Meals on Wheels
- Medicare Insurance Counseling
- Caregiver Support Program
- Other In-Home Services Programs
- Evidence-Based Health Programs
- Long-term Care Ombudsman
- And so much more …
Dementia/Alzheimer’s Family Care Counseling

FREE one-on-one care consultations for families of loved ones suffering with Alzheimer’s disease or related dementias.

Contact: Kate Nederostek, LCSW
Office: 801-265-1944
Cell: 801-433-8620
Email: knederostek@alz.org
AARP Publications

- Prepare to Care
- Utah Caregiver Resource Guide
- Patient-Designated Caregiver cards
CARE FOR YOURSELF

Mind
Body
Spirit

READING gives us SOMEPLACE to go when we have to STAY where we are
A few ideas ...

- Take care of **your** health:
  - Eat well
  - Sleep
  - Exercise
  - Take a break

- Learn about your loved one’s condition
- Get organized
- Talk with professionals; investigate local services
- Look for signs of burnout
- Ask for help
- Express your feelings
Would you rather be the carrot, the egg or the coffee bean?
IN THE EVENT OF A WATER LANDING YOU WILL BE REQUIRED TO WEAR GORILLA COSTUMES AND RIDE ON A BLUE WHALE ALL THE WAY BACK TO HAWAII.

Every now and then, Doreen liked to see how many people were paying attention to her safety talk.
REMEMBER ...