Support services for family caregivers of dependent elders

EBP II
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contexts

- Definitions
- Facts of family caregivers in U.S
- When will/should a PT advocate access to these services?
- How do you accomplish effective advocacy?
- Support services
- Education materials
- References
Dependent elders:

- “a person eighteen years of age or older,
- unable to protect the person's own interests or
- unable to adequately perform or
- obtain services necessary to meet essential human needs,
- physical or mental condition which requires assistance from another, or as defined by department rule”

Family caregivers:

- “provide unpaid assistance and support for a chronically ill or disabled relative.”
Family caregivers provide

**ADLs**
- Bathing
- Dressing
- Helping with toileting
- Feeding

**IADLs**
- Preparing meals
- Providing transportation
- Handling finances
- Managing medications
- Coordinating services
- Communicating with health care professionals

Typical family caregivers in the U.S.

- Female
- 49 years old
- At least some college experience
- Average 20 hours or more per week
- Unpaid care to someone 50 or older
Family caregivers in the U.S.

- 42% of employed Americans (>54 million) have provided eldercare in the last five years
- Average caregiver > 4 yr
- 76% of working caregivers rely only on their families and themselves
- Caregiving can seem like a second job

Concerns on the family caregivers

- Increased physical ailments (chronic headaches, backaches, decreased immune systems)
- Financial burdens (medical costs, loss in wages and work related benefits due to changes in work patterns)
- Stress, emotional problems
- 40-70% clinically significant depression
- High level of anxiety
- Inadequate time for sleep, self-care, other health related activities
Why should PT advocate access to these services?

- Concerns on the family caregivers will impact to the quality of care in dependent elders.
- Family caregivers should protect themselves in both physically and psychosocially.
- Patient caregiving can be a long-term commitment.

How do you accomplish effective advocacy?

- Family caregiver interview
- Assessing needs of family caregivers (physical, psychosocial, financial)
- Assess options
1\textsuperscript{st} step for caregiver: assessing needs

- Make a list of all the things you do as a caregiver
- Make a second list of what you can delegate to others and the times you most need help
- Consider what and where care giving help is needed
- Review personal finances and determine how much money your family can reasonably afford to contribute toward outside help.
- Explore care options in the person’s community

2\textsuperscript{nd} step: assessing the options

- Finding community resources
- Informal arrangements
- In-home care
- Adult day center
- Other community resources
- Residential placement
- Legal/financial issues
- Using technology
Employer support for family caregivers

- Flexibility in work hours (job sharing, telecommuting)
- Information from Human resources or employee assistance program staff
- Training for supervisors
- Americans with Disabilities Act (ADA)
- 12 weeks of unpaid leave (companies with 50 or more employees)
- Paid family leave (PFL): currently only in California

Handling stress

Balancing work, family and caregiving is challenging:
- Obtain up to date information: Family Caregiver Alliance
- Ask for help to other family members or friends
- Join a support group or speak with a professional therapists
- Get Physical exercise
- Eat healthy regular meals
- Be patient and flexible
- Make time to relax
Support services

- Family Caregiver Alliance (FCA)
- National Association of Professional Geriatric Care Managers (NAPGCM)
- National Council on Aging (NCOA)
- Eldercare Locator
- American Psychological Association (APA)

Family Caregiver Alliance

- “FCA is a public voice for caregivers.”
- “Pioneering programs: information, education, services, research and advocacy.”
- “Support and sustain the important work of families nationwide caring for loved ones with chronic, disabling health conditions.”
National Association of Professional geriatric Care Managers (NAPGCM)

- Find a Care Manager
- Care Management
- Regional Chapters
- Public Policy
- News Room
- Market Place
- Find Affiliate Companies

National Council on Aging (NCOA)

- Nonprofit service and advocacy organization headquartered in Washington, DC.
- National voice for older Americans and the community organizations that serve them
- Work with organizations across the country to help seniors find jobs and benefits
- General information of aging and preventions
Eldercare Locator

- A public service of the Administration on Aging, U.S. Department of Health and Human Services
- Nationwide service
- Connecting older Americans, their families, and caregivers with information on senior services
- State and local area agencies on aging and community-based organizations
- Help with services such as meals, home care or transportation, or a caregiver needs training education
- Break from caregiving responsibilities

American Psychological Association (APA)

- Government Relations > Family Caregiving
Patient/consumer education materials

References

1. Iowa.gov. http://www.dhs.state.ia.us/Consumers/Safety_and_Protection/Abuse_Reporting/DependentAdultAbuse.html