

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 provide₂

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.₃

- 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.₃

- 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 caregivers₃

- 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 ₂

- 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?₂

- Family caregiver interview
- Assessing needs of family caregivers (physical, psychosocial, financial)
- Assess options

1st step for caregiver: assessing needs₂

- 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

2nd step: assessing the options₂

- 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 caregivers₂

- 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 stress₂



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 Alliance₂

- “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)⁴

- Find a Care Manger
- 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 Locator⁵

- 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 or education
- Break from caregiving responsibilities



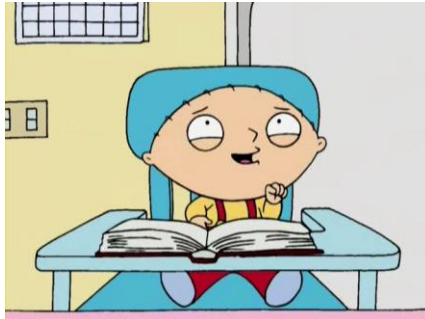
American Psychological Association (APA)⁶

- Government Relations > Family Caregiving



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Patient/consumer education materials₂



References

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2. Family caregiver alliance. <http://www.caregiver.org/caregiver/jsp/home.jsp>
3. American Psychological association.
<http://www.apa.org/about/gr/issues/cyf/caregiving-facts.aspx>
4. National association of professional geriatric care managers
<http://www.caremanager.org/>
5. National Council on Aging. <http://www.ncoa.org/>
6. Eldercare Locator. <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>