

Support Services for Family Caregivers of Dependent Elders

LINDSEY
CARPENTER

Quick Statistic

- More than **65 million people**, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.¹

*Caregiving in the United States;
National Alliance for Caregiving in collaboration with
AARP; November 2009*

Potential to Contribute to Optimal Aging

- Coping skills for family caregivers from support groups
- Outlet to discuss difficulties
- Educate family caregivers on specific disease processes
- Signs that more care is required beyond family caregiving

When to advocate for these services

- New role as a caregiver
- Family member may need a caregiver in the near future
- Any current caregiver

How to accomplish it?

- Have a conversation!
- Provide informational brochures/websites

Support Groups

- **Groups for General Caregiver Support**
- **Disease Specific Groups**
 - Cancer
 - Alzheimer's
 - ALS
 - Dementia

Medicare

- **Medicare.gov**
 - <http://www.medicare.gov/campaigns/caregiver/caregiver.htm>
1
 - When and why you would refer?
 - Can help transition for new caregivers or provide additional information for experienced caregivers
- **Page of caregiver resources²**
 - Handouts
 - Tips
 - Websites of advocacy agencies and to get in contact with local support groups

Handouts for Patients or Waiting Room



* Strategy for advocating for the agency

Eligibility



● **EVERYONE!**

Agencies



- Websites or Phone numbers
 - National Family Caregivers Association
 - ✦ Website: <http://caregiveraction.org>
 - ✦ Phone: 1-800-896-3650
 - Tips for caregivers
 - Caregiver online forum

National Family Caregivers Association:



- **10 Tips for Family Caregivers³**
 - Seek support from other caregivers. You are not alone!
 - Take care of your own health so that you can be strong enough to take care of your loved one.
 - Accept offers of help and suggest specific things people can do to help you.
 - Learn how to communicate effectively with doctors.
 - Caregiving is hard work so take respite breaks often.

10 Tips Continued



- Watch out for signs of depression and don't delay in getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!

Eldercare.gov



- Resource recommended by Medicare
- Also reached by phone: 1.800.677.1116
- Provides database of support groups in your area!
- Brochures
- Online chat
 - Ask questions to eldercare representatives

Eldercare⁴



- Arlington: AAA- Area Agency on Aging
- **Address :** 2100 Washington Boulevard, 4th Floor
City : Arlington
State : VA
Zip : 22204
County : Arlington
Website : <http://www.arlingtonva.us/aging>
Contact Email : arlaaa@arlingtonva.us
Office Phone : (703) 228-1700
Information Phone : (703) 228-1700
TTY Phone : (703) 228-1788
Languages : English, Spanish
Special Notes : General information about any aging services or issues in Arlington County.
Hours : 8:00 AM - 5:00 PM - (M-F) Eastern Time
Directions : Near the intersection of Washington Blvd. and Arlington Blvd. (Route 50)

Eligibility



- **EVERYONE!**

Eldercare hand outs



Disease Specific Example-ALS



- **Northern Virginia Resource Support Group⁵**

Fourth Sunday of each month

Mason District Government Ctr

6507 Columbia Pike,

Annandale, VA 22003

Phone 1: Ellen Cochrane

Phone 2: 301-978-9855 ext. 310

Website:

[http://webdc.alsa.org/site/PageNavigator/DC_8_Support
Groups.html](http://webdc.alsa.org/site/PageNavigator/DC_8_SupportGroups.html)

Information the PT Can Provide to Agencies

- **Posture positioning techniques**
 - Modifications to maintain alignment
 - Preventing pressure ulcers
- **Educate on HEP or walking program**
 - Assist at home
 - Maintain safety
- **Strategies for transfers**
 - Body mechanics to prevent injuries in caregivers
 - Safety

References

1. Caregiving statistics. Caregiver Action Network Web site. <http://caregiveraction.org/statistics/#CaregivingPopulation>. Accessed 4/2, 2013.
2. Caregiving. The Official U.S. Government Site for Medicare Web site. <http://www.medicare.gov/campaigns/caregiver/caregiver.html>. Accessed 4/3, 2013.
3. Resources. Caregiver Action Network Web site. <http://caregiveraction.org/resources/>. Accessed 4/3, 2013.
4. Find help in your community. Eldercare Locator Web site. eldercare.gov. Accessed 4/2, 2013.
5. In your community. ALS Association Web site. <http://www.alsa.org/community/>. Accessed 4/13, 2013.