

Eldercare

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Introduction

- Dana Berg-Grala: Licensed Professional Counselor, Nationally Certified Counselor, Certified Alcohol and Drug Counselor
- Franco Psychological Associates (FPA)
- FPA and Dickinson College

Outline of Presentation

- Quiz
- Video: Understanding Alzheimer's Disease
- Important Needs to Consider
- Caregiver Challenges and Burnout
- Self Care for the Caregiver
- Resources

QUIZ

Video: Understanding Alzheimer's Disease

https://www.youtube.com/watch?v=Eq_Er-tqPsA&feature=youtu.be

Important Needs to Consider

- **Activities of Daily Living:**
 - **Basic ADL's** – self-feeding, functional mobility, dressing, bathing or showering, personal hygiene, toilet hygiene
 - **Instrumental ADL's** – cooking and preparing meals, cleaning and maintaining the home, shopping and buying necessities, running errands, managing money and paying bills, speaking or communicating through the phone or other devices, taking prescribed medications
- **Living Arrangements and Care Plans:**
 - **Aging at Home** –choice for most seniors, desire to live independently and age at home, may require several adjustments to home and getting in-home support from family members as caregivers or professional caregivers
 - **Living with a Family Member/Relative** – appropriate if non-skilled health care and some assistance with daily activities is needed
 - **Independent Living Communities** – best for independent and active seniors, often will rent/buy homes/apartments in community with other seniors. Amenities may include: gyms, yard maintenance, house keeping, transportation, group meals, social activities. **No Medical Support**
 - **Assisted Living Communities** – some independence, more help offered with daily activities like meals, dressing, bathing, medication
 - **Nursing Homes** – living environment with medical surveillance and caregiving, offers 24 hour nursing staff

Important Needs to Consider

- **Financial:** financial impacts of modifications, living arrangements, care needs, legal ability to manage finances, utilizing resources
- **Legal:** power of attorney (POA), durable power of attorney for health care (also known as a health care proxy), living will or advance directive, living trust, will
- **Health - Physical and Mental/Emotional:** may be involved with multiple healthcare professionals and specialists, additional mental health needs may arise with diseases of aging
- **End of Life:** plans and finances in place

Caregiver Challenges

- Financial
 - 2007 Study:
 - More than 50% of caregivers, caring for someone age 50 or older were spending on average more than 10% of their annual income, average of \$5,531 yr.
 - 34% of caregivers had used some of their savings
 - 2009 Study:
 - 1/3 working caregivers reported needing additional work hours
 - 1/10 caregivers were unable to place their care recipient in facility as planned due to finances
- Decision Making
 - Care planning, financial, legal, activities of daily living, end of life – can be burdensome
 - 2015 Study: 46% of care recipients have made plans for their future care

Caregiver Challenges

- Refusal of Activities
 - Can include: hygiene, nutrition/feeding, attending appointments, following physician recommendations, taking medications, following set rules or expectations in the home/facility , improper money management
 - Importance of trying to implement useful strategies.
 - Caregiver's Guide for Understanding Dementia Behaviors
- Worsening Behaviors/Changes in Personality
 - Refusal of Activities, wandering/leaving home or facility, can become delusional, paranoid, uncooperative, dishonest, aggressive, belligerent, anxious, disengaged
- Guilt
 - Others expectations and personal expectations: "SHOULD"
 - Separation
 - Moral
 - Ambivalence
 - Responsibility
- Grief – especially challenging with prolonged illness

Video: Caregiver Burnout

<https://www.youtube.com/watch?v=9Qh8TNQTfPg>

Self Care for Caregiver

- Utilize Resources and Professionals:
 - Have healthcare providers be the “bad guy”
 - Educate yourself
 - Attend support groups
 - Set boundaries – accept help
- Set Reasonable Goals
 - Responsibilities for your own life and someone else’s requires organization
 - Set goals for everything – you are less likely to forget/miss essentials if you have goals
 - Make daily, weekly, monthly goals
 - SMARTER goal setting (Specific, Measurable, Attainable, Relevant, Time Oriented, Evaluate, Re-do)

Self Care for Caregiver

- Emotional Coping:
 - "That's the Alzheimer's talking"
 - Create Emotional Distance – don't make yourself responsible for their happiness, especially if it's not achievable, think needs over wants, respect autonomy and intervene if it threatens health or safety
 - Consider what you can't control – find ways you may have a small amount of control of some part of the aspect, work on acceptance
 - Accept & Cope with Feelings
- Focus on Your Health:
 - Exercise, Nutrition
- Find Joy and Rewarding Aspects
- The Therapeutic Fib
 - Responding with empathy while being vague and noncommittal
 - When individual is not rational or impaired – it may be appropriate to not be fully honest to help reduce resistance to necessary care

Resources

- **Online:**

- **AARP**

- <https://www.aarp.org>

- **A Place for Mom**

- <https://www.aplaceformom.com/planning-and-advice/expert-resources/caregiver-toolkit>

- **Family Caregiver Alliance, National Center on Caregiving**

- <https://www.caregiver.org>

- <https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>

- **myALZteam**

- <https://www.myalzteam.com>

- **UCLA Health**

- <https://www.uclahealth.org/dementia/>

- https://www.youtube.com/results?search_query=UCLA+Alzheimers+and+dementia+care+video+series

Resources

- **Books:**

- *Still Alice* by Lisa Genova
- *When the Time Comes: Families With Aging Parents Share Their Struggles and Solutions*, by Paula Span
- *They're Your Parents, Too! How Siblings Can Survive Their Parents' Aging Without Driving Each Other Crazy*, by Francine Russo
- *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*, by clinical psychologist and family therapist Barry J. Jacobs
- *Passages in Caregiving*, by Gail Sheehy
- *A Bittersweet Season: Caring for Our Aging Parents – and Ourselves*, by Jane Gross
- *The Caregiver's Survival Handbook*, by gerontologist Alexis Abramson
- *A Cast of Caregivers*, by Sherri Snelling
- *To Survive Caregiving: A Daughter's Experience, a Doctor's Advice*, by Dr. Cheryl E. Woodson
- *We're in This Together: A Caregiver's Story*, by Rob Harris
- 10. *The Unexpected Caregiver: How Boomers Can Keep Mom & Dad Active, Safe and Independent*, by Kari Berit

Resources

- 11. *The Gifts of Caregiving: Stories of Hardship, Hope, and Healing*, by Connie Goldman
- 12. *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss*, by dementia specialist Nancy Mace and Dr. Peter Rabins, a psychiatrist and behavioral scientist specializing in memory disorders at Johns Hopkins School of Medicine
- 13. *Learning to Speak Alzheimer's*, by Joanne Koenig Coste
- 14. *The Caregiving Wife's Handbook*, by psychotherapist Diana Denholm
- 15. *When Mom and Dad Need Help*; senior housing and care information by Michael C. Campbell
- 16. *The Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't*, by bioethicist Viki Kind
- 17. *Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions*, by Paul and Lori Hogan, founders of Home Instead Senior Care
- 18. *Don't Give Up on Me! Supporting Aging Parents Successfully: A Daughter's Intimate Memoir*, by Jan Simpson
- 19. *Caring is Not Enough: A Workbook for Emergency and End-of-Life Planning*, by registered nurse Terry Ann Black
- 20. *Knocking on Heaven's Door: Our Parents, Their Doctors, and a Better Way of Death*, by Katy Butler
- 21. *Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness*, by Barbara Okun, Ph.D., and Joseph Nowinski, Ph.D.

References

AARP - <https://blog.aarp.org/?s=caregiving+books+you+should+care+about&submit=Go>

AARP and the National Alliance for Caregiving - https://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Executive-Summary-June-4_WEB.pdf

Aging in Place – National Council for Aging Care - <http://www.aginginplace.org/a-guide-to-caring-for-elderly-parents/>

Daily Caring - <https://dailycaring.com/5-important-legal-documents-for-caregivers/>

Dallas News - <https://www.dallasnews.com/life/aging-1/2017/11/09/caring-hurt-experts-advise-cope-elderly-parents-behavior-changes-worse>

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The Improv Caregiver - <http://theimprovcaregiver.com/8-tips-avoid-caregiver-burnout/>

Psychology Today - <https://www.psychologytoday.com/us/blog/life-after-50/201608/taking-care-elderly-parents>