



accountable aging
CARE MANAGEMENT®

Caregiving 101 (in the Time of COVID 19)

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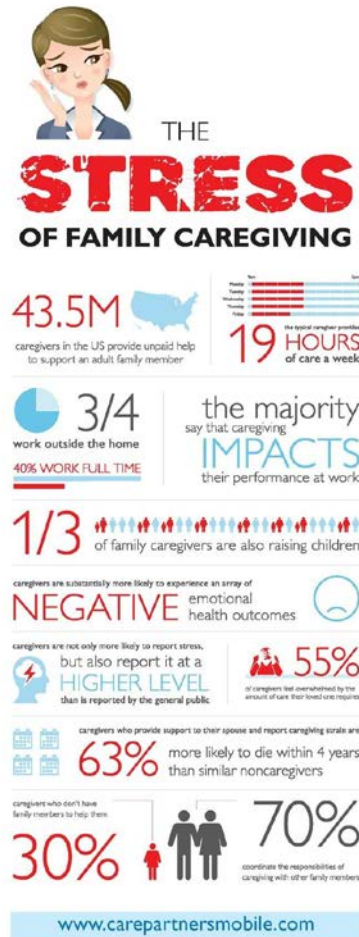
This is
dedicated to
the one I love

Audrey Lois Grubbs
1923-2017





- ▶ Caregiver Stress
- ▶ 43.5 million of you are providing unpaid support to an adult family member
- ▶ 1/3 of you are also raising children
- ▶ You typically provide 19 hours of care a week
- ▶ Caregivers report higher stress levels than the general public
- ▶ 55% of you feel overwhelmed by the amount of care their loved one requires



PHILIPS



“Typical” Caregiver Challenges

- Older adult community-based care vs. living together vs. loved one living at home alone or with spouse
- Strain on relationships and emotional toll
 - Role reversal
 - Sandwich generation
- Worsening physical health of caregiver - possibly deferring self health care
- Care coordination and helping with ADLs
- Financial strain - possibly deferring personal career or educational goals

Source: National Alliance for Caregiving



Caregiving in the Age of COVID

Stay at Home Orders have Shifted the Caregiving Dynamic for Many People

- If live locally with care receiver, not allowed to pop in to visit
- Limited access to outside activities i.e. respite programs, outings to restaurants

Caregiving from a Distance

- Live more than an hour away from a person who needs care



More on the Added Layer of COVID-19

- Limits placed on visiting family members
- Possible need to quarantine if you move
- Closure of childcare and educational institutions
- Uncertainty with job security, job loss, concerns with income security
- Restricted access to medicine, care providers and medical equipment
- Uncertainty of timeline and disease impact
- Growing concern about own health and self-care; increased stress, anxiety, grief

Source: National Alliance for Caregiving



Care Receiver Escalation of Symptoms

- ▶ Over time, “typical” caregiving can intensify
 - ▶ Disease process escalates
 - ▶ Care needs become greater; more services needed

▶ Source: National Alliance for Caregiving



Strategies to be Successful

- Assess the situation
 - *Focus on the most important actions
- Develop and implement a care plan
- *Establish a monitoring system*



Break It Down: Assess the Situation

- Review the personal circumstances
 - Look at needs, as well as wishes and preferences
- Determine the financial picture
 - Understanding budget is critical to understanding options
- Review legal documents or obtain them



Develop and Implement a Care Plan

- Establish a budget
- Locate care partners: family, neighbors, friends and professional care managers
 - Agency care: which companies are able and willing to assist with Covid-19 positive clients
- Decide on Home vs. Older Adult Community
 - Does it make sense to take a care receiver home?
 - Respite senior living community?
- Contract for services and arrange for community resources
 - Take into consideration limiting the number of services/people coming into the home. Does live-in support make sense?
- Make short-term and long-term plans
 - How long will Covid-19 last? Million-dollar question!



Issues for Care Plan Decisions

1. How will nutritional needs be met?
2. How will socialization and spiritual needs be met?
3. How will daily chores be done?
4. What needs to be done to insure good hygiene?
5. How will medicine and doctor's visits be managed?
6. How will the bills be paid on time and can we insure effective use of funds?
7. Couple: healthy spouse vs. sick spouse
8. How will this all be accomplished safely? CDC recommendations?



Where do I find service providers and community resources?

- Senior Service Directories such as New Lifestyles, Senior Resource Guide
- Organizations such as Alzheimer's Association; CAPS; AGE of Central TX
- Church/clergy
- Professional Care Managers www.aginglifecare.org
- Area Agency on Aging
- CDC: www.cdc.gov



Monitoring the Plan



Routine

1. Phone calls to care receiver and service providers
2. Follow-up calls with neighbors and friends
3. Family updates
4. Care managers and other service provider reports
5. Planned face-to-face visits with PPE

Emergency

1. If necessary, person who can physically go to see situation in proper PPE
2. Plan with family for who can be called on and under what circumstances
3. Emergency response device
4. Contract with care manager



Organization - Know Where to Find It When You Need It

- Document holder for legal, financial, medical and other important records.
(Red folder in easy reach in case of 911 calls - copies of picture IDs, Medicare and other ins cards, list of meds, list of docs, emergency contacts)
- Phone number listing for all contacts.
- Calendar for scheduling monitoring actions and events.
- Journal or diary to record summary of activities such as the monitoring phone calls and family communications.



Share the Responsibilities: Assign and/or Hire

Who

- Family Members
- Neighbors
- Friends
- Community Resources
- Professional Care Managers
- Professional Services

What

- Monitoring calls
- Bill paying, trends
- Social activities
- Medicine Management
- Grocery Shopping
- Comparison of service providers

New challenge: dealing with stress of pandemic and additional responsibilities





Communication, Communication, Communication!

- ▶ With Care-receiver
- ▶ With Other Family Caregivers
- ▶ With Medical Providers
- ▶ With Care Manager and Other Service Providers
- ▶ With Neighbors, Friends and Church
- ▶ With your Immediate Family and Supervisor at Work



Try to be
the partner,
spouse,
sister,
brother,
son,
daughter,
family
member
friend when
possible

- ▶ This is from Linda Parker's e-book on Life Legacy Letters - a sample of questions that support meaningful conversations
- ▶ What filled your heart with wonder?
- ▶ What principles guided your life?
- ▶ What obstacles did you have to overcome?
- ▶ What was your greatest adventure?
- ▶ What did you learn from your parents?
- ▶ What did you spend a lot of time worrying about that never happened?



Resources

▶ Careblazers with Dr Natali
<https://www.careblazers.com/>

(Great short videos on YouTube about how to assist someone with dementia - a variety of commonplace issues)

▶ National Academy of Elder Law Attorneys
<https://www.naela.org/>

(They can help with Medicaid eligibility)

▶ Family Caregiver Alliance
<https://www.caregiver.org/about-family-caregiver-alliance-fca>

