

Put Your Mask On First

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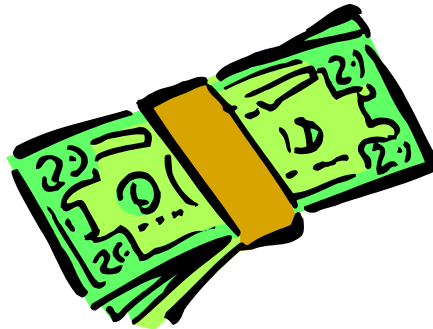
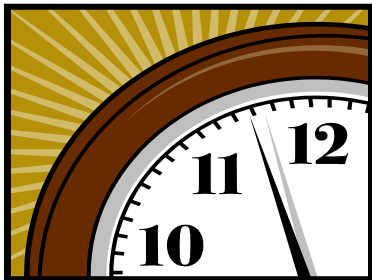
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Caregiving Quick Facts

- ⦿ Family caregivers provide over 75% of caregiving support in the United States
 - ⦿ The "typical" caregiver is a 46-year-old woman working outside the home, providing more than 20 hours/week of unpaid care to her mother
- ⦿ About 44 million Americans provide 37 billion hours of unpaid care annually
- ⦿ Of those needing care...
 - ⦿ 65% depend solely on family and friends
 - ⦿ 30% supplement family care with paid service providers
 - ⦿ 5% rely exclusively on paid providers

Caregiving May Involve...

- ⦿ Less personal time
- ⦿ Less family time
- ⦿ Need for work-life balance
- ⦿ Financial issues
- ⦿ Physical and emotional stress



How Will I Know?

⦿ Health

- ⦿ Take medication properly?
- ⦿ Call for help, if needed?
- ⦿ Take care of personal hygiene?
- ⦿ Are there current or past health problems that might put at risk of harm?

⦿ General considerations

- ⦿ Good quality of life at home?
- ⦿ Is there enough stimulation during the day?
- ⦿ Benefit from care and support provided by another environment?
 - ⦿ Family member or friend, facility

How Will I Know?

⦿ Finances

- ⦿ Handle day-to-day financial transactions?
 - ⦿ Keeping track of bills and paying bills promptly?
- ⦿ Risk of exploitation or abuse regarding finances?

⦿ Nutrition

- ⦿ Maintain a proper weight?
- ⦿ Eat nutritiously throughout the day?
- ⦿ Store foods properly?

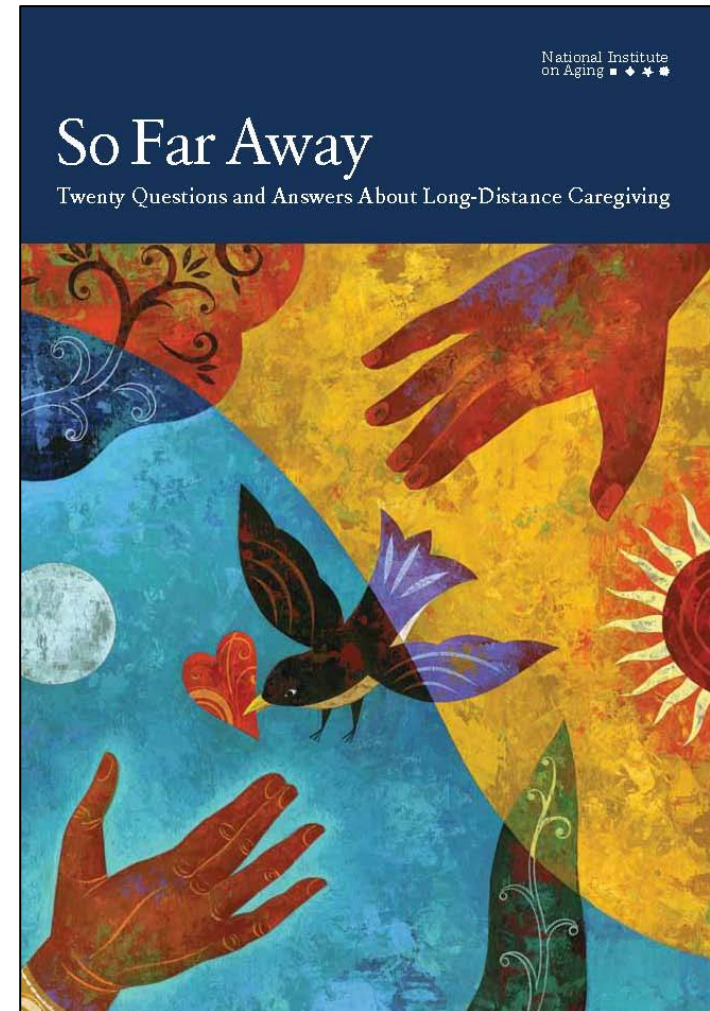
How Will I Know?

⦿ Safety

- ⦿ At risk of harm?
 - ⦿ Is the amount of risk acceptable?
- ⦿ Is it possible to find a level of risk with which everyone is comfortable?
 - ⦿ For example, the risk of falling on the stairs might be considered an acceptable risk if the person has no problems with balance or walking
- ⦿ Does the person pose a risk to others?
 - ⦿ For example, does the person live in an apartment and regularly cause fires with the stove or cigarettes?
- ⦿ Is the person able to react and take action in an emergency?
- ⦿ Is the person's home safe?
 - ⦿ For example, are stairs well lit? Are there handrails?

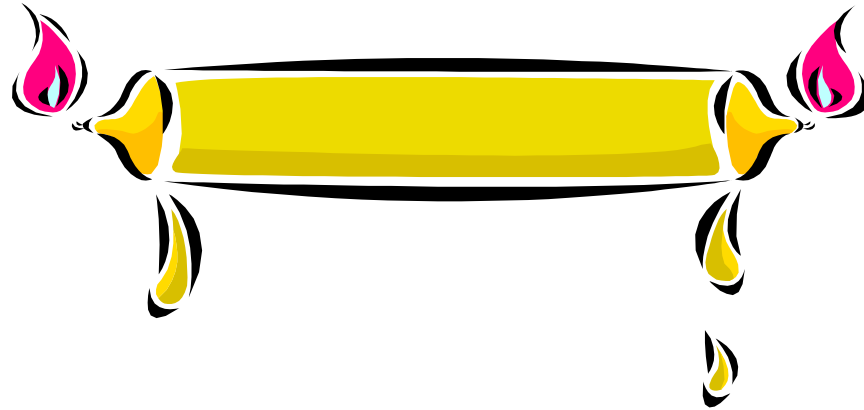
Long Distance Caregiving

- ⦿ Many caregivers must help from a distance
- ⦿ Phone Call vs. In Person
- ⦿ Tips
 - ⦿ Gather Information
 - ⦿ Make a List
 - ⦿ Assess the Situation
 - ⦿ Be Sensitive
- ⦿ <http://www.nia.nih.gov/health/publication/so-far-away-twenty-questions-and-answers-about-long-distance-caregiving>



Caregiver Burnout

- ◎ Ignoring personal needs is detrimental
 - ◎ To you
 - ◎ To the person for whom you care
 - ◎ Caregiver exhaustion leads to many premature facility placements



Manage Your Stress

- ⦿ Ignoring personal needs is detrimental
- ⦿ Find things that help you in your situation – there is no one right answer
 - ⦿ Don't get to the end of your rope!
- ⦿ Be Informed
 - ⦿ Understand yourself
 - ⦿ Understand the other people in your life
- ⦿ Share Concerns
 - ⦿ Don't let problems fester
 - ⦿ Be calm, concise
 - ⦿ Listen and respond
- ⦿ Solve Problems
 - ⦿ Do not run from problems
 - ⦿ Change small things first
 - ⦿ Realize that you cannot address every need
 - ⦿ Some problems will remain problems

Manage Your Stress

⦿ Common Sense

- ⦿ Best tool you have!
- ⦿ Explore options
- ⦿ Be flexible and adapt to different situations

⦿ Humor

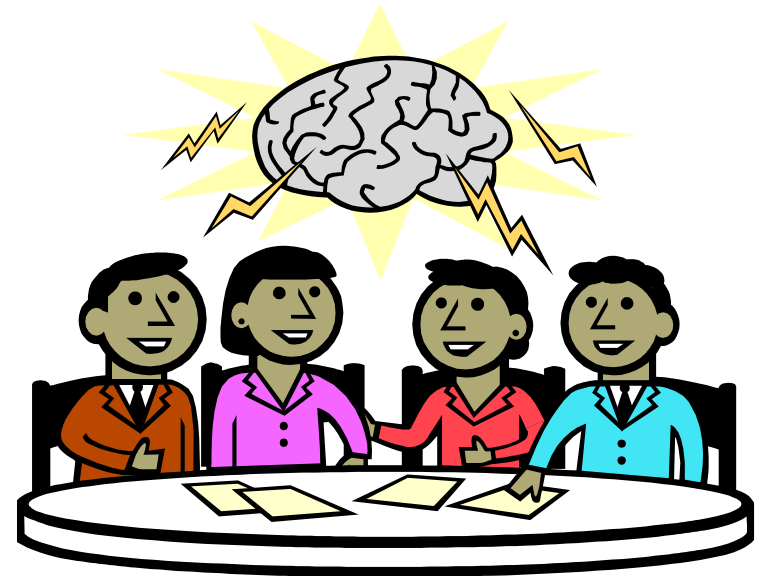
- ⦿ Helps keep focus
- ⦿ Distracts from the seriousness of the situation

⦿ Rest

- ⦿ Your health and wellbeing is paramount
- ⦿ Lack of rest leads to decreased patience and tolerance

Involving Others

- ◎ Ask for help!
 - ◎ Everyone has something they can contribute
- ◎ Tips
 - ◎ Involve
 - ◎ The person for whom you care
 - ◎ Close family
 - ◎ Extended family
 - ◎ Health providers
 - ◎ Community resources



Communication Skills

◎ “I” Messages

- ◎ helps you take ownership of your thoughts and feelings

◎ Assertive Messages

- ◎ helps you be open, honest and direct without hurting feelings

◎ Aikido Messages

- ◎ helps you find common ground and build harmony

“I” Messages vs. “You” Messages

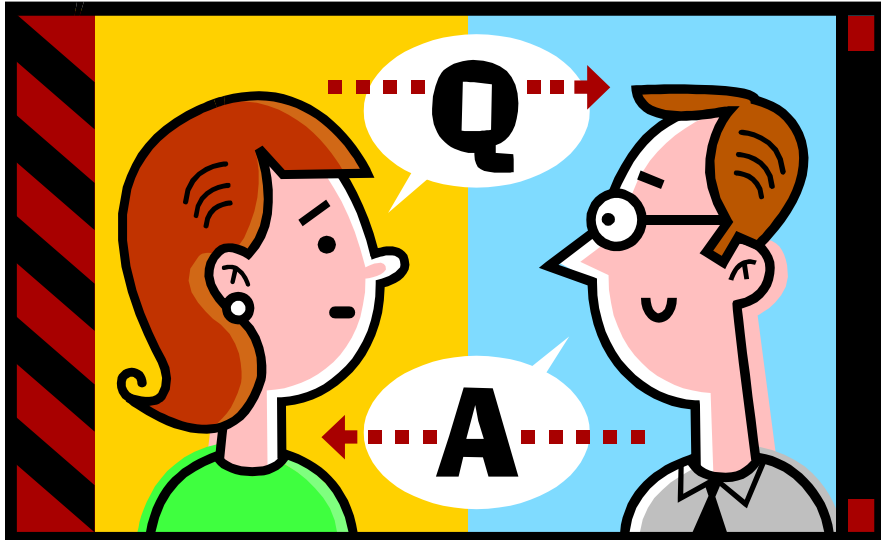
⊙ “You” Message

- ⊙ Person feels attacked
- ⊙ Person may “fight back” or withdraw
- ⊙ Increase anger & frustration
- ⊙ Doesn’t resolve problem or concern
- ⊙ Often hidden in “I” messages

⊙ “I” Message

- ⊙ Takes ownership for thoughts & feelings
- ⊙ Increases chances of being heard
- ⊙ Keeps conversation positive

Which Statement is an “I” Message?



1. You were late for our session today.
2. I know you are busy but I think we can get through this if you'll just focus.
3. I really enjoyed our time together and I look forward to our next meeting.
4. I am disappointed when you don't listen when I'm speaking to you.

Which Statement is an “I” Message?

1. You were late for our session today.
2. I know you are busy but I think we can get through this if you’ll just focus.
3. **I really enjoyed our time together and I look forward to our next meeting.**
4. I am disappointed when you don’t listen when I’m speaking to you.

Other Uses for “I” Messages

- ⦿ Raising a concern
 - ⦿ I'd like to discuss our plan forward so we can stop being upset with each other.
- ⦿ Returning a problem
 - ⦿ I would appreciate suggestions on how to address concerns.
- ⦿ State intentions and expectations
 - ⦿ I would appreciate your help in following the plan we've worked out together.
- ⦿ Express positive feelings & compliments
 - ⦿ I really appreciate the time you take to accomplish this goal. I know it's not an easy task.

Assertive Messages

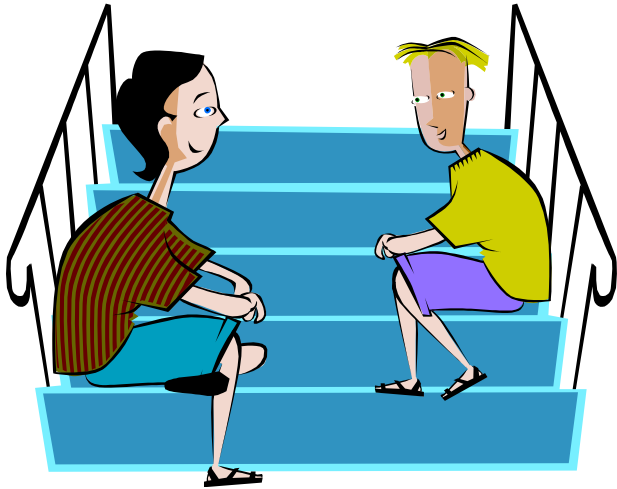
⦿ What they are...

- ⦿ “I” messages
- ⦿ Honest open communication
- ⦿ Shares feelings and thoughts
- ⦿ Clear and direct

⦿ What they are not...

- ⦿ Aggression
- ⦿ Blame
- ⦿ Accusation
- ⦿ Threatening

Assertive Messages



1. Describe the situation
2. Express how you feel
3. Specify what needs to be done
4. Provide consequences

Akido Messages

- ⦿ Akido focuses on building harmony
 - ⦿ Maintain your own peace by not giving in to emotion
 - ⦿ Help the other person maintain equilibrium and peace
- ⦿ Akido works well in emotionally charged situations with people who are verbally aggressive

Akido Messages

1. Align

1. Put yourself in the other person's shoes

2. Agree

1. Find common ground

3. Redirect energies

1. Redirect to areas of agreement

4. Resolve problem

1. Attempt to agree on solution

Locating Services



Accessing Services – Telephone Prompter

Use this prompter when calling about information, resources and services – it will remind you of the questions you should ask. **Before calling, complete numbers 1 and 2.**

1. Information for the Agency/Organization You Plan to Call

Date of Call	
Name of Agency/Organization	
Phone Number	

2. Your Information

My name is	
I need help with or information on	

3. When You Call the Agency/Organization

What is your name?	
What is your callback number?	

4. **SHARE:** Information from # 2.

5. **ASK:** Can you help me?

If the Answer is NO	
Do you know other agencies or organizations that can help me?	
Phone Number(s)	

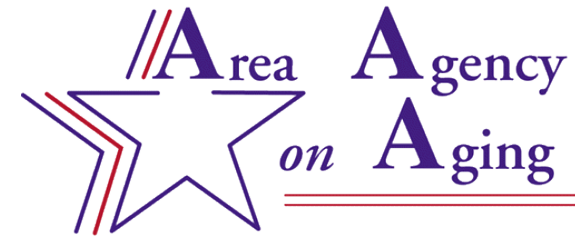
If the Answer is YES	
What services do you provide?	
What are the costs? How are they paid?	
What are the eligibility requirements?	
Can you send me more information?	
How do I apply?	

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.

- Use a telephone prompter or something similar when talking to professionals about services
- Available FREE for download in PDF format
 - “Accessing Services – Telephone Prompter”
 - http://fcs.tamu.edu/families/agring/elder_care/prompter.pdf

Area Agencies on Aging

- ⦿ Provides planning, coordination and implementation of services
- ⦿ Programs include
 - ⦿ Congregate and home delivered meals
 - ⦿ Emergency response services
 - ⦿ Adult day care
 - ⦿ Transportation
 - ⦿ Minor home repairs/modifications
 - ⦿ Homemaker and personal care services
 - ⦿ Legal assistance/representation
 - ⦿ Benefits counseling
 - ⦿ Nursing home ombudsman
- ⦿ <http://www.dads.state.tx.us/services/contact.cfm>
- ⦿ 800.252.9240



211 Texas

- ⦿ A service of the Health and Human Service Commission's Texas Information and Referral Network
- ⦿ Information on services in your area providing:
 - ⦿ Food
 - ⦿ Shelter
 - ⦿ Rent assistance
 - ⦿ Utility bill assistance
 - ⦿ Counseling
 - ⦿ Child care
 - ⦿ After-school programs
 - ⦿ Senior services
 - ⦿ Disaster relief
- ⦿ <http://www.211texas.org>
- ⦿ Dial 2-1-1 from your home telephone



The Moral of the Story

- ⦿ Take care of yourself
- ⦿ Take care of your family
 - ⦿ Be a parent, be a spouse
- ⦿ Build a team
 - ⦿ Everyone has something to contribute
- ⦿ Learn about your particular situation
- ⦿ Let the person for whom you care help
- ⦿ Talk to others
- ⦿ Laugh
 - ⦿ Even when there's nothing to laugh about
- ⦿ Utilize resources in your area

Suggested Resources

- ⊙ Texas A&M AgriLife Extension Service
 - ⊙ <http://fcs.tamu.edu/families/aging>
 - ⊙ <http://agrilifebookstore.org> (Publication # E-423)
- ⊙ eXtension
 - ⊙ http://www.extension.org/family_caregiving
- ⊙ Area Agencies on Aging (AAA)
 - ⊙ 1.800.252.9240
 - ⊙ <http://www.dads.state.tx.us/services/contact.cfm>
- ⊙ National Institute on Aging, National Institutes of Health
 - ⊙ <http://www.niapublications.org>
- ⊙ AARP
 - ⊙ <http://www.aarp.org/home-family/caregiving/>
- ⊙ 2-1-1 Texas
 - ⊙ Dial 211 from your home phone
 - ⊙ <http://www.211texas.org>

What Questions Would You Like To Ask?

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