

WellMed Charitable Foundation Caregiver SOS



Supporting seniors and family caregivers



Why Support Family Caregivers ~ Navigating the Caregiving Experience

Supporting Older Adults and Family
Caregivers in our Community

Caregivers are the “gatekeepers” of the treatment plan. They are expected to carry out tasks such as:



Medication Management



Wound Care



Medical Appointments



Emergency Room Decisions

Usually receive little to no training in providing care

What are they doing?

- 99% are helping with Instrumental Activities of Daily Living
 - Shopping, housework, bill paying, transportation
- 60% are helping with Activities of Daily Living
 - Bathing, dressing, grooming
- 58% are helping with medical/nursing tasks
 - Injections, wound care

Caregiving in the US 2020—AARP Research Report

https://www.caregiving.org/wp-content/uploads/2020/06/AARP1316_ExecSum_CaregivingintheUS_WEB.pdf

Impact of a struggling caregiver

Supporting Older Adults and Family

- Increased chance of admission into ER or hospitalization for care recipient
- Increased use of long-term services and support for care recipient
- Increased potential for abuse or neglect to occur
- Caregivers themselves are at a higher risk of adverse health issues
 - Increased instances of depression
 - Suffer from high levels of stress
 - Increased risk of heart disease
 - In some cases, increased mortality

Schulz, Richard and Eden, Jill (2016). Families Caring for an Aging America. The National Academies of Sciences, Engineering and Medicine. Washington D.C.
Alzheimer's Association (2016). Alzheimer's Disease Facts and Figures. Alzheimer's & Dementia

Caregiver SOS

Support for family caregivers

Supporting Older Adults and Family
Caregivers in our Community

- Caregiver Coaching
 - Individual coaching available by phone or in person
 - Support Groups
 - Caregiver education and resources
- Caregiver Teleconnection Program
 - Hour-long educational sessions done with caregiving experts
 - Participate live or listen to recordings any time
 - Available on the phone or online
- Stress-Busting Program
 - Nine-week evidence-based program proven to reduce stress, anger and anxiety and improve quality of life
 - Learn stress management and coping skills

COSA Partnership



Supporting Older Adults and Family
Caregivers in our Community

- 3 Fulltime Caregiver Support Specialist
 - Supporting 11 comprehensive senior centers
 - Our focus is to provide support to informal caregivers and serve senior center members with guidance, educational presentations and fostering relationships through 1:1 coaching.
- Why we support older adults and caregivers.
 - To ensure they have information that will help empower them, learn new tips for self-care and encourage them to stay active
 - We see decrease in stressors associated with caregiving
 - We recognize the importance of staying socially connected
 - Educate our center members on importance of healthy aging.

When to refer to Caregiver SOS

Supporting Older Adults and Family

- If the family member/friend is:
 - New to caregiving
 - Stressed out
 - Needing general guidance
 - Looking for a support group
 - Looking for education on topics related to caregiving
 - Looking to learn more about how to manage challenging behaviors related to dementia
 - Looking for a listening ear
 - Wondering “what next” when it comes to nonmedical issues related to dementia or other chronic illnesses

Caregiver SOS cannot provide help...

Supporting Older Adults and Family

- If the family member/friend is:
 - Looking for in home care/support (other than a referral to an agency and or guidance to call their primary insurance)

Dementia Support

- Both Caregiver Support Specialist are Certified Dementia Professionals and Alzheimer's Association trained volunteers
- Goal: Educate our members/caregivers on understanding of dementia and its progression. Basic understanding of disease and prevention tips
- Schedule dementia presentations at each center at least once a month

Contacts

Caregiver SOS

Caregiver Specialist	Supported Senior Centers	Email	Phone
Jennifer Brackett	Alicia T. Lopez, Doris Griffin & B. (Robbie) Robinette	jbrackett@wellmed.net	210-254-1428
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Questions?

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