

Prepare to Care - Training Resources and Support Options for Informal and Formal Caregivers

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Presentation Overview

- Define the difference between formal and informal caregivers.
- Identify 3 different home care agency models and scope of service.
- Identify signs and sources of caregiver stress.
- Identify ways to locate community support resources.
- Review Sample Training Modules.
- Demonstrate effective techniques for communicating personal needs.

THERE ARE ONLY FOUR KINDS OF
PEOPLE IN THE WORLD
THOSE WHO HAVE BEEN CAREGIVERS,
THOSE WHO ARE CURRENTLY
CAREGIVERS,
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED
CAREGIVERS.

Four Corner Exercise

- Are You a Direct Caregiver?
- Do You Support to a Direct Caregiver
- Have You ever been a Caregiver in the past?
- Do you expect to be Caregiver in the future?

Informal Caregivers

- Family caregiver is anyone with a personal relationship with a chronically ill, disabled, or elderly person whose life is **impacted** by the care of this person and is **impacted** by the condition of this loved one

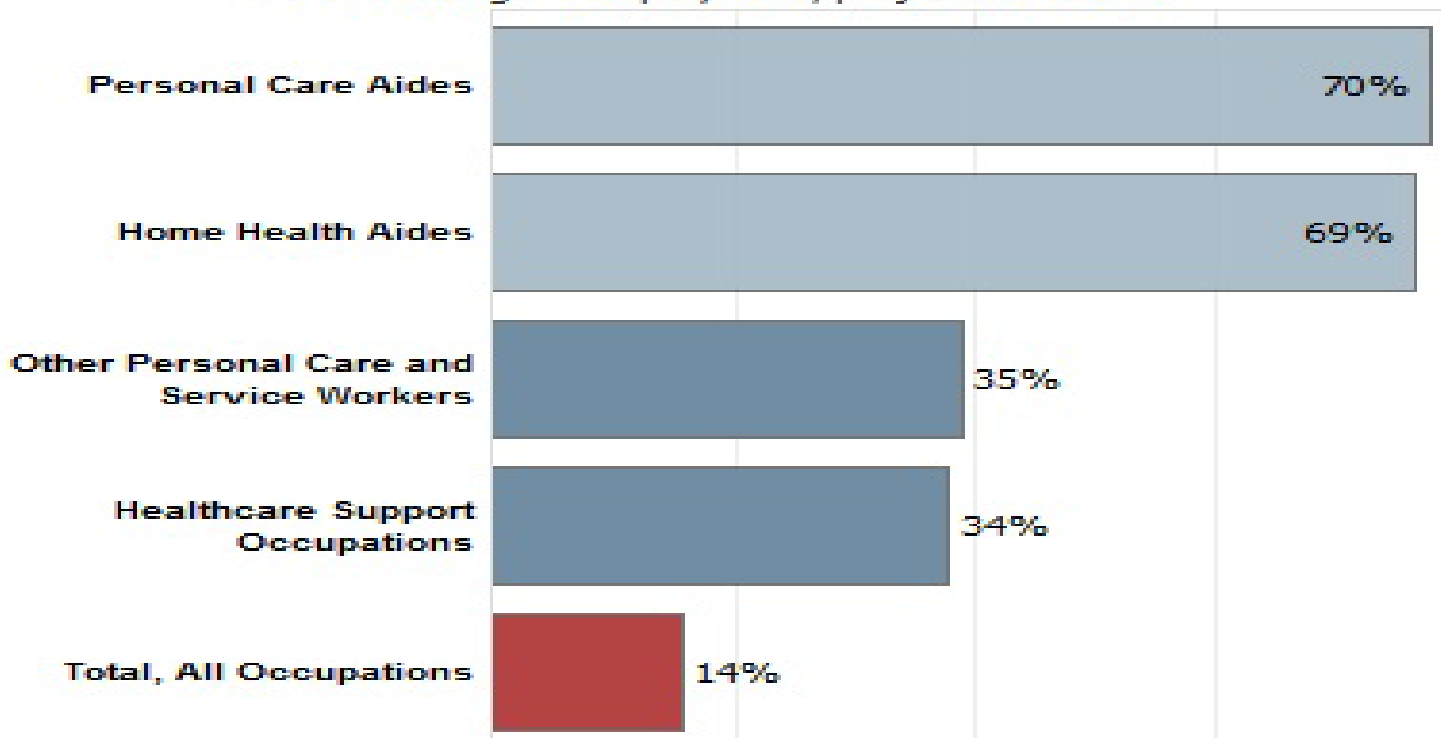
Formal Caregivers = Direct Care Workers

- Personal Care Aides
- Home Health Aides
- Consumer Directed Care

Direct Care Workforce Demand

Home Health and Personal Care Aides

Percent change in employment, projected 2010-20



Note: All Occupations includes all occupations in the U.S. Economy.

Source: U.S. Bureau of Labor Statistics, Employment Projections program

Direct Care Workforce

- *PHCA provide ~ 70-80% of paid hands on support and assistance to elders and individuals with disabilities:*
 - Assistance with Activities of Daily Living (ADLs) such as bathing, dressing, toileting, eating
 - Assistance with Instrumental Activities of Daily Living (IADLs) such as home care, shopping, maintenance of daily schedules and appointments
 - Companionship, communication and behavioral support

Personal Care Aides

- Titles:
 - Homemakers/Personal Care Homemakers
 - Companions
 - Personal Care Assistants
- Tasks:
 - Shopping
 - Meal Prep
 - Light Housekeeping
 - Laundry
 - Bathing
 - Dressing
 - Eating
 - Foot care
- Payer Sources:
 - State Funded Programs
 - Medicaid Waiver Services

Home Health Aides

- Titles:
 - Home Health Aides
 - Licensed Nursing Assistants
- Tasks:
 - Personal Care Tasks
 - Simple procedures as an extension of nursing or therapy services as delegated by a nurse
 - Assistance with ambulation or exercises
 - Simple dressings
 - Check pulse, temperature, and respiration rates
 - May give medications (in some states)
- Payer Sources:
 - Medicare
 - Medicaid
 - Long Term Care Insurance

Consumer Directed Workers

- Titles:
 - Personal Care Attendants
 - Personal Care Assistants
- Tasks:
 - Consumer Directed Tasks
- Payer Sources:
 - Medicaid Waiver Services

Acute Illness vs. Chronic Illness

ACUTE ILLNESS

- Generally treatments are available to cure, heal and restore health.
- Generally has short term impact.
- Life is changed for a short time, but problems go away.
- The person's health improves and life returns to normal.
- Generally the outcomes are fairly predictable.

CHRONIC ILLNESS

- No treatment will take the illness away. In many cases the condition can be managed, but not cured.
- Problems don't go away. The condition is often progressive, caregiver responsibilities may increase over time.
- Often permanent changes in life occur. Caregiver and recipient have to adapt and make life changes.
- Long term effects may be hard to predict.

Consumer Landscape

- Between 2010 and 2050, the United States is projected to experience rapid growth in its older population.
 - In 2050, the number of Americans aged 65 and older is projected to be 88.5 million, more than double its projected population of 40.2 million in 2010.
- The population is also expected to become much older
 - Nearly one in five U.S. residents will be aged 65 and older in 2030.

Position Descriptions

Scenarios

Agency Models of Care:

- Certified Home Health and Hospice Agencies
- Personal Care Services Agencies
- Private Care Agencies

Certified Home Health and Hospice Agencies

- **Medical Model**
- **Regulatory oversight:** State Authorities
- **Funding streams:** Medicare, Medicaid and third party insurers
- **Eligibility criteria:**
 - Physician's order
 - Short term & intermittent
 - Skilled services
 - Homebound status

Personal Care Services Agencies

- **Traditional – Social/Chronic Care Model**
- **Regulatory oversight:**
 - State Units on Aging
 - Medicaid Waivers
- **Funding streams:** Various
- **Eligibility criteria:** Varies but typically
 - Needs Assessment
 - Income guidelines

PRIVATE CARE AGENCIES

- **Regulatory oversight:** Varies by states
- **Funding sources:** Client, Family, LTC Insurance
- **Eligibility:**
 - Privately Funded - None
 - LTC Insurance - Varies

Five Step Approach to Planning

- **ASSESS** – the person's current condition, level of function and specific needs. What is needed? What is and what is not working?
- **PLAN** – Set goals to promote improvement, prevent decline and provide for comfort. Determine what can be done to maintain or improve the condition. How will it get done? Who will do it? When and how often? The goals should be clear and measurable and the plan should include a time line for measuring progress.
- **IMPLEMENT** – Putting the plan into action. Monitoring, reporting and documenting progress toward goals.
- **EVALUATE** – Check in. What is the status now? How is the plan working? Revisit the goal/s, measure the progress. Is the goal still realistic?
- **MODIFY** – Adjust or change the plan. Set new goals, or new timelines.

Identifying Local Community Resources

AAAs

Family Care Navigator

- http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2083

[Home](#) > [Family Care Navigator](#)[E-mail to a Friend](#)

Family Care NavigatorSM

State-by-State Help for Family Caregivers

Welcome! If you are providing care to an **older or disabled family member or friend**, you know that navigating the long-term care system can be difficult. This state-by-state resource is intended to help you locate government, nonprofit, and private programs in your area. It includes services for family caregivers, as well as resources for older or disabled adults living at home or in a residential facility. It also includes information on government health and disability programs, legal resources, disease-specific organizations and much more.

Caregiving can be a challenging job, but there are resources to help you. Remember, you are not alone!

What Resources are Available in My State?

Click on your state for a list of resources

I Have a Question

Click on a question for answers and a list of resources

Family Care Navigator

Resources by State

[General Information & Assistance](#)[Services for Family Caregivers](#)[Services for Care Receivers Living at Home](#)[Resources on Living Arrangements for Care Recipients](#)[Government Health & Disability Programs](#)[Legal Help & Advocacy](#)[Disease-Specific Organizations](#)

Training Resources

- Powerful Tools for Caregivers
- State Specific Resources

Powerful Tools for Caregivers

- National evidenced based program developed at Stanford University by Dr. Kate Lorig
- Award winning, educational series designed to provide caregivers with the tools they need to take care of themselves while they are caring for someone with a chronic condition.
- Six 90 minute sessions held once a week, conducted by a team of two trained class leaders.

Powerful Tools Continued....

Data collected from class participants indicate the interactive lessons, discussions and brainstorming sessions empower caregivers to improve:

- **Self-Care Behaviors** – Identifying personal needs, decrease stress through use of relaxation techniques, improved health awareness and habits.
- **Management of Emotions** – Reduce guilt, resentment, anger and depression.
- **Use of Community Resources** – increased utilization of community services and formal caregiver support.

www.powerfultoolsforcaregivers.org

State Specific Resources

- Massachusetts Personal and Home Care Aide State Training (PHCAST) Initiative Online Fundamentals Training
- www.madirectcare.com

Communication Exercise

Thank you!

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