


# The Elder Care Cliff 1.0

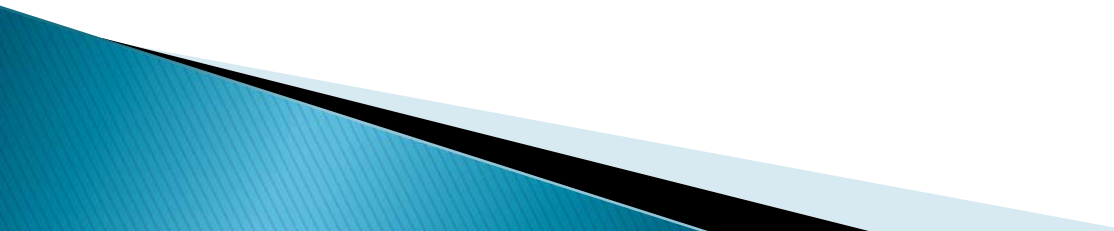
Challenging Caregivers to survive & thrive beyond the AED phases of caregiving so they do not lose their lives to caregiving.

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# Family Caregivers are the backbone of the US Healthcare System.

- ▶ There are approximately 65 million unpaid family caregivers in the United States.
  - ▶ Family Caregivers provide 80% of the long term care in the United States.
  - ▶ The Value of the amount of care provided by family caregiver is estimated at 450 billion dollars each year.
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# Family Caregivers are the backbone of the US Healthcare System.

- ▶ 45–65 year olds make up the biggest age group in today's place with 22% of them caring for a parent.
  - ▶ Besides being unpaid caregivers, the taxes that these unpaid caregivers pay today goes to contribute the federal income that is used to fund Medicaid services.
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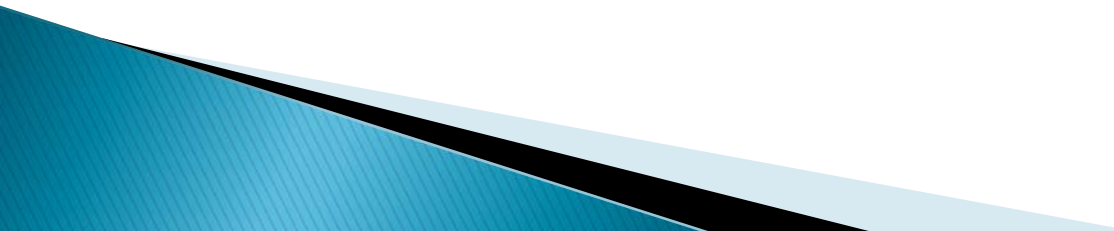
# Family Caregivers are the backbone of the US Healthcare System.

- ▶ What would happen to the Medicare & Medicaid health care system today if the government had to pay 650 billion dollars each year?



# Phases of Caregiving

*There are three phases of Caregiving*

- ▶ The Adjustment Phase
  - ▶ The Exhaustion Phase
  - ▶ The Damage & Recoverable Phase
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# Phases of Caregiving

## *The Adjustment Phase*

Length:

- ▶ 1–18 months

Characteristics of the Caregiver:

- ▶ Feels Confident
  - ▶ Some outside help
  - ▶ Feels like everything is under control
- 

# Phases of Caregiving

## *The Adjustment Phase*

Length:

- ▶ 1–18 months

Characteristics of the Care Recipient

- ▶ Able to provide some amount of self care
- ▶ Behavior challenges not an issue

# Phases of Caregiving

## *The Exhaustion Phase*

Length:

- ▶ 19–36 months

Characteristics of the Caregiver:

- ▶ Prolonged Stress
- ▶ Often starts taking medication
- ▶ Outside help starts to diminish
- ▶ Begins to feel alone, isolated, depressed
- ▶ Quality of Work begins to diminish



# Phases of Caregiving

## *The Exhaustion Phase*

Length:

- ▶ 19–36 months

Characteristics of the Care Recipient:

- ▶ Requires more hands on care
- ▶ Suffers from some degree of self care deficit


# Phases of Caregiving

## *Damage and Irrecoverable Phase*

Length:

- ▶ 37 months–60months

Characteristics of the Caregiver:

- ▶ Health deteriorates
  - ▶ Trouble sleeping
  - ▶ Possible dementia symptoms
  - ▶ Poor Judgment
  - ▶ Need for mood stabilizers and antidepressants
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# Phases of Caregiving

## *Damage and Irrecoverable Phase*

Length:

- ▶ 37 months–60months

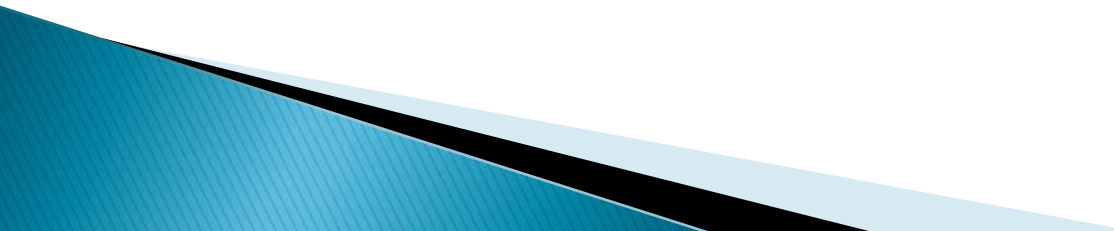
Characteristics of the Care Recipient:

- ▶ Possibly not receiving enough care
- ▶ May require hospitalization
- ▶ May become a candidate for long term care as well

## The Caregiver Syndrometer

100	<b>Extreme Danger Zone</b>
95	
90	
85	
80	
75	
70	
65	
60	
55	
50	<b>Danger Zone</b>
45	
40	
35	<b>Caution Zone</b>
30	
25	<b>Realistic Balance in Caregiving</b>
0	

# The 3 S's of Self-Care

- ▶ Stressors
  - ▶ Soothers
  - ▶ Signs of Exhaustion & Danger
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**THE THRIVING CAREGIVER'S DECLARATION**

I am \_\_\_\_\_ caregiver,  
AKA an invisible hero of the family. On this \_\_\_\_\_  
day of \_\_\_\_\_, 20\_\_\_\_, I am writing  
to declare my SUPPORT to MYSELF for taking steps  
toward my self care.

I acknowledge the fact that in Caregiving, Love Is  
Not Enough, and accepting help and respite is an  
investment in myself, in the quality of life of my  
loved one, and in my role as a caregiver.

I intend to thrive as a caregiver by making a  
commitment to respite care and self care.

I will strive for 7 hours of respite care each day, even  
if I only collect them 5 minutes at a time.

**A moment at a time, a day at a time, I intend  
to care for myself and to thrive.**

Signed: \_\_\_\_\_

Witness \_\_\_\_\_

Witness \_\_\_\_\_