Family Caregiver Pampering Day

Kent Mathews MSW
Pikes Peak Area Council of Governments–Area Agency on Aging
14 S. Chestnut Street, Colorado Springs, CO 80905
719–471–7080 ext 115
kmathews@ppacg.org
“Sometimes all we need is a little pampering to help us feel better.”  
*Charles Schultz*

“Self care is not selfish. You cannot serve from an empty vessel.”  
*Eleanor Brownn*

“Taking care of yourself is the most powerful way to begin to take care of others.”  
*Bryant McGill*
Purpose

- To pamper family caregivers.

- We accomplish this by providing caregivers with choices of activities they can do.
  - Many activities are gender neutral.
  - Caregivers have a choice between scheduled and unscheduled activities.

- Food is provided to encourage sharing and conversation.
History of the Event

- Started by the Family Caregiver Support Center program manager at the Pikes Peak Area Council of Governments–Area Agency on Aging.

- Held for 13 consecutive years.
Planners for the event have always been from local agencies and businesses providing services to family caregivers of seniors.

The event is a highlight of the senior care industry in Colorado Springs.
2016 Statistical Summary

- 93 caregivers registered.

- 30% or 28 caregivers requested respite care.
  - 16 for in-home care and 6 for day care.

- 22 businesses/agencies provided staff, volunteers and financial support for the event.

- 93 volunteers provided 341 hours of support on the day of the event.
Evaluation Summary

- 76% of attendees returned evaluations.
- 98% stated the event helped them feel more acknowledged and appreciated as a caregiver.
- 98% stated the event helped them to realize the importance of self-care.
- 100% stated the event was a relaxing break for them.
96% stated that being with other caregivers lessened their feeling of being alone as a caregiver.
96% stated they learned something that would be helpful to them in carrying out their caregiving responsibilities.

100% stated they plan to find ways to take more time for themselves in the coming year as a result of attending the event.
Our target audience are family caregivers for seniors 60+ years.

We promote the event to family caregivers at
  - PPACG AAA Family Caregiver Support Center, Alzheimer’s Chapter, Parkinson’s Association, area hospices and home care agencies.

What type of family caregivers do you want to pamper?
Event Location

- The event location will determine
  - The size of your event
  - The date and times of your event
  - The type of pampering activities you will provide

- The event location must be easily accessible for the type of caregivers you plan to pamper.
We have utilized the Colorado Springs Senior Center from the beginning.
Planning Team

- Should be between 8 to 12 members
- Must be a working team
  - Willing to volunteer work hours to find volunteers, presenters and resources for the event.
- Make up of our 2016 Planning Team
  - 2 men and 12 women
    - 5 from LTC facility/rehab
    - 2 from home care agencies
    - 2 from hospices
    - 1 from transport agency
    - 4 from community agencies
Planning Team

- Best qualities for Planning Team members
  - Have knowledge of resources, people and programs in the community.
  - Be good networkers in their work positions.
  - Have flexibility with their work schedule.
  - Be energetic and outgoing.
Planning Team

Best qualities for Planning Team members

◦ Have insights into the challenges your caregivers face on a daily basis.

◦ Like to work with a team on projects.

◦ Can make decisions regarding what type of in-kind support their company can provide.

◦ Able to keep commitment to monthly planning meetings.
Planning Team

- Planning meetings are held once a month from September to February.

- Meeting time is early–8:30 AM and 1 hour long.

- Team members are responsible for
  - Providing ideas for pampering activities.
  - Arranging volunteers for the event.
  - Providing time and materials for the event.
  - Providing their volunteers with information about the event.
Pampering Activities

- Best characteristics of a Pampering Activity
  - It allows caregivers to interact with each other.
  - It allows caregivers to have fun with each other.
Pampering Activities

- Best characteristics of a Pampering Activity
  - It puts the caregiver at ease.
  - It is something that can be replicated at home.
  - It provides exposure to different methods of relaxation.
  - It improves/enhances their self-care skills.
  - It allows for self-reflection/introspection.
Pampering Activities

- Offer a mixture of activities
  - Quiet/Reflective and active
  - Individual and group
  - Unscheduled (drop in) and scheduled.

- Minimize schedule conflicts between group & Individual activities.

- Scheduling activities allows for a sense of flow and order for the event.
Pampering Activities

- Number of caregivers per activity is determined by room size and the volunteer leader for the activity.

- Examples of individual activities
  - Touch Therapy, Massage

- Examples of group activities
  - Drums Alive, Chair Yoga, Caregiving Rituals

- Examples of drop-in activities
  - Pampered Hands, Caring Conversations
Respite Care

- We offer FREE respite care to caregivers.
- There is a place on registration form for caregivers to indicate if they desire respite.
- History indicates about one-third of caregivers need respite support.
- Day Care and In home care options.
One Memory Care facility and 3 Home Care companies provide the respite.

Respite staff are paid but the companies do not charge the event.

All intake procedures required by Colorado law are followed when respite is provided.

2 weeks before the event registrar gives contact information to companies providing respite.
**Registration Tips**

- Registrants receive confirmation phone call within 24–48 hours of receiving registration.
  - The call confirms if attending or on Waiting List.

- The week of the event attendees receive a call too confirm their attendance.
  - Caller confirms with caregiver if respite company has been in contact with them about respite.

- Callers notify registrar of caregivers not attending.
  - This allows caregivers to be moved off the Waiting List.
In early years, caregivers selected activities with their registration.

Changed the process. Now caregivers select activities on the day of the event.

Selection occurs in a special area with tables for each activity.
Pampering Activity Selection

- The volunteer providing the activity and a support volunteer staff each table.

- At check in caregivers receive a “Group” ticket.

- Instructions for the selection process are given at the opening.

- Caregivers go the selection area when their “Group” ticket is called.
Volunteers assist caregivers in the selection of activities in a manner that allows for a scheduled flow to be experienced.

Once an activity reaches capacity for its time slot it is closed.

Once all groups have completed the selection process pampering activities begin.
Meals

- A Free Continental Breakfast and Catered Lunch are provided.
  - 2 different care facilities provide the meals without charge.

- Volunteers providing work at the event also eat at no charge.

- Both meals are self-serve with lunch being a Buffet Line.

- We offer diabetic friendly and gluten free options.
Meals

- Service volunteers help with lunch by
  - Getting drinks and re-fills for the caregivers.
  - Cleaning up table areas when caregivers are finished eating.

- Service volunteers are usually Girl Scouts, Boy Scouts and Air Force Cadets.

- Volunteers who provided pampering services are encouraged to sit with the caregivers during lunch.
Other Stuff

- Opening
  - Gathers everyone into one area and allows for announcements.
  - Speaker gives a 10 min. talk related to the theme and caregiving.
  - Affirms the caregivers.

- Special volunteers
  - AFA Cadets
    - meet, greet and give hugs.
  - Coat check
  - Shepherds
Other Stuff

- Check in process
  - Have a check in area for volunteers
    - Sign in and room or activity assignment given to them.
  - Have a separate check in for caregivers.
    - Sign in and provided a “Goodie” bag.
    - Instructed to take advantage of the Continental Breakfast.
Other Stuff

- Goodie Bag contents
  - Pamper Activity selection form
  - Volunteer Thank You flyer
  - Agency/Business Recognition flyer
  - Agenda for the day flyer
  - Event Evaluation form
  - Inspirational flyers
Other Stuff

- Closing
  - Held near the end of lunch.
  - No entertainment because it interferes with bonding and conversation over food.
  - Caregivers are encouraged to complete evaluation forms before they leave.
  - All Volunteers present are acknowledged.
Other Stuff

Closing

- Give Aways are raffled off.
  - Gift Baskets are supplied by Planning Team members.
  - The plant/floral arrangements (Center Pieces) are also raffled off.
Other Stuff

- **Resource Table**
  - Staffed by a volunteer with knowledge about the resources most used by caregivers at event.
  - Materials for the table come from the agencies, businesses, and Pampering Activity volunteers at the event.
Other Stuff

- Theme
  - Not needed but a nice touch.
  - Examples: Breath, Sound, Touch, Laughter and....

- Decorating
  - Not needed but a nice touch.

- Number of Pampering Activities dictated by the room options of the facility you are using.
Other Stuff

- **Set up**
  - It should be done the day before if possible.
  - Signs identifying the activity in each room are posted.

- **Ambiance**
  - Have utilized Aroma therapy diffusers throughout the building.
  - CD players in many areas playing spa like music.
  - Live music (harpist) in the Touch Therapy room
  - Infused water at the Tea Station.
Miscellaneous

- Planning committee members and “shepherds” have special identification
  - These have included Leis, scarves, bold silk flower pins, and color coordinated shirts/blouses by the Planning Team members.
You have the following handouts in your Caregiver “Goodie” bag.

- Registration packet
  - Event Information flyer, Registration form & Pampering Activities flyer
- Day of Event flyers Packet
  - Day’s Agenda
  - Volunteer Recognition flyer
  - Business/Agency Recognition flyer
  - Pampering Selection flyer
  - Facility Floor Plan
  - Event Evaluation
You also have in your Caregiver “Goodie Bag the Event Planning Templates document which provides samples of the following planning templates:

- Planning Agenda Template
- Volunteer list and Assignments
- Volunteer letters (2)
- Caregiver Check In sheet
- Volunteer Sign In sheet
- Caregiver Check In process
- Volunteer Check In process
- Reminder Phone call script
Conclusion

Jane Barton blog comments about 2016 Caregiver Pampering Day (in Caregiver “Goodie Bag”)

Jane Barton
Cardinal LLC
CardinaLife@msn.ocm
303-489-3903
www.CardinaLife.com

Questions and Answers