



Nancy's House

CARING FOR CAREGIVERS

PRESENTED BY: ELISSA LEWIN (FOUNDER) AND KIMBERLY TERRY (BOARD MEMBER)

Vision and Mission

Vision:

To create a supportive community of caring and well-being for family caregivers.

Mission:

To provide a retreat setting that breaks the isolation and exhaustion of family caregiving – allowing rest, education, and connection with other family caregivers and support networks in order to return home with skills and knowledge for maintaining health and well-being.

Brief History



Nancy's House has been shedding light on the needs of caregivers since 2004, when the literature was already documenting health concerns of CG. As with many non-profits, recognition of the need, and therefore developing the program, stemmed from the founder's experience.



Impacts of Caregiving



- ▶ Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months.
- ▶ The value of services provided by informal caregivers has steadily increased over the last decade, with an estimated economic value of \$470 billion in 2013, up from \$450 billion in 2009 and \$375 billion in 2007.
- ▶ On average, caregivers spend:
 - ▶ 13 days each month on tasks such as shopping, food preparation, housekeeping, laundry, transportation, and giving medication;
 - ▶ 6 days per month on feeding, dressing, grooming, walking, bathing, and assistance toileting;
 - ▶ 13 hours per month researching care services or information on disease, coordinating physician visits or managing financial matters.



Impacts of Caregiving, continued...



- ▶ Nearly three quarters (72%) of family caregivers report not going to the doctor as often as they should.
- ▶ 55% say they skip doctor appointments for themselves.
- ▶ **63% of caregivers report having poor eating habits** more so than non-caregivers and 58% indicate worse exercise habits than before caregiving responsibilities.
- ▶ **40% to 70%** of family caregivers have clinically significant symptoms of depression with approximately **a quarter to half** of these caregivers meet the diagnostic criteria for major depression.



“When I try to describe my experience to someone else, I use the analogy of a teapot. Just like a teapot, I was on the fire, with water boiling – working hard to handle problems and do good. But after several years, the water had boiled away, and yet I was still on the fire – a burned-out teapot in danger of cracking.” Carol B.

What Makes Nancy's House different?

Everything!



Nancy's House programming

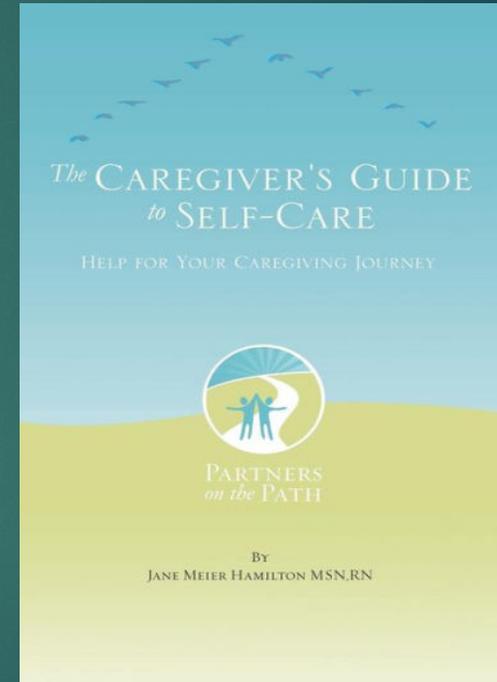
3 Day Retreats



1 Day Retreats



Phone In Support Group



It's not just the program, it's the time and space to learn, to rest, and just to be

Time to connect



Time to be alone



Learning self-care



We are here, but are we effective?

- ▶ Short answer: Yes
- ▶ But how effective you might ask?
 - ▶ Very...and we've got the data to prove it!
- ▶ The survey conducted was looking at two basic domains:
 - ▶ 1. Learning- how did the things you learned at the retreat affect you?
 - ▶ 2. Application- did you apply what you learned once you left?
 - ▶ There were 33 respondents who have attended at least one type of retreat (1 or 3 day). Some of the respondents were repeat guests.
 - ▶ We also left room for guest comments.

What our guests are saying - from our retreat for ALS Caregivers, 4/10 – 4/12/19

- ▶ Marie B. : “I felt real camaraderie. I let the worry go for a while.”
- ▶ Annette: “Knowing there are people I can contact and talk to when it’s an awful day will really change things for me”
- ▶ Stacey: “Other retreats are activities based. But with all the activities, I didn’t feel rested. Now I am going back feeling light and strong.”
- ▶ Pam: “I needed solo time and got it. Not being ‘on-call’ was great!”
- ▶ Loretta: “I can behave more like a human again. I want to be around me again.”

Sempre Gumby! (always flexible)



Here go the numbers!

To questions about what guests learned at the retreat:

- ▶ 97% of respondents agree or strongly agree "I learned how to relax".
- ▶ 97% agree or strongly agree "I learned how to manage my stress more effectively".
- ▶ 90% of respondents agree or strongly agree "I am better equipped to handle the stress that comes along with my caregiving responsibilities".
- ▶ 90% agree or strongly agree "I learned I can set limits in my caregiving role"

To questions of how what was learned at the retreat is applied at home:

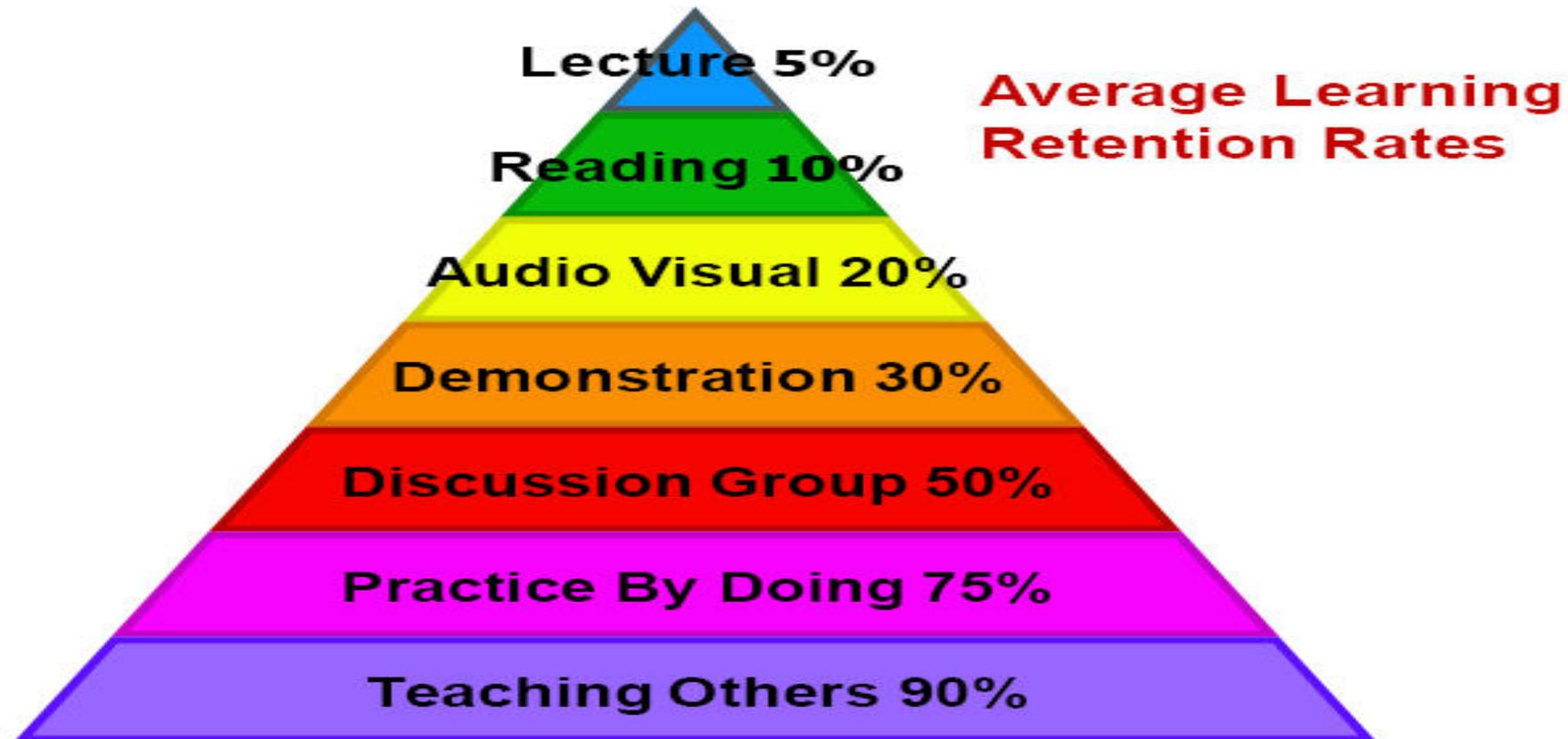
- ▶ 87.5% of respondents agree or strongly agree "I do a better job of caring for my loved one".
- ▶ 85% of respondents agree or strongly agree "I take better care of myself".
- ▶ 80% agree or strongly agree "I have more control over my life".
- ▶ 81% agree or strongly agree "My anxiety level has decreased".
- ▶ 67%, more than two thirds of the group who responded, agree or strongly agree "My health has improved".

Former Nancy's House Guest Jen tells her story...

Jen's Story



How do we learn best? Experimentally!



Source: National Training Laboratories, Bethel, Maine



Now it is time for you to
personally experience a little
taste of what Nancy's House
provides its caregivers...



Thank you so much!

Please feel free to ask questions or make any comments at this time.

