PUT THE JOY BACK IN CAREGIVING: A CREATIVE APPROACH TO IN-HOME RESPITE

CAROL O’NEILL, LMSW, SENIOR DIRECTOR OF SENIOR & NUTRITION SERVICES

EAC NETWORK

EAC NETWORK IS A NOT-FOR-PROFIT HUMAN SERVICES AGENCY
EAC NETWORK IN-HOME RESPITE SERVICES

HELPING CAREGIVERS CARE FOR A LOVED ONE AT HOME SINCE 1986
CAREGIVER STRESS IS LIKE A CAR RUNNING ON EMPTY

• Emotional
• Physical
• Financial
Nearly half of all family caregivers say they are “somewhat stressed,” and more than a third are “highly stressed”.
LEAN ON ME
Don’t go it alone
Take every opportunity
to recharge your batteries and renew energy
HELP IS JUST A MOUSE CLICK AWAY

Go on line and find a support group AARP and Family Caregiver Alliance.

GoGoGrandparent arranges rides with an 800 number.

Arrange a ride for a family member and you get a text message when they are picked up. It’s like having a chauffeur.

Schedule deliveries of everything from groceries to medicines less than an hour after ordering-

check local delivery services in your community.
CREATING MOMENTS AT HOME
DO IT YOURSELF STRESS BUSTERS

Reminiscing * Looking at photos * Assembling a Memory Box
Collage* Scrapbook * Adult Coloring & Exercising
Chair Exercise * Walking *
Date Afternoon * Happy Hour * Tea Time
MUSIC sets the mood
CAN’T STOP THE FEELING
LAUGHTER THE GREATEST STRESS BUSTER

- Decreases stress hormones, increases immune cells
- Triggers release of endorphins

Comics * Joke Books
TV Shows * Movies * Comedy  ** I LOVE LUCY, Jerry Lewis
Cable On-Demand * Netflix * Amazon Prime * You Tube
HERE’S LUCY
Tablets * Smartphones * PCs

- Apps with games
- Photographs
- Favorite Music
- Face Time/ Skype

- Apple Watch * step count *
- Fall detection
- Nanny Cams * GPS
- Life Alert
- Medication Reminders
TECHNOLOGY IS TRANSFORMING CAREGIVING

Alexa/Echo/Google Home

- Instantly answers questions, like “when is my birthday?” or “what is the weather”
- Can tell jokes or riddles - tell me a joke about an elephant
- Plays music and read audiobooks
- Looks up information about anything — like, “what’s playing on TV tonight?”
- Can make a phone call (preset important phone numbers)
Caregivers are receptive to technologies that help them deliver, monitor, track or coordinate a family member’s care.

87% have a cell phone

86% have access to the internet

The most important technology benefits –

- Save time
- Reduce stress
- Research health benefits
- Connect with other caregivers
- Find resources in the community
CAREGIVERS


AARP, https://www.aarp.org/caregiving/

National Alliance for Caregiving, https://www.caregiving.org/

Family Caregiver Alliance, https://www.caregiver.org/

Caregiver Action Network, https://caregiveraction.org/