

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

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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



“CAREGIVING IN THE UNITED STATES”

NATIONAL ALLIANCE FOR CAREGIVING AND

AARP

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

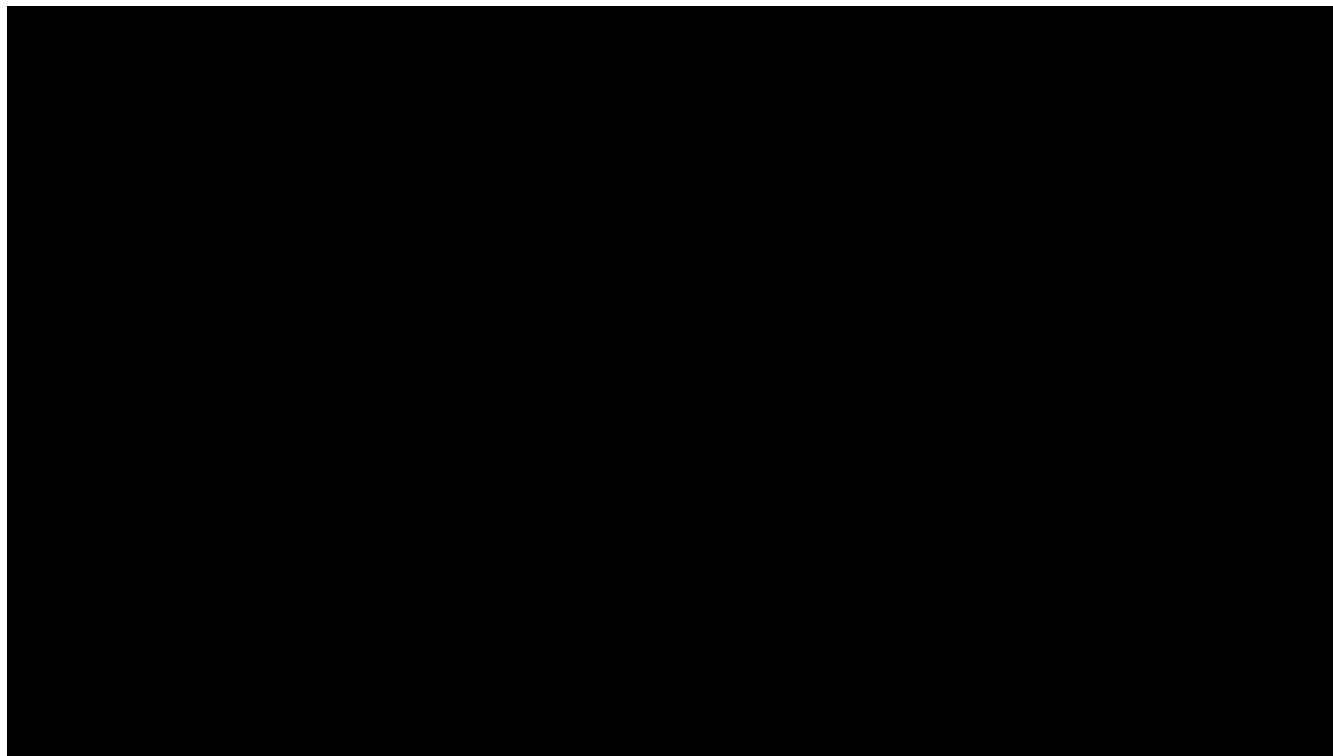
Chair Exercise * Walking *

Date Afternoon * Happy Hour * Tea Time

MUSIC sets the mood



CAN'T STOP THE FEELING



LAUGHTER THE GREATEST STRESS BUSTER



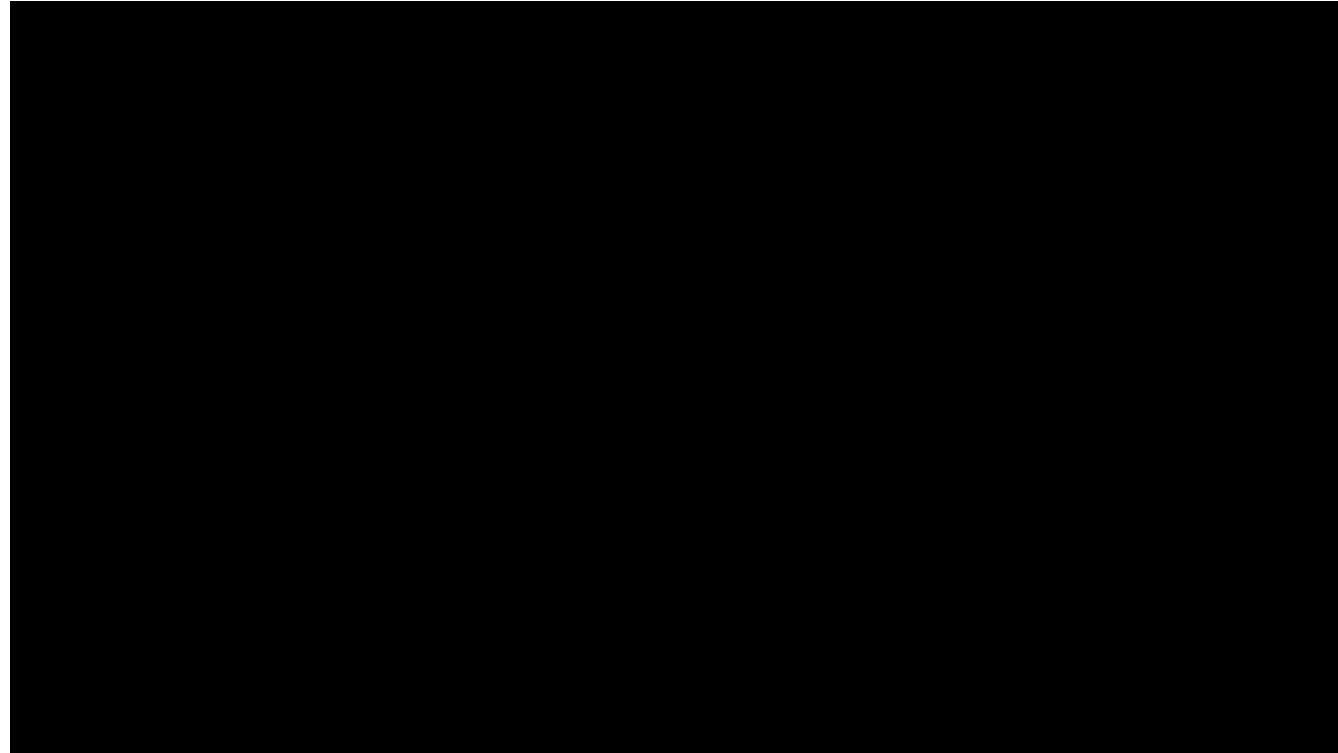
- Decreases stress hormones, increases immune cells
- Triggers release of endorphins

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



ARCH National Respite Network and Resource Center, <https://archrespite.org/>

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/>

