

Developing a Care Plan and Care Team: Knowing Your Resources

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Southern Caregiver Resource Center
Caring for those who care for others

Course Objectives

1. Identify and learn to manage your care giving responsibilities and self-care strategies
2. Learn strategies to create a safe and stimulating environment
3. Learn where to go for help and general resources available



"There are four kinds of people in this world:

Those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers."



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What is a Caregiver?

What does that mean?

How do we know WE are caregivers?



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Who are the Caregivers?

- Family Caregivers
- Professional caregivers

PEOPLE JUST LIKE YOU AND ME



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Types of Caregivers

- Full time
- Part time
- Long distance



PHYSICAL
FINANCIAL
EMOTIONAL
STRESS



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Develop a Care Plan

1. Increase our knowledge
2. Identify challenges
3. Learn to ask for help
4. Take care of yourself



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1. Increase your knowledge

- ▶ The more you understand about the caregiving situation, the diagnosis, condition and options the better you will be able to respond successfully.

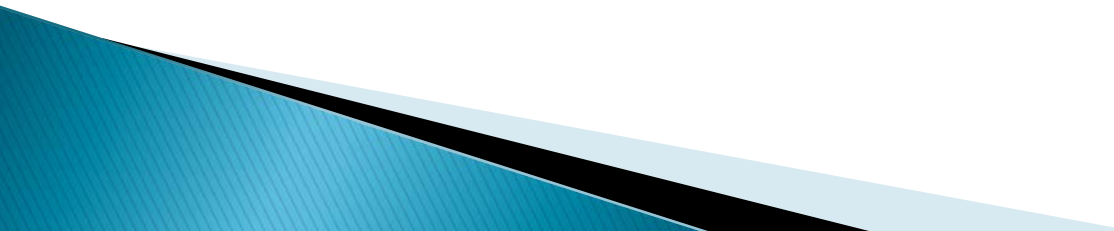


2. Identify the Challenges

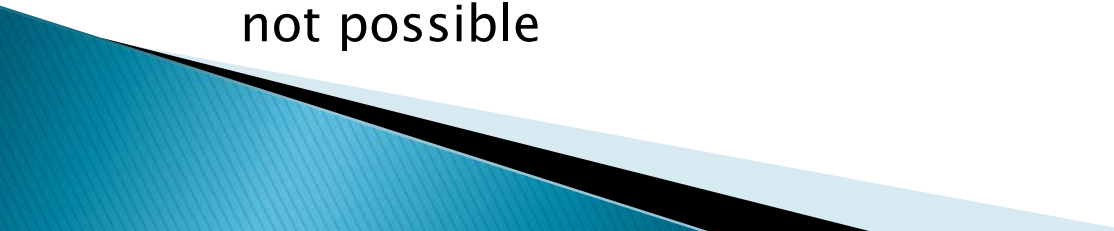
- ▶ What happened BEFORE and AFTER the behavior?
- ▶ When did this behavior start happening?

Time	Behavior	Response	Solution
6am			
7am			
8am			

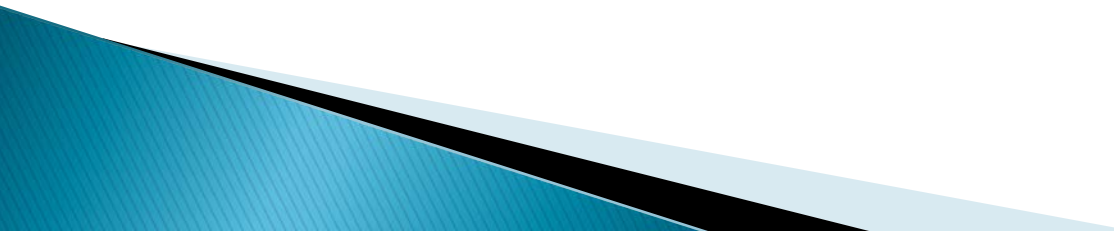
Explore the P-I-E-C-E-S

- ▶ P – Physical condition?
 - ▶ I – Intellectual/Cognitive change?
 - ▶ E – Emotional cause?
 - ▶ C – Changes in Capabilities?
 - ▶ E – Environmental conditions?
 - ▶ S – Social changes?
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Improve YOUR Communication

- ▶ Identify yourself—visually and physically
 - ▶ Call the person by their name
 - ▶ Use short, simple words and sentences
 - ▶ Talk slowly and clearly
 - ▶ Give 1-step directions
 - ▶ Ask 1-question at a time
 - ▶ Patiently wait for a response
 - ▶ Pay attention to your non-verbals
 - ▶ Don't offer options that are not possible
 - ▶ Repeat information or questions, slowly and clearly
 - ▶ Avoid questions. Use statements.
 - ▶ Avoid confusing expressions
 - ▶ Place emphasis on key words
 - ▶ Turn negatives into positives
 - ▶ Offer visual cues
 - ▶ Write things down for them
 - ▶ Speak with Dignity
- 

Supportive Strategies

1. Stay Flexible, Patient, and Calm
 2. Respond to the emotion, not the behavior
 3. Don't argue or try to rationalize
 4. Use memory aids
 5. Acknowledge requests and Respond to them
 6. Find the cause of the behavior
 7. Consult a physician
 8. Explore various solutions
 9. Don't take the behavior personally
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Signs of Stress

PHYSICAL
EMOTIONAL
BEHAVIORAL
SOCIAL



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Needs Assessment

- Meal preparation
- Cleaning
- Laundry
- Transportation
- Prescription pick-up



3. Ask for Help

- ▶ Who can you call in case of an emergency?
- ▶ Prioritize goals
- ▶ Seek advice
- ▶ Case manager
- ▶ Have a support network



4. Take Care of Yourself

- ▶ You are the doing the best you can
- ▶ Trust your instincts
- ▶ If you make a mistake accept it and learn from it
- ▶ Don't forget about YOU
- ▶ Find ways to decompress



The **BEST** way
to be an effective
CAREGIVER
is to
take **CARE** of yourself



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Accept
that there are things
you CANNOT change
and improve on those you
CAN



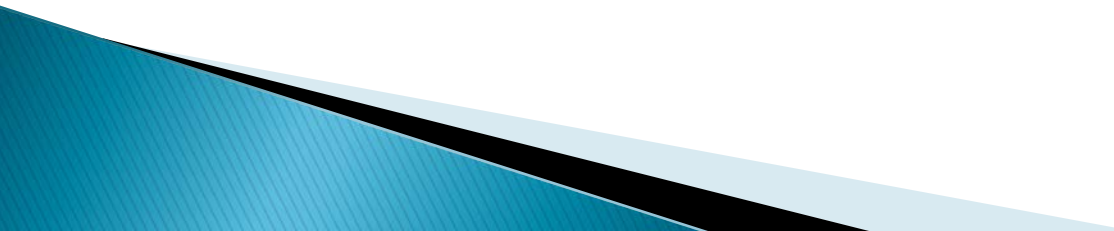
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Develop S-M-A-R-T Goals

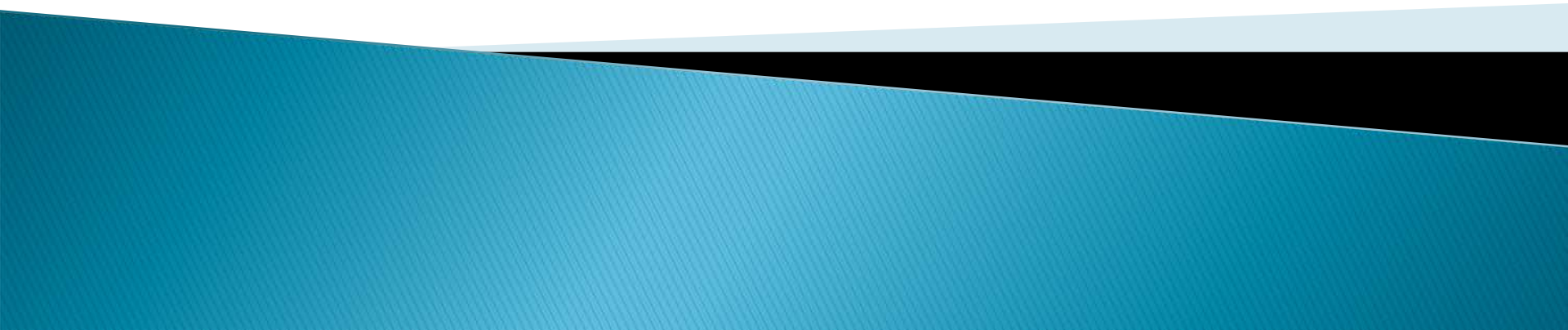
- ▶ S-Simple
- ▶ M-Measurable
- ▶ A-Attainable
- ▶ R-Realistic
- ▶ T-Timely



What is it that you enjoy to do?

- ▶ Identify what you enjoy to do or what you may think you would enjoy
 - ▶ Use SMART goals to schedule in self-care
 - Important things: Food, Family and Fun
 - ▶ Make time for self-care **A PRIORITY!!!**
 - ▶ Have you done your GRAPES today?
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Creating a Safe and Stimulating Environment

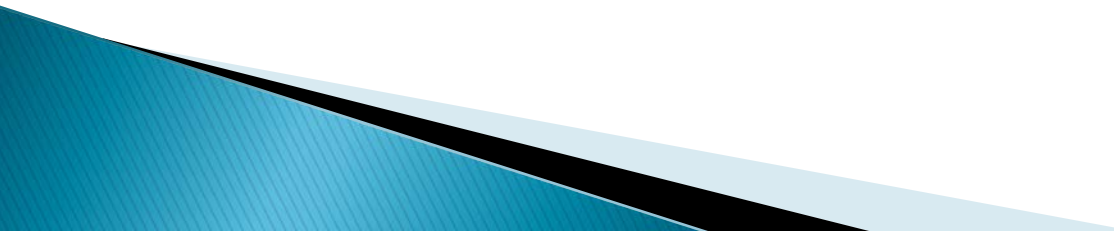


Safety

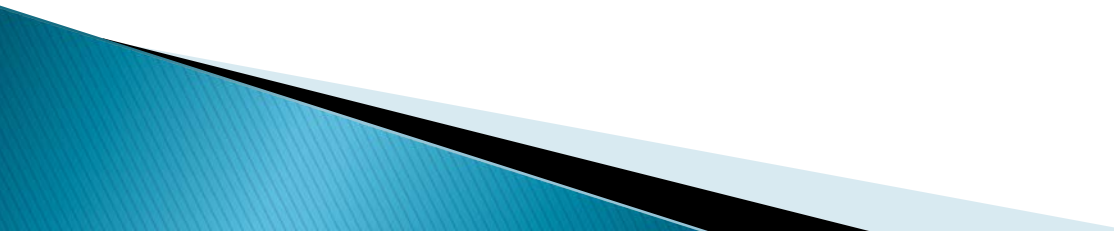
- ▶ Home safety assessment
 - ▶ Be aware of your loved ones behaviors
 - ▶ Simplify activities: Bathing, eating, grooming
 - ▶ Use durable medical equipment
 - ▶ Creating a safety plan
 - ▶ Wandering awareness and resources:
 - Take Me Home: San Diego Sheriff's Department Registry. Register Online at:
<http://www.sdsheiff.net/tmh>
- Or contact your local Sheriff's Department

Safety

Its Impossible To Prevent
EVERYTHING!



Stimulating Environment

- ▶ Activities bring meaning, purpose, joy and hope
 - ▶ Think of what your loved ones skills and abilities are and what they enjoyed in the past
 - ▶ Involve in regular activities: meal preparation, laundry, setting the table, gardening
 - ▶ Try various activities to stimulate the brain: puzzles, sorting
 - ▶ TV or Movies: Look for reaction to program.
- 

Stimulating Environment

- ▶ Pin up reminders in forms of simple words or pictures around the home
- ▶ Involve music!
- ▶ Use photos
- ▶ Maintain consistency in schedule and areas of activities
- ▶ Avoid overstimulation
- ▶ Do not feel like you have to provide activities all day long
- ▶ Have a tool box full of activities and tools to help during good and bad days

50 Activities

- ▶ 1- Go for a walk
- 2- Listen to music
- 3 Read a book out loud
- 4- Make an ice cream sundae
- 5- Clean out the refrigerator
- 6- Play cards
- 7- Watch a movie
- 8- Fold the laundry
- 9- Clip coupons
- 10- Dust the house
- 11- Color pictures
- 12- Write a letter to a family member
- 13- Have a friend bring a pet
- 14- Play a board game
- 15- Organize a closet
- ▶ 16- Look through old photo albums
- 17- Sing old songs
- 18- Read a newspaper
- 19- Put a puzzle together
- 20- Talk about favorite memories
- 21- Create a family tree
- 22- Water house plants
- 23- Wash dishes
- 24- Pick flowers
- 25- Create a meal menu for the week
- 26- Make a craft
- ▶ 27- Take a ride together
- 28- Toss a ball
- 29- Bake cookies
- 30- Make a shopping list
- 31- Have afternoon tea
- 32- Sit on the porch and people watch
- 33- Brush a pet
- 34- Plant a flower
- 35- Make brownies
- 36- Feed the birds
- 37- Dance
- ▶ 38- Have a picnic
- 39- Give a manicure
- 40- Give a hand massage
- 41- Feed ducks
- 42- Make a peanut butter sandwich
- 43- Make a favorite meal
- 44- Count coins
- 45- Cut pictures from magazines
- 46- Stretch
- 47- Give each other a makeover
- 48- Go through old greeting cards
- 49- Go to the park
- 50- Organize the sock drawer
- ▶ <http://www.homehelpersphilly.com/blog/bid/42270/50-Activities-for-Caregivers-to-do-With-People-Who-Have-Alzheimer-s-or-Dementia>

Stimulating Environment

- ▶ If something doesn't work, don't immediately rule it out! Keep it in your tool box for another day.
 - ▶ Flexibility is the key to success!

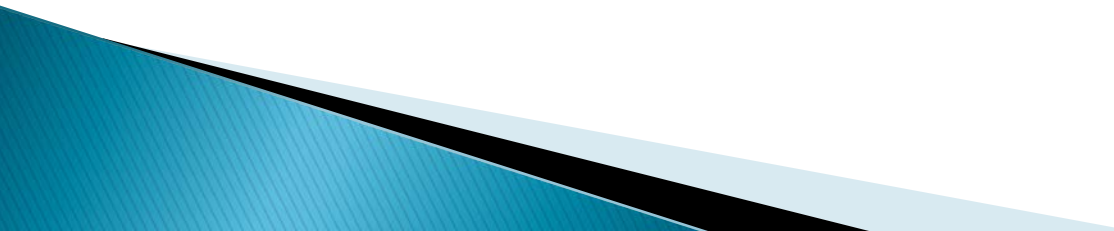
Resources

- ▶ Where can you get support?
 - Education
 - Educational programs
 - Caregiver libraries
 - Respite
 - Family and Friends
 - In-home care agencies
 - Privately paid caregivers
 - Adult Day Healthcare Centers
 - Volunteer Respite Programs

Resources

- Support Groups
 - Meet other caregivers
- Counseling Services
 - One on one the emotional aspects of being a caregiver
- Long Term Care Support
 - Legal services–Elder Law Support
 - Resources for financial support
 - Veteran’s Benefits
 - Medi–Cal Support
- Contact Southern Caregiver Resource Center!

SCRC Services

- ▶ Family Consultation/
Case management Services
 - ▶ Specialized Information
 - ▶ Short-Term Counseling
 - ▶ Legal/Financial Consultation
 - ▶ Respite Care
 - ▶ Support Groups
 - ▶ Education & Training
 - ▶ ElderCare
Alternatives
 - ▶ CALMA/CUIDAR
 - ▶ Operation Family
Caregiver
- 



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