



Caring for Aging Relatives

Camille Koonce



Camille Koonce is a certified case manager and aging life care expert. She has a diverse nonprofit background serving vulnerable populations including seniors, as well as children and adults with disabilities.

Camille has been working in the field for over 20 years and enjoys connecting with people all over the world and assisting them as they progress through life's challenges in caring for their loved ones.

Learning Objectives

- Determine the type of assistance your loved one needs
- Discover how to use family meetings to discuss your loved one's present and future care needs
- Identify alternatives to nursing home care
- Apply tips on placement, visiting the nursing home, and the importance of family involvement
- Locate caregiver resources

Poll

How soon do you anticipate being in a caregiver role?

- A. I am currently in a caregiver role
- B. Within the next several weeks
- C. Within the next three to six months
- D. Within the next year
- E. I do not anticipate being in a caregiver role



Assessing Your Loved One's Level of Care

Activities of Daily Living (ADLs)

- Bathing
- Dressing
- Transferring (in and out of bed or chair)
- Eating
- Toileting

Instrumental Activities of Daily Living (IADLs)

- Using the telephone (dialing 911)
- Preparing meals
- Shopping
- Managing medications
- Managing money

Reflection Activity

Thinking of your loved one's needs, which of the ADLs and IADLs listed here do they currently need some level of assistance with?

Bathing

Dressing

Eating

Transferring

Using the telephone

Preparing meals

Managing medications

Managing money

Shopping

Family Meetings

- Draw up a list of questions beforehand
- Involve everyone in the family
- Raise unresolved issues
- Put all concerns on the table



Poll

What do you see as your loved one's biggest objection to accepting help?

- A. Desire for independence
- B. Financial concerns
- C. Concern that others will make decisions he or she won't like
- D. Desire for privacy

Introducing the Concept of Help

- Allow your loved one to be a **direct participant** in determining the type of care needed as much as possible
- Help your loved one to realize that it may be easier to **remain primarily independent with some type of care assistance**
- Realize that **you and your loved one may have misconceptions** about accepting care and payment assistance programs

Encountering Resistance

- Understand that loved ones experiencing great losses **may be resistant** to accepting assistance due to the desire to maintain some type of control over their life
- Have a **trusted third party** introduce the idea of help
- Work with a **geriatric care manager** to assist with communication and identifying community resources

Levels of Care

Minimum Assistance

- Can handle most household chores and personal care
- Needs help with only **one or two IADLs**

Moderate Assistance

- Needs help with **three or more ADLs and IADLs**

Maximum Assistance

- Unable to care for himself/herself and requires **total assistance**
- Care provided by professionals: in-home health care agency, assisted living, or nursing home

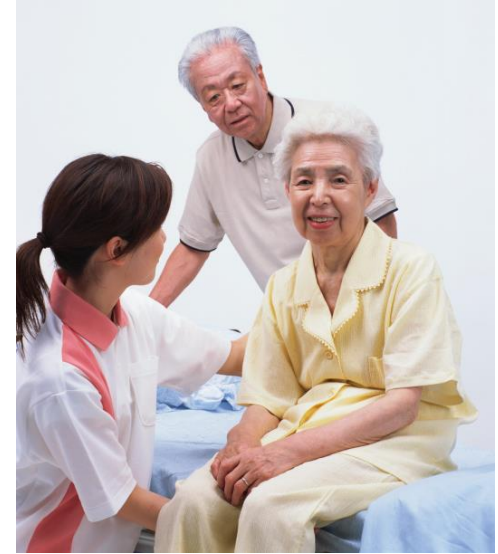
Care Needs

- Medical history
- Physician's order
- Resources



In-Home Care Services

- Home-delivered meals
- Emergency response systems
- Chore services
- Homemaker and companion services
- Home health aide and personal care attendant
- Skilled in-home care
- Medical equipment and assistive devices



Housing Options

- Assisted living for traditional residents
- Assisted living dedicated to residents with cognitive impairments
- Adult care homes
- Retirement communities
- Continuing care retirement communities (CCRCs)



Evaluating Assisted Living Options

- What is the extent of care provided?
- Is the assisted living facility connected with other levels of care?
- What is covered in the monthly fee and what is extra?
- What happens when a loved one temporarily needs a higher level of care?

Before Making a Decision About a Facility Placement

- Be sure **your loved one's condition and support system** have been thoroughly evaluated
- Talk with your loved one to find out **his or her wishes**
- **Gather information** about the facility before you visit
 - Long-term care ombudsman
 - Nursing home comparison website
<http://www.medicare.gov/nursinghomecompare/search.html>
 - State inspection reports
 - Proximity to friends and family
 - Quality of care and life

Deciding Between Assisted Living and a Nursing Home

- How ambulatory is your loved one?
- What specific medical assistance does your loved one require?
- Is there a cognitive impairment? If so, to what degree?
- To what extent does your loved one need help with ADLs?
- How much supervision does your loved one need?

Reflection Activity

Based on your loved one's current needs and situation, which of these housing options do you feel is the best option for your loved one?

Their own home with support

Assisted living

Assisted living for residents with cognitive impairments

Adult care home

Independent living community

Retirement community

Continuing care retirement community (CCRC)

Skilled nursing facility

When Visiting a Long-Term Care Facility

Seeing,
hearing,
touching,
and smelling

- Quick response to call lights?
- Meals look appetizing?
- Staff quickly responds to residents calling out?
- Free of unpleasant smells?
- Residents' rooms reflect their individuality?
- Environment is not too noisy?
- Residents seem alert, happy, and peaceful?
- Residents engaged in meaningful activities?

When Visiting a Long-Term Care Facility

Staff

- Enough staff for every shift?
- Staff permanently assigned to residents?
- Nursing assistants involved in the care planning process?
- Staff is adequately trained?
- Residents receive frequent help with toileting?
- Process for response to complaints or problems?
- Individualized care given to the residents?

When Visiting a Long-Term Care Facility

Talk with
residents and
their families

- Residents treated with kindness and respect?
- Residents have the same nursing assistant most days?
- Residents go outside for fresh air or activities?
- Staff responsive to resident requests?
- Attention given to residents at night?
- Snacks always available to residents?
- Who handles resident or family concerns?

When Visiting a Long-Term Care Facility

Information that all nursing homes must post and make available to residents:

- Daily staffing of licensed and unlicensed **nursing staff** for each shift
- Name and contact information for all state **client advocacy agencies**
- Results of the most recent **state or federal inspection** or “survey”

For more information, visit the
National Consumer Voice for Quality Long-Term Care at
<http://www.theconsumervoice.org>

Family Involvement

- **Visit frequently** and encourage others to visit
- **Speak up** to raise concerns
- **Attend** quarterly care plan conferences
- **Advocate** for individualized care
- **Follow up** on the agreed plan
- **Get to know** staff and help them to know the resident
- **Participate** in family council meetings
- **Document** any problems you might observe

Tips for Caregivers

- Be patient with yourself and your family
- Consider getting support for yourself
- Realize that experiencing a wide spectrum of feelings is normal
- Identify resources that can assist you in the decision-making process



Helpful Websites

Elder Care Locator

<http://www.eldercare.gov>

AARP

<http://www.aarp.org>

Family Caregiver Alliance

<http://www.caregiver.org>

Medicare

<http://www.medicare.gov>



For Further Assistance

Contact Your Employee Assistance Program

Thank You

Questions?

Works Cited

- Family Caregiver Alliance. (Updated 2016). *Caregiver statistics; Demographics*. Retrieved October 15, 2018, from <https://www.caregiver.org/caregiver-statistics-demographics>
- Kernisan, L., & Scott, P. (n.d.). *Activities of daily living: What are ADLs and IADLs?* Retrieved October 15, 2018, from <http://www.caring.com/articles/activities-of-daily-living-what-are-adls-and-iadls>
- Meyer, M. M., Derr, P., & Caswell, J. (2007). *The comfort of home for stroke: A guide for caregivers*. Portland, OR: CareTrust Publications