

Counseling, Coaching and Connecting: Best Practices for Caregivers 2008

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Learning Objectives

- To understand the value and vulnerability of family caregivers
- Cite 3 examples of why caregiving is now considered a public health concern
- To review the characteristics of effective interventions with caregivers
- To learn about six current best practices available to use with family caregivers



Assumptions

- *It is important to recognize, respect, assess and address caregiver needs as a core part of health care*
- *Caregiver services should embrace a family-centered perspective inclusive of needs and preferences of both care recipient and caregiver*
- *Caregivers have resources within themselves as well as families and communities that can be harnessed*



“At the core of our country’s community-based, long-term care system are family caregivers. Family caregivers freely give their support and carry out their tasks but it is a role that requires recognition education, and support through evidence-based caregiver programs and policies.”

Richard Birkel, Ph.D
Rosalynn Carter Institute



Who is a Family Caregiver?

Family caregiver is a spouse, relative, partner or friend who provides a broad range of unpaid assistance for an older person, or an adult with a chronic or disabling condition



National Center on Caregiving, Family Caregiver Alliance

Caregiving as a Public Health Concern

- Large burden
- Major impact with respect to health costs or consequences
- Potential for prevention



Burden of Caregiving

Caregivers are present in one out of every five households



Impact of Caregiving

Over half (53%) of caregivers indicate that their decline in health compromises their ability to provide care

Evercare & National Alliance for Caregiving, 2006



Self Care Deficits

- Sleep deprivation
- Poor eating habits
- Failure to exercise
- Failure to rest while ill
- Postponement or failure to make medical appointments for self



Emotional Toll

- High risk for clinical depression
- Chronic stress/anxiety state-stressor is persistent, uncontrollable, unpredictable
- Generates secondary stress in multiple life domains
- Higher use of prescription medications, over the counter drugs, and alcohol



Potential for Prevention

- Intervention programs for persons with Alzheimer's Disease
- National policies designed to support caregivers
 - ADDGS
 - Family and Medical Leave Act
 - Cash and Counseling Demonstration



Societal Factors...

What are they?



Caregiver Value

For every 1% decline in the proportion of care provided by families in Minnesota, the cost to the state is \$30 million!

--2005 MN DHS report



Rewards of Caregiving

- Satisfaction from helping
- Development of new skills and competencies
- Improved family relationships



National Family Caregiver Support Program (NFCSP) to the Rescue!

First federal legislation specifically addressing the needs of the millions of Americans caring for older relatives



Range of Services for Caregivers



Minnesota's CG Support System

- The MN Board on Aging and the Department of Human Services are developing a statewide support system for family caregivers
- Plan includes:
 - local planning and design
 - development of flexible service options
 - multiple access points and collaborative partnerships
- MN is currently piloting best practices models and initiatives



First National Summit on Evidence Based Practice in Caregiving

October, 2007 Americus, Georgia

- Convened by Rosalynn Carter Institute for Caregiving and Johnson and Johnson
- Found that interventions with known efficacy have not been integrated into
 - Aging Network of services
 - National Family Caregiver Programs
 - Existing health services such as home care, hospital discharge planning



Why Evidence-Based Programs?

- Accountability: Increasingly required for funding
- Fiscal and professional responsibility to make efficient use of scarce resources
- Because of rigorous testing, we can be sure EBP's will be effective if implemented with "fidelity"



Characteristics of Effective Programs

- Contact with a helper over time
- Contact with a helper who has specific intervention protocols to follow
- Interventions and care plans tailored to the caregiver's specific needs
- Multi-component interventions that include a combination of knowledge, skill building problem solving and counseling



Effective Programs

- Interventions with higher intensity
- Using a combination of home-visiting, telephone follow-up, internet and telehealth technology to deliver services
- Programs developed and implemented locally and involving agency collaboration



Examples of Effective Caregiver Interventions

- Systematic Assessments
- Dr. Mary Mittelman-NYU Program
- REACH II
- Dr. Rhonda Montgomery-T-Care
- Caregiver Coaching
- Support/Training Models



Definition of Caregiver Assessment

A systematic process of gathering information that describes a caregiving situation and identifies the particular problems, needs, resources, and strengths of the family caregiver

-National Consensus Conference 2005



Assessments...

- Approaches issues from the caregiver's perspective and culture
- Initiates a trusting relationship and builds rapport
- Caregivers feel acknowledged, valued and better understood by practitioners
- Identifying service needs and unresolved problems is fundamental to setting goals
- Offer a way to monitor program effectiveness and to inform policy
- Reducing the likelihood of abuse and neglect



Mittelman Research (dementia)

- Study began in 1987, involved 406 spouse caregivers of people with Alzheimer's disease
- Caregiver spouses who received the enhanced counseling and support delayed placing their ailing spouse in a nursing home by 1½ years, decreased depression and was beneficial to self-rated health
- Minnesota replications



REACH II Resources for Enhancing Alzheimer's Caregiver Health

- 5 Sites in Randomized Clinical Trial 2001
- Multicomponent psychosocial behavioral intervention to reduce burden and depression
- First project to simultaneously test a comprehensive caregiver intervention in three distinct racial/ethnic groups: *Hispanic/Latino, Black/African-American, and White/Caucasian.*



Montgomery T-Care Assessment and Care Planning

- Grounded in Caregiver Identity Theory and 25 years of research
- Sees caregiving as a dynamic change process
- Perception of need and acceptance of services influenced by characteristics of the caregiver, the care receiver and the provider



Caregiving Coaching

Caregiver Services + Coaching Strategies

Personalized service that equips family caregivers with the knowledge, skills and tools they need to develop themselves and enrich their role as caregivers



Canadian Study on Caregiver Coaching showed that:

- Coaching is effective for empowering caregivers through acquisition of knowledge and skills
- Coaching results in deep and broad changes in attitudes and behavior related to self and self-care
- The process provides goal and action oriented problem solving within a supportive and empowering partnership



Support/Training Models for Family Caregivers

- Savvy Caregiver
- Powerful Tools for Caregiving
- Caring for you/Caring for me



Kenneth Covinsky, MD

“If these interventions were drugs, it is hard to believe that they would not be on the fast track to approval. The magnitude of benefit and quality of evidence supporting these interventions considerably exceed those of currently approved pharmacological therapies”

-Editorial, Annals of Internal Medicine, 2006



Caregiver Services Outcomes

- ✓ Increased access to support services
- ✓ Increased skill, competency and confidence
- ✓ Reduced caregiver burden, level of depression
- ✓ Reduced hospitalizations and doctor visits
- ✓ Increased information about the disease
- ✓ Ability to remain in workforce longer
- ✓ Prolonged length of time that families can care for older adults



This means...

- o Fewer acute crises
- o Increased health and well-being of caregiver
- o Less money invested in expensive medical facilities and nursing homes
- o Increased family stability and involvement



In Conclusion...

- Family Caregiving must be integrated into health care and social service policymaking
- Family caregivers must be supported by family-friendly policies in the workplace
- Family caregivers must have access to comprehensive assessments
- Family Caregivers must be protected against the financial, physical and emotional consequences of caregiving



Mary Pipher Another Country

“...getting old is like that game in which you fall back and trust that others will catch you. That game goes better if the person falling is relaxed and if the person doing the catching is strong and loving”



Thanks for coming!

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