



# Navigating Eldercare: Self Care Tips for Caregivers

August 4, 2022



*AgeWell champions informed and positive aging and serves as the area's catalyst for collaborative solutions.*

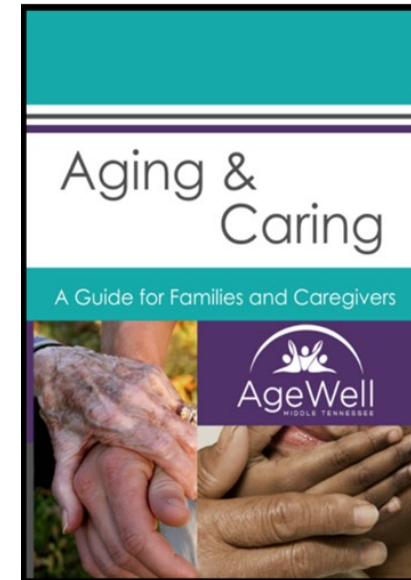
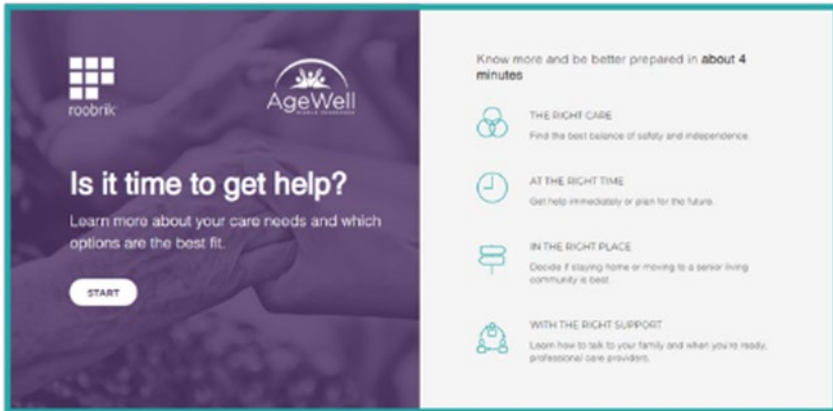
# Presentation Overview

- Greater Nashville Regional Council – Area Agency on Aging & Disability
- AgeWell Middle Tennessee
- Introduction of speakers
  - Cheryl Blanchard
  - Caroline Chamberlain
  - Vickie Harris
- Eldercare Coach Program
- Q & A



# AgeWell Middle TN: Three Key Roles

- Community resource – trusted & impartial
- Catalyst for solutions to unmet needs
- Champion & advocate



## Who are today's family caregivers?



**39% MEN**

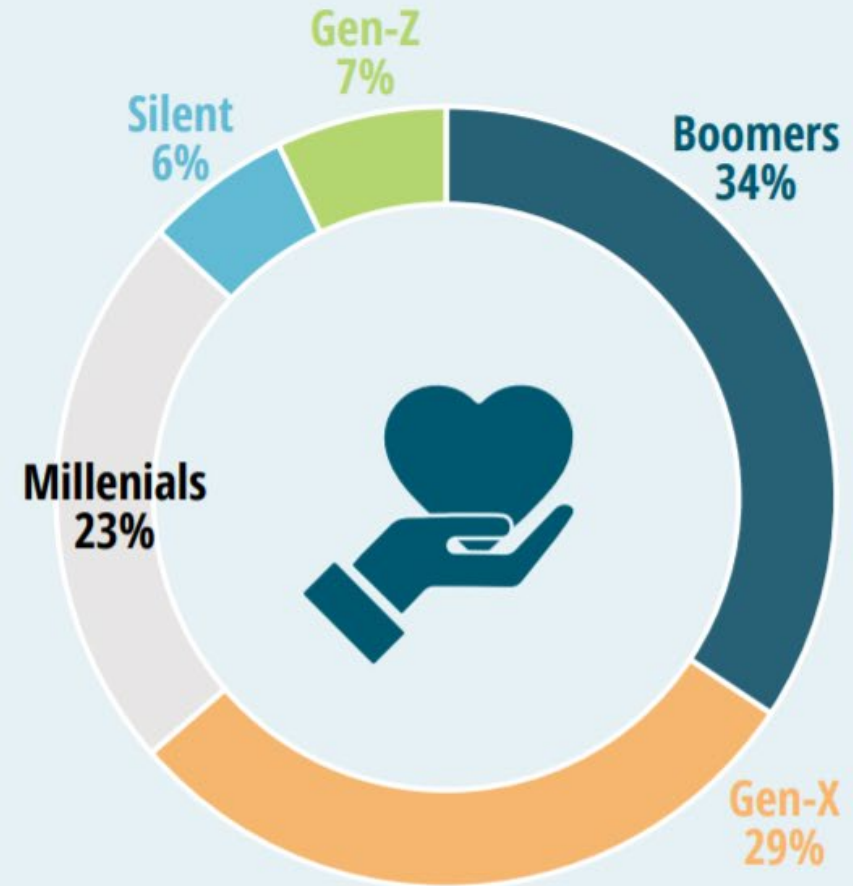


**61% WOMEN**

**45%**  
HAVE HAD AT  
LEAST ONE  
FINANCIAL IMPACT



**61% WORK**



Source: RRF Foundation for Aging: Investing in Caregivers: An Essential Resource for Our Nation: Issue Brief, May 2021



GREATER NASHVILLE  
**REGIONAL COUNCIL**

# Aging & Disability Services

## Family Caregiver Support

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Johnna Neel, Family Caregiver Program Lead

# About the Greater Nashville Regional Council

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- 1 of 9 Development Districts
- Represents 13 counties and 52 cities across Middle Tennessee
- 93 Regional Council Members
- 80+ Professional Staff Members



# Aging and Disability Services

- Information and Assistance Helpline
- Medicare Counseling
- Home and Community Based Services
- Conservatorship and Legal Aid
- Meal and Transportation Services



# Family Caregiver Support

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**The Family Caregiver Support Program provides respite, support, and education to families dealing with the stress of caring for loved ones.**

- Respite care to temporarily relieve caregivers from their responsibilities
- Supplemental services to compliment caregiver efforts
- Education on neurological conditions such as Alzheimer's disease or dementia
- Connection to support groups and counseling services

## **Two Types of Programs**

- Voucher Reimbursement
- 'Take-a-Break' Program





# Who qualifies for services?



An adult family member or other adult providing informal care to individual 60 years or older



An adult family member or other adult providing informal care to individual of any age with Alzheimer's disease or related disorder



A caregiver 55+ yrs old providing care to an adult (ages 18-59) with disabilities, and grandparents or relatives 55+ yrs or providing care to children under the age of 18



# Voucher Program

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The Voucher Program offers reimbursement for an eligible caregiver to receive up to \$200 per month for the cost of hiring an informal provider.

- In-home or personal care respite
- Homemaking services focused on the care receiver's bedroom, bathroom, and laundry
- Adult day care services
- After care, tutoring, summer camp fees
- Immediate program availability



# Take-a-Break Program

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The Take-a-Break Program offers resources for those seeking support to pay for services through professional providers.

- In-home or personal care respite
- Homemaking services focused on the care receiver's bedroom, bathroom, and laundry
- Adult day care services
- Limited program availability



## How do I apply?

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**The first step is to call GNRC's Information and Assistance Helpline: 615-255-1010**

- Eligibility for the program depends on multiple criteria, such as age, living arrangements, income level, diagnosis, and conditions
- GNRC's counselors will assess eligibility through an initial telephone conversation
- Once eligibility is confirmed, you will be contacted by one of GNRC's service coordinator when there is an opening\* in the program.

*\*based on professional provider availability*



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**Johnna Neel**

Family Caregiver Program Lead

[jneel@gnrc.org](mailto:jneel@gnrc.org)

[GNRC.org/Aging](https://gnrc.org/Aging)

# Cheryl Blanchard



# Five Important Actions to Prevent Caregiver Stress

Manage expectations

Plan in advance

Establish limits

Promises

Asking for & accepting help



# # 1: Develop Realistic Expectations

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Expectation  
vs.

We sometimes make things  
harder on ourselves...

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Reality

Asking a person with  
Alzheimer's to do something  
they can no longer do

---

Since we can't change the  
**REALITY**, we must change  
our **EXPECTATIONS**

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# Tie your shoes: A simple request, right?

What are the challenges?

- |                 |   |
|-----------------|---|
| <b>Aphasia:</b> | <ul style="list-style-type: none"><li>• What are you saying?</li></ul>                          |
| <b>Amnesia:</b> | <ul style="list-style-type: none"><li>• Already forgot</li></ul>                                |
| <b>Agnosia:</b> | <ul style="list-style-type: none"><li>• What is a shoe?</li></ul>                               |
| <b>Apraxia:</b> | <ul style="list-style-type: none"><li>• How do my hands do this?</li></ul>                      |
| <b>Anomia:</b>  | <ul style="list-style-type: none"><li>• I can't find the words to ask you about this.</li></ul> |



## # 2: Make Plans in Advance

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Who do I  
know that  
can...



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Drive for us

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Come with us to the doctor

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Stay with my loved one while I get out

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Run errands

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Come in an emergency

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Listen without judging

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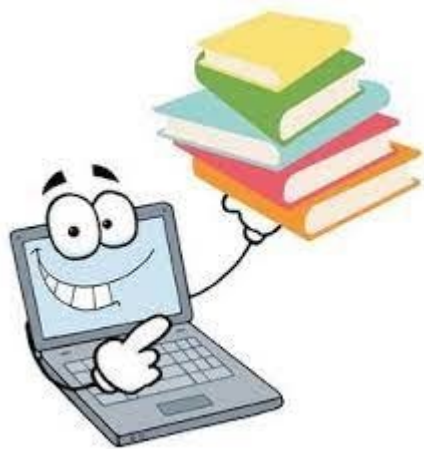
Relate to where I am

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## # 2: Make Plans in Advance, cont.

What  
resources  
are  
available?



AgeWell Middle TN

Alzheimer's TN

Insurance benefits

FMLA

Transportation

Caregiver agencies

Respite or Adult Day programs

Support Groups

Advance Directives/POA



# #3: Establish your limits



## # 4: Don't make promises you can't keep



The promise you can keep:

I promise I will do everything in my power to give you the best care and best quality of life possible.



## # 5: Ask for help and accept help

Learn the best exercise and two most important words for caregivers:



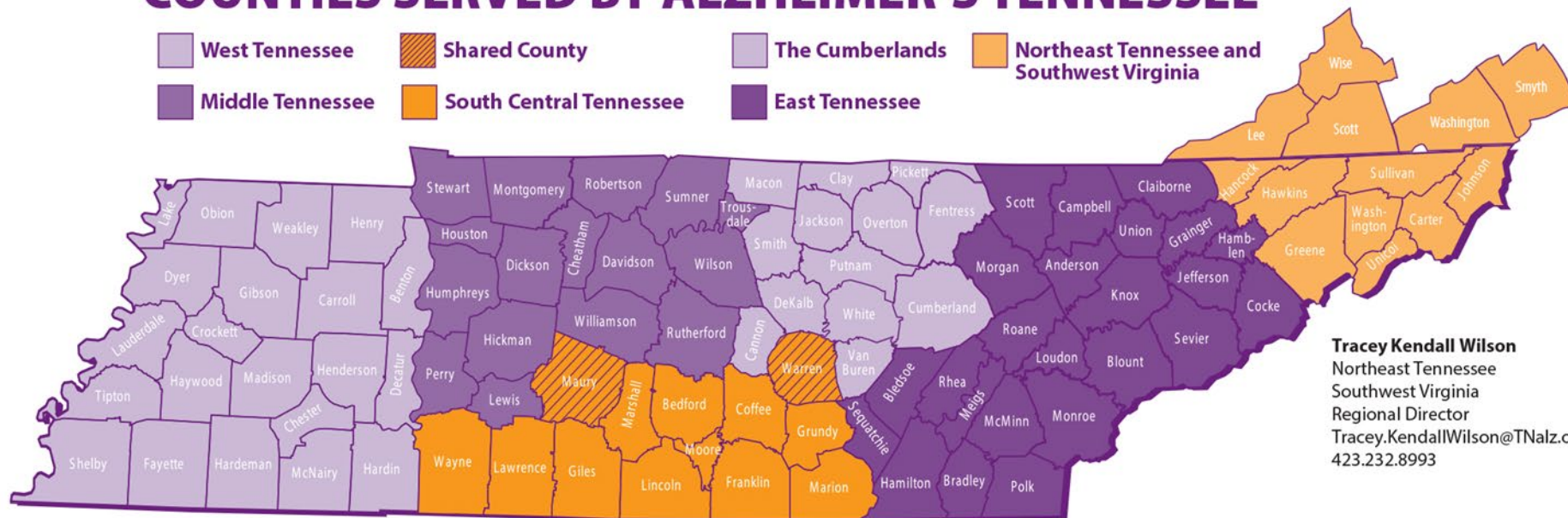
# YES PLEASE!

Make a “Yes, please” list.



# COUNTIES SERVED BY ALZHEIMER'S TENNESSEE

- West Tennessee
- Shared County
- The Cumberlands
- Northeast Tennessee and Southwest Virginia
- Middle Tennessee
- South Central Tennessee
- East Tennessee



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[www.facebook.com/AlzTN](http://www.facebook.com/AlzTN)

# Make Alzheimer's a Memory

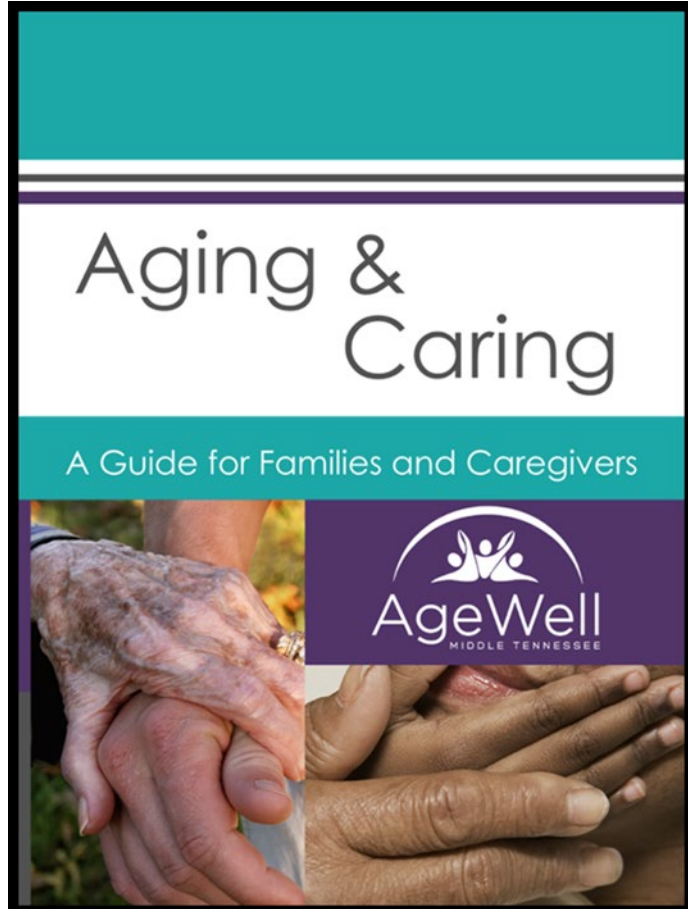


# Caroline Chamberlain

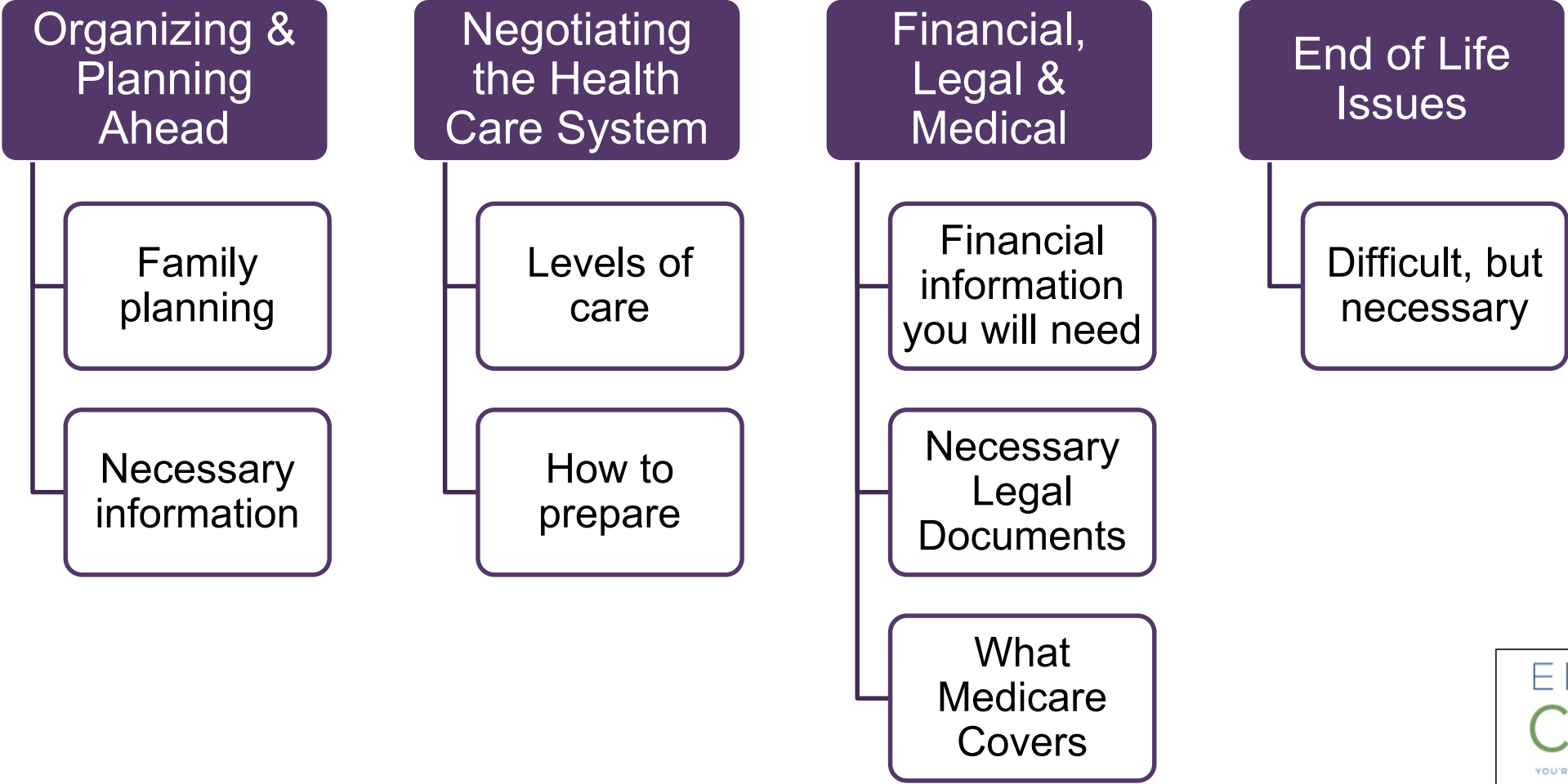




# Aging & Caring: A Guide for Families & Caregivers



# Aging & Caring: A Guide for Families & Caregivers



# Respite – Relief for the Caregiver

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*“A needed and deserved service...it supports family well-being.”*



A temporary break for caregiver

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Planned break

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Emergency break

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Location of respite

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My personal experience

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Eldercare  
**COACH**<sup>™</sup>  
YOU'RE NOT ALONE. WE'RE ON YOUR TEAM.  
powered by AgeWell Middle Tennessee

# Vickie Harris



# Who is a Family Caregiver?



An individual  
in the  
community



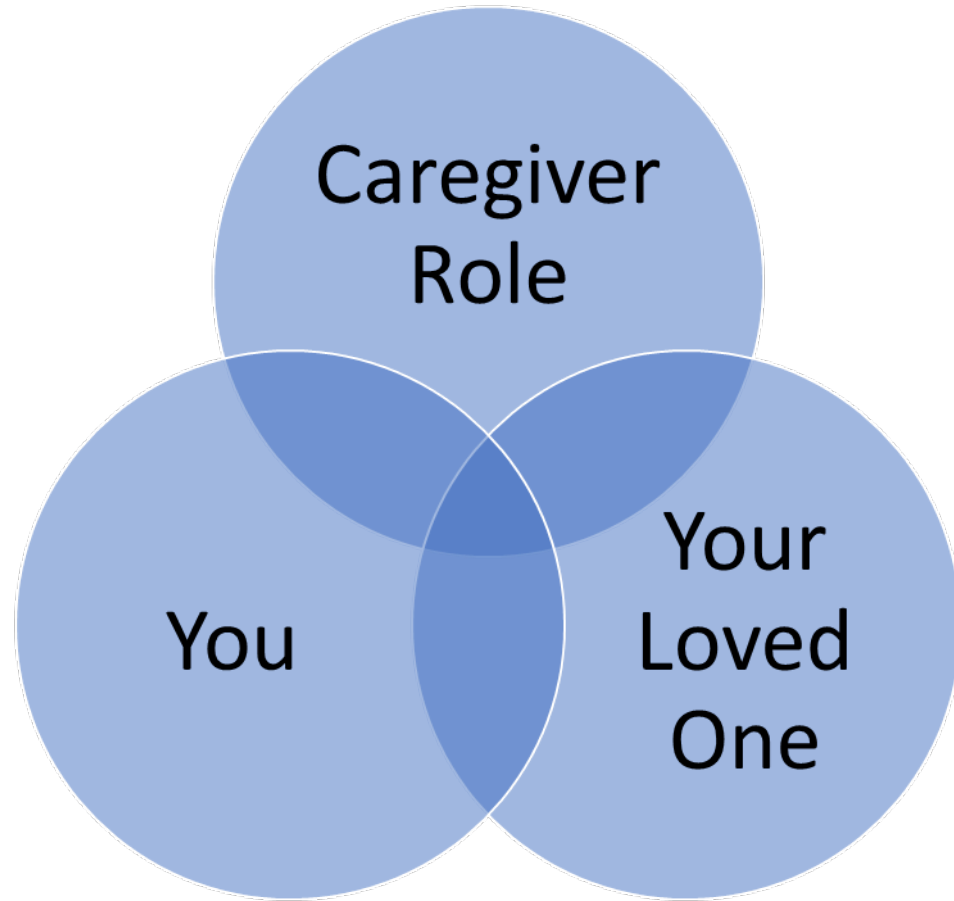
Maintain  
connection  
with that  
community



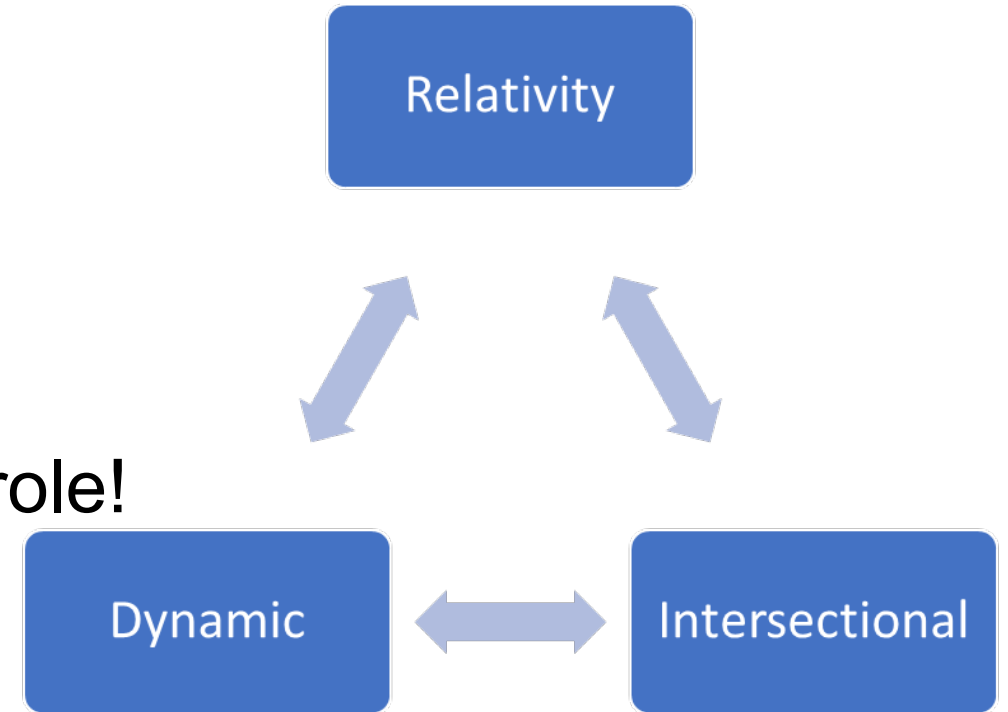
Community  
supports  
continued  
connectivity



# The Big Picture



It is a role!




# The Hidden Complexity of the Role




**RELATIVITY**

- Income
- Age
- Geography
- Physical & Mental Health
- Medical and Basic Supportive Needs
- Benefits
- Available Time Capacity



**DYNAMIC**

- Health Status Episodes/Declines
- Family Relationships
- Financial Resource Decline
- The COVID 19 Pandemic
- Increasing Medical and Supportive Needs



**INTERSECTIONAL**

- Job/Career
- Hobbies
- Other Life Roles
  - Spouse
  - Mother/Father
  - Grandmother

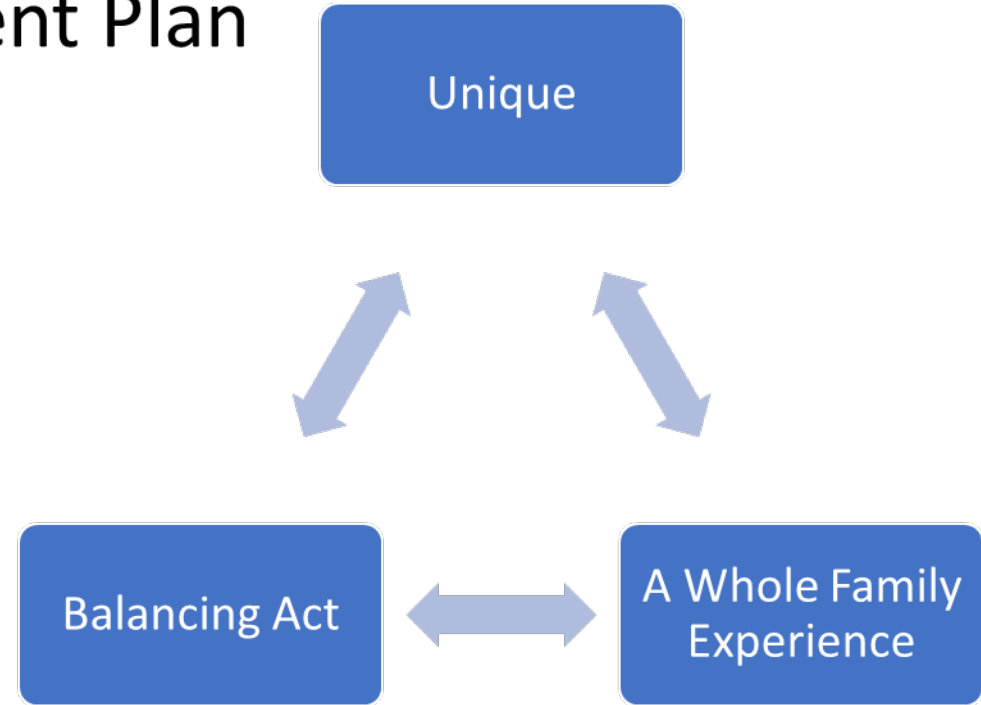
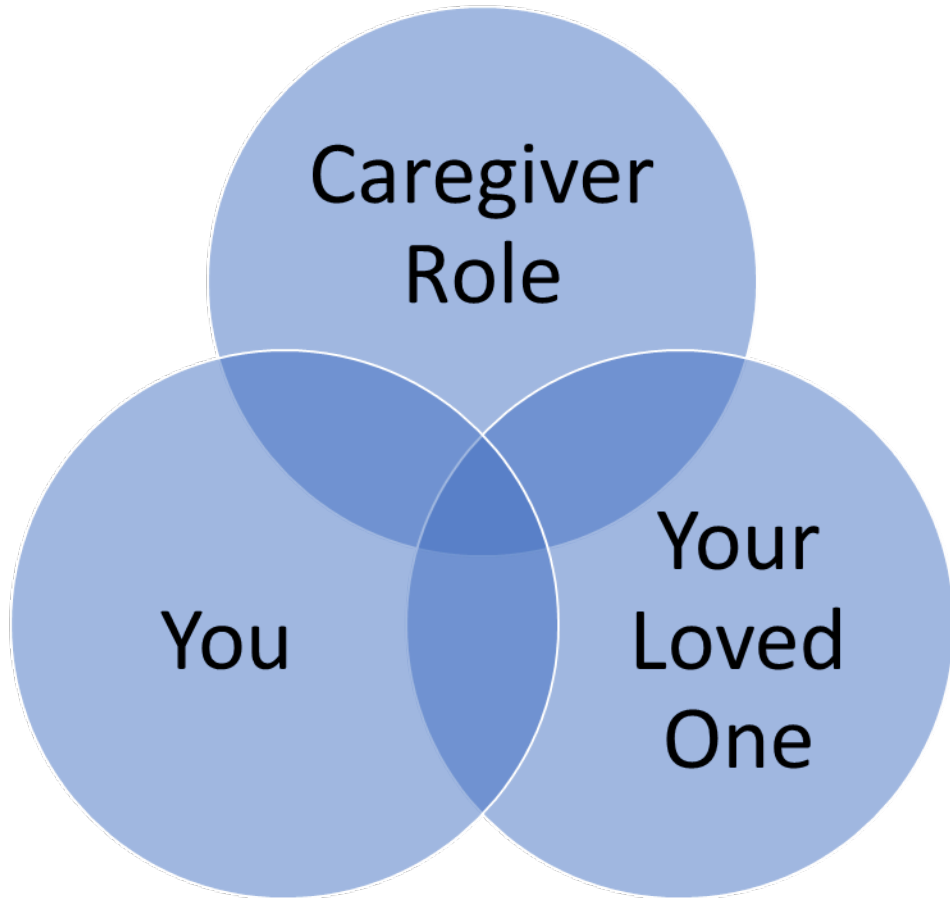
# My Family Caregiver Role



24-30  
Hours  
Each Week



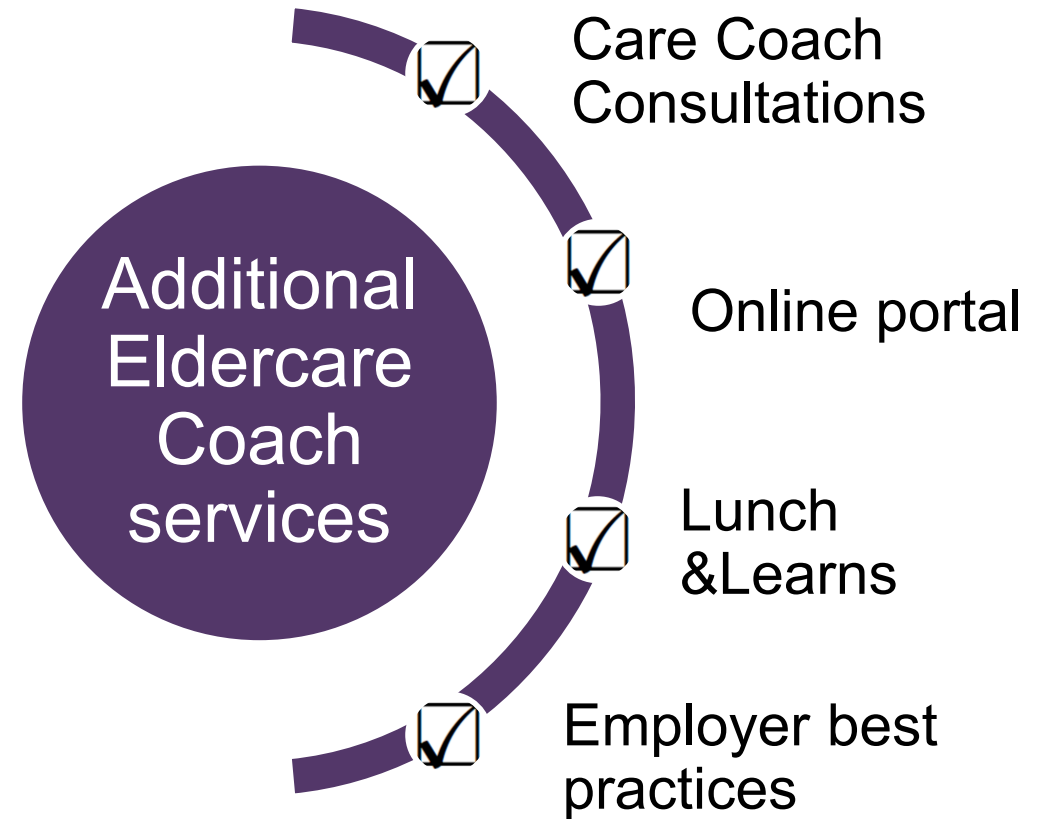
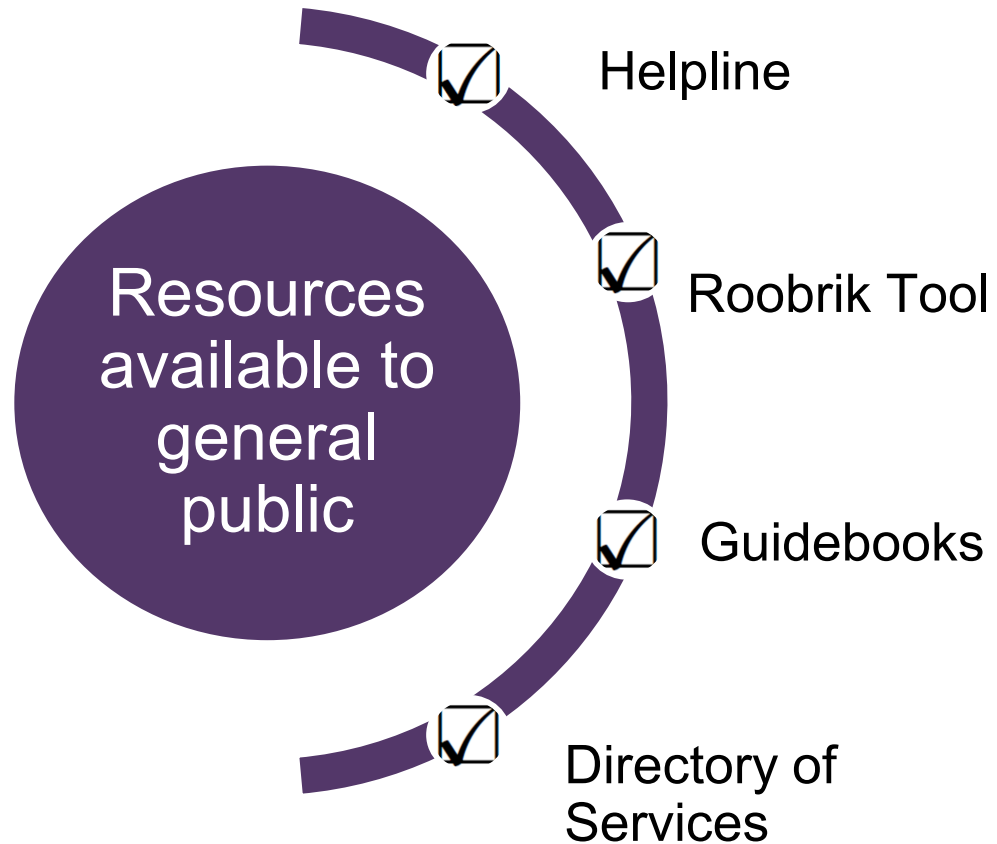
# My Management Plan



# What is Eldercare Coach?



# Eldercare Coach Resources

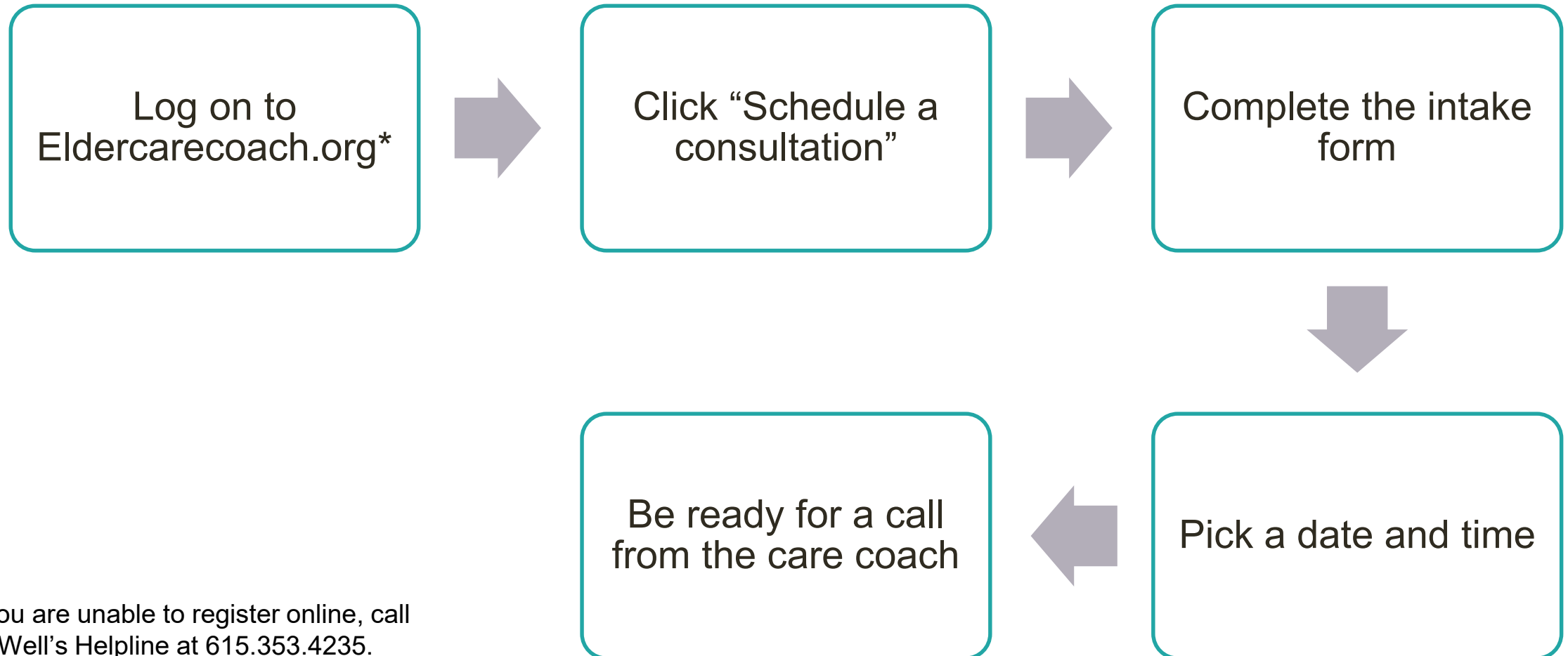


# Eldercare Coach Online Portal

[www.eldercarecoach.org](http://www.eldercarecoach.org)

The screenshot shows the Eldercare Coach website. At the top left is the logo for Eldercare COACH. The top right navigation menu includes links for Welcome, Consultation, Library, Workshops, and About. A user profile for Nola Hastings is visible in the top right corner. The main banner features a photograph of a caregiver pointing at a tablet while talking to an elderly man. The text in the banner reads: "Eldercare Coach, a service of AgeWell Middle Tennessee, offers helpful information, education, and consultations for caregivers of older adults. Our geriatric care professionals provide one-on-one phone consultations to give you personalized guidance." A prominent button says "Schedule a Consultation" with the tagline "You're not alone. We're on your team." Below the banner is a section titled "Learn More About Caring for the Elder in Your Life" with six icons and corresponding text: 1. Resource Library: Videos and tip-sheets on common topics in caregiving. 2. Just Starting Out?: Use *Roobrik: Is it Time to Get Help?* to learn about your care needs and options. 3. Service Directory: Find services for older adults and caregivers. 4. Aging & Caring: Explore our guidebook to help you navigate eldercare issues and decisions. 5. Schedule a Consultation: Get personalized guidance from a geriatric care professional. 6. Request a Workshop: Request a lunchtime workshop with one of our experts. Ask questions. Get connected.

# Eldercare Coach Phone Consultation



\*If you are unable to register online, call AgeWell's Helpline at 615.353.4235.

# Eldercare Coach: Testimonials

*"You clicked a light on in a very dark room. You are an ally."*

*"I appreciate your understanding, thoughtful suggestions, and guidance to resources."*

*"Gave me someone fun to talk to."*



*"I appreciate the care and compassion."*

*"I'm grateful to have someone to talk with, makes me feel that I'm not by myself."*



# Poll Questions

1. My knowledge of self care tips for caregivers increased.
2. I was given helpful guidance on how to access community resources for caregivers & patient care.
3. I was given helpful guidance on how to access community resources for Alzheimer's & dementia care.
4. I learned tips that I plan to use to take care of myself while being a caregiver.

Comments or suggestions for improvement? Please put them in the chat box. Thank you!





## Contact us:

Call in: 615.353.4235

Click in: [www.agewelltn.org](http://www.agewelltn.org)

Come in: 3511 Belmont Blvd.  
Nashville, TN 37215