Wilder Aging Services

Who's on Your Team?





Wilder Aging Services

- Meals on Wheels
- Health and Wellness Classes
- Customized Living at St. Paul Public Housing
- Adult Day Health



Caregiving as a Team

- What experiences do you have of other people in your life caregiving for someone?
- What was their experience like?
- Did they have support from other people?



Who should be on your team?

- There is too much information for you to know everything
- You have a relationship with the person you are caring for that you might want to preserve
- You need to take breaks from caregiving for both of you!



Information Holders and Getters

Medical Professionals

- Who specialize in older adults with dementia
- Consider Occupational Therapy
- Consider care coordinators or social workers at the clinic

Legal Professionals

- Ideally who specialize in estate planning
- Power of Attorney
- Healthcare Directive





Information Holders and Getters

Caregiving Services

- Support groups have insight into resources you may not have heard of
- Caregiver Consultants can connect you with resources and support (Lyngblomsten, Wilder, Family Means)

Legal Professionals

- Ideally who specialize in estate planning
- Power of Attorney
- Healthcare Directive



Information Holders and Getters

Friends and Family

- Who can google?
- Who can make phone calls?
- Who can take tours?
- Set them up to help you as much as possible by organizing information they will need
 - Insurance information
 - Medications and basic care needs
 - Doctor/Clinic information
 - Financial information (for possible benefits)





Respite Providers

Group Programs

- Social respite programs (Lyngblomsten, Family Means)
- Adult Day Services (Wilder, Salvation Army, Roitenberg)

One-on-One Respite

- Volunteer programs (Lutheran Social Services, DARTS)
- In-home care agencies (Brightsar, Home Instead)

Respite Providers

Friends and Family

- One evening a week
- One weekend a month
- Drive to the day program
- Go to a museum
- Go for a walk
- Family members who want to help can get support from caregiver services to feel more confident



Chore Do-ers

Professionals

- Cleaning Services
- Home Health agencies (Home Instead, Visiting Angels, etc)
- Some non-profits (DARTS, Senior Community Services)

Friends and Family

- Neighbor who can shovel?
- Grandkid who can mow your lawn?
- Someone who's schedule is not flexible may have an opportunity



Emotional Support

Support Groups

- Talk with peers about what you are going through
- Wilder, Lyngblomsten, Family Means, Health Partners, many assisted living facilities

Professional Counseling

- Discuss stressful situations
- Process losses



Emotional Support

Friends and Family

- Call the people who care about you
- Get out and have fun it's okay!
- It doesn't have to be perfect to be helpful

Get Started

- What do you need?
 - Respite, help finding resources, emotional support
- What will they need to help you?
 - What are the elements of your caregiving that only you have access to? Can you make those things available?
 - Example: financial information, medication schedules, care instructions

Make a list

• Write down all the things you would like help with from mowing the lawn to giving a bath



Identify your teammates

- Who keeps asking if they can help?
- Who can your clinic refer you to?
- Who wants to help but never seems available?

Assign Tasks

- Have a family/friend meeting and explain you need help, and ask for people to sign-up
- Use a program like CareNexion to connect your team online
- Ask people when you see them if there's something on your list they can help with
- Ask one trusted person to help you gather your team



Barriers to asking for help





Barriers to asking for help

- People will say no
- I don't want strangers in my house
- It's my job
- Other people don't do it well enough
- The person I'm caring for doesn't want others to know/help



Self-care is so important!

- Maintain stamina
- Practice receiving help you will need it!



It's okay to ask for help

- They could say no
- They may not be as good as you
- It might be uncomfortable

IT'S WORTH TRYING!



It's okay to ask for help

- It's okay to experience some discomfort in the interest of your overall wellbeing
- We expect exercise to be uncomfortable, vegetables to be less tasty than chocolate, getting our cars fixed to be inconvenient but we know it's worth it

It doesn't have to be perfect to be helpful





Wilder Adult Day Health

- 5 days a week, 7:30 5:00pm availability, programming from 9:00am 3:00pm
- Separate programming available for people with memory loss and people with other conditions
- Accept waiver programs, VA benefits, long-term care insurance and private pay
- 6 hour day
- Wilder can arrange transportation through Metro Mobility for additional fee

Benefits of Adult Day Health

- Excellent respite option for caregivers
- Participants develop positive relationships with staff and peers
- Reliable don't have to worry about one person calling in sick we're open!
- Quarterly care conferences more opportunity for caregivers to talk about concerns



Wilder Caregiver Supports

- Education
- Peer Support
- Individual coaching/consultation

Wilder Caregiver Education

- Powerful Tools for Caregivers
 - 6-week class
 - Teaches caregivers self-care skills
 - Set goals every week
 - Focus on decision-making, communication, managing conflict

Why Powerful Tools for Caregivers?

- Meet peers who are also caregiving
- Create self-care habit
- Learn communication strategies that are useful in many situations
- Receive book to keep that gives more information

- Caregiver Coffee Hour
 - First Friday of the month, 9:00 10:30 am
 - Drop-in style group, caregivers can come at any time during the 90 minutes
 - Open to caregivers of people with memory loss or other conditions (mostly people caring for someone with memory loss)

- Memory Loss Discussion Group
 - Second Thursday of the month, 10:00 11:30am
 - Open to caregivers of people with memory loss/dementia
 - Traditional support group
 - Respite may be available in our day program
- LGBTQ Caregiver Support Group
 - Third Tuesday of the month from 1:00 2:30pm
 - Open to anyone in the LGBTQ community caring for an older adult or person with dementia
 - Co-facilitated with volunteer



- Adult Children Caregiver Support Group
 - Third Wednesday of the month, 6:00 7:30pm
 - Open to any adult caring for a parent, grandparent, aunt/uncle, etc
 - Traditional support group
- Men's Caregiver Support Group
 - Fourth Thursday of the month, 10:00 11:00am
 - Open to anyone who identifies as a man and is caring for an older adult or person with dementia
 - Co-facilitated with volunteer





- Coming Soon: Support Group for Caregivers of People Living with Parkinson's Disease
 - Plan to begin in March
 - Fourth Wednesday of the month, 1:00 2:30 pm
 - Respite may be available in our day program
 - Open to anyone caring for a person with Parkinson's Disease



Wilder Caregiver Coaching/Consultation

- One-to-one support for a caregiver
- Meet at Wilder or location of caregiver's choosing
- Begins with assessment and then creating a plan
- Focus on managing dementia behaviors, connecting with resources, self-care (REACH)
- Coaching and consultation are not therapy



Thank you!

Catherine Engstrom, LICSW Social Worker, Wilder Aging Services catherine.engstrom@wilder.org 651-280-2517

