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
Wilder Caregiver Support Groups

• 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)
Wilder Caregiver Support Groups

• 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
Wilder Caregiver Support Groups

• 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
Wilder Caregiver Support Groups

• 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!

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