



Preparing to Care



Who is a Caregiver?

Caregivers are family members, friends, neighbors and others who help older adults and people with disabilities with their daily needs.

A caregiver may help prepare meals, pay bills, do personal care, manage medications and assist with—or make—major life decisions.

Caregivers often see themselves as simply doing what a family member or friend does.



Agenda



Introductions



Areas to Think About



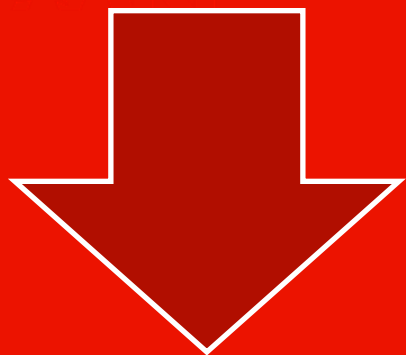
Resources



Questions & Concerns

Introductions

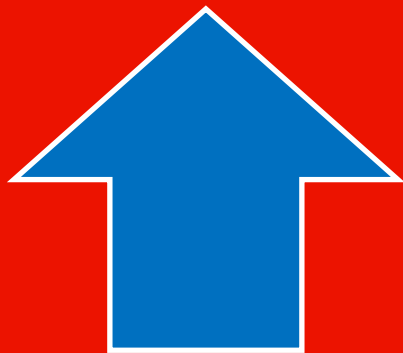
- My name is _____
- I *am* or *am not* currently a caregiver.
- I provide care for _____



**Care
Partner**



Caregiver



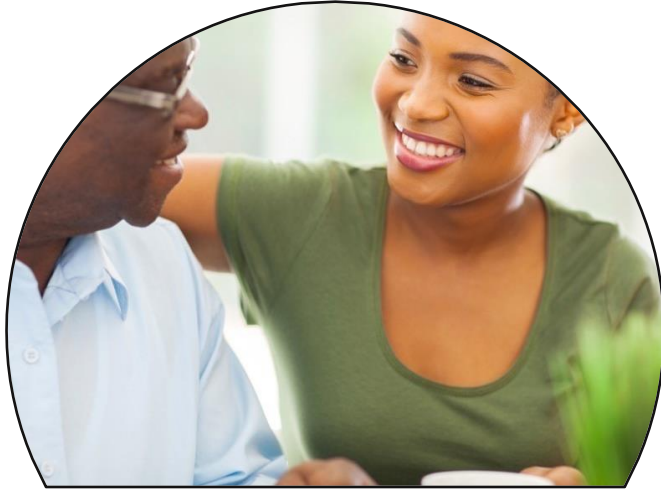
**New
Words
You
May
Hear?**



**THREE AREAS
TO CONSIDER
AS YOU
PREPARE TO CARE!**

First Focus of Preparation

YOURSELF!



Questions...



What do I do to care for myself?

How do I handle stress?

How am I at sharing work?

How do I deal with sickness & death?

How am I at juggling many tasks?

How well do I cope with uncertainty?

Juggling



- My Feelings
- My Job
- Marriage and/or Relationships
- Children
- Doctors
- Finances
- Mental Health
- Time



SECOND FOCUS OF PREPARATION

**The PERSON
You Are
Caring for**



Questions...



My relationship with this person?

How are they at handling pain?

How do they interact with doctors?

Can they accept your help?

**Are you prepared to clothe, feed
and clean this person?**

Finances?

Actions...



Build a trust relationship.

Get to know health history.

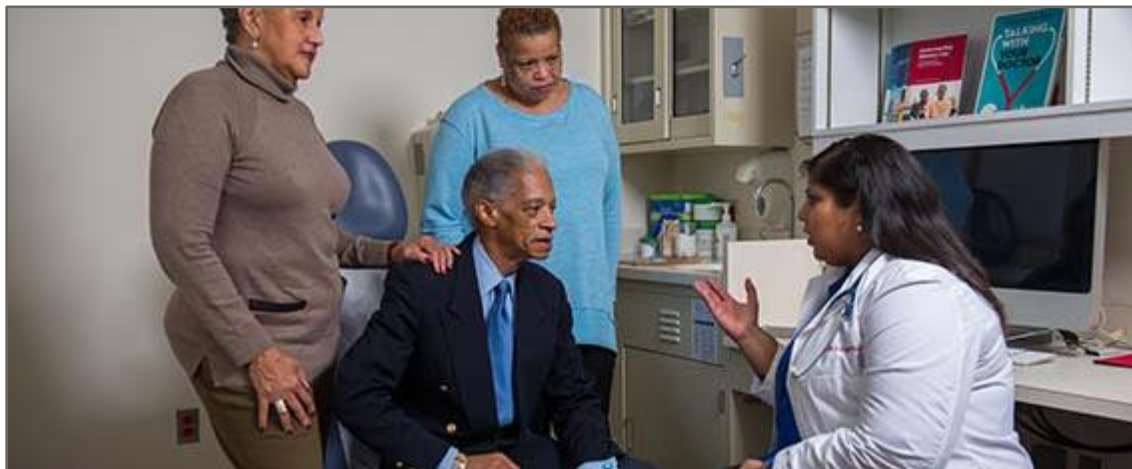
Who are their Medical Providers?

Disabilities?

Preferences (diet, sleep, etc..)

THIRD FOCUS of PREPARATION

TEAM WORK



Questions...

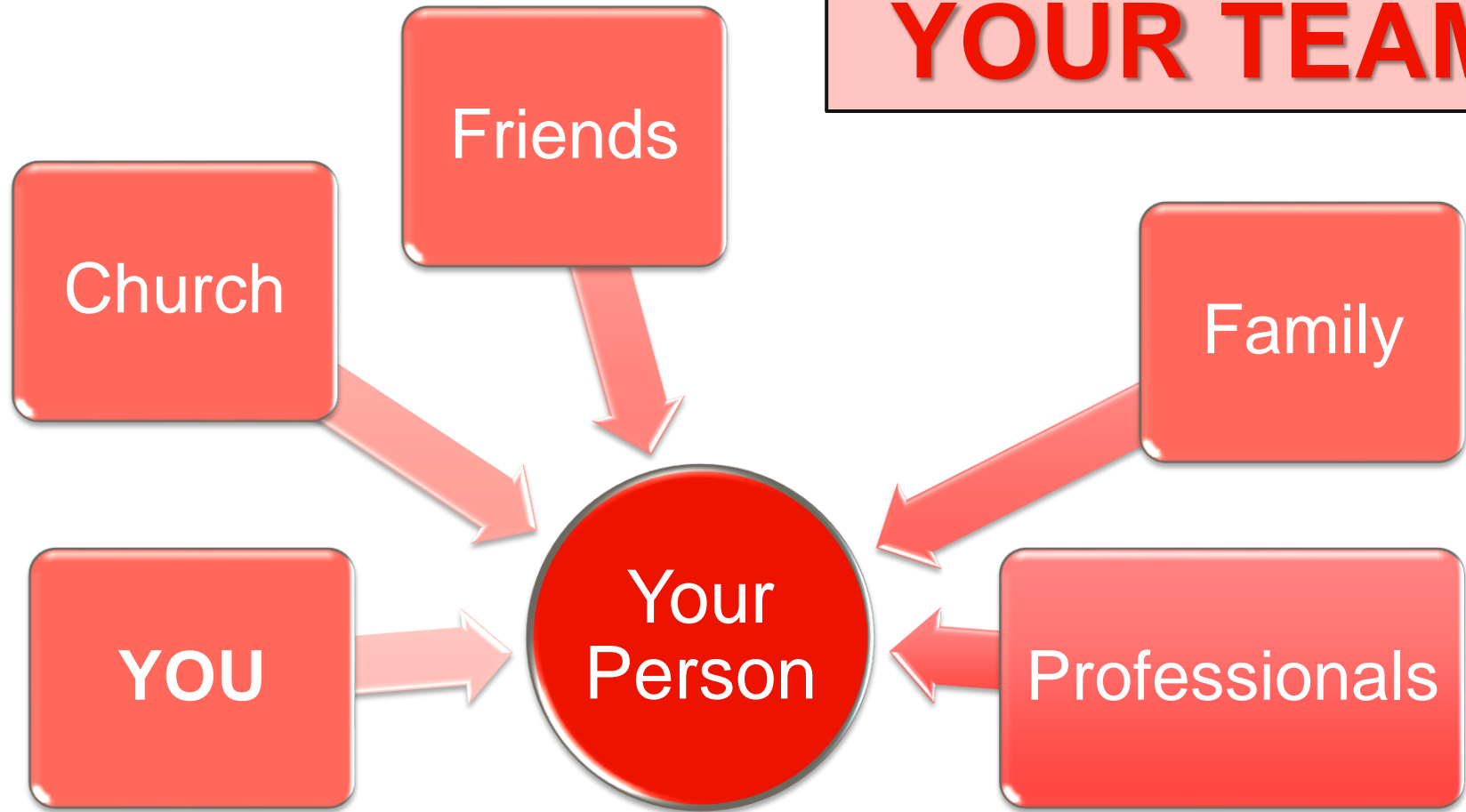


Can I openly ask for help?

Who might be on my team?

How will your person accept help?

YOUR TEAM



Questions...

What are best ways to stay connected with others/team?



- Calls
- Texts
- E-mail
- App

BEGIN YOUR PLAN!



Educate
Yourself

Make a
Plan of
Action

Plan How
Your Team
will work
together.



THREE ADDITIONAL CONSIDERATIONS

#1) Signals You Might Need Help

Denial

Unemployment
Problems

Problems at
Home

Money

Getting Sick



#2) Expect Resistance

#3) Caregiving during COVID-19

Inventory Essential Items

2-week supply of:

- Water
- Food
- Cleaning Supplies
- Medical Materials/Equipment

30-day supply of essential medications

- Virtual Visits?

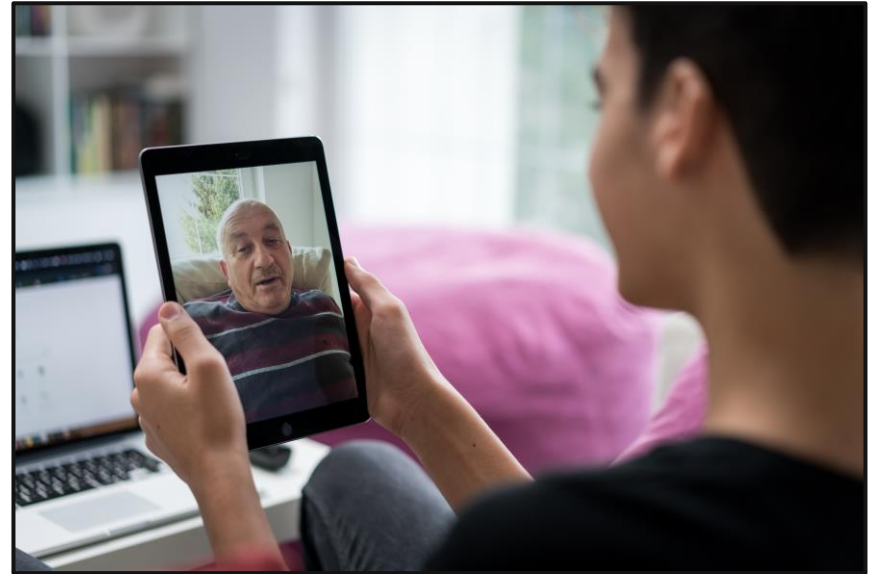


Considerations during COVID-19

Stay Connected if your person is in lockdown

Set up communication using a variety of technology.

If possible, check with the facility your loved one is in to see if they have made accommodations for online visits using technology.



Considerations during COVID-19

Personal Safety and Self-Care

While most of us are very focused on the person we are caring for, it is essential to also care for yourself.

- Limit contact with visitors
- Stay in as much as you can
- Continue to follow guidelines from the CDC on hand washing
- Make a back-up plan



**Valuable & Trusted
Resources
and
places to turn for help.**

Prepare to Care

A Planning
Guide for
Families



- **AARP's Caregiver Resource Center**
 - aarp.org/caregiving
 - 1-877-333-5885
 - Booklet is downloadable from on-line

Additional Resources

- **Senior Linkage Line (TRELIS)**
 - <https://trellisconnects.org>
 - 800-333-2433
 - eldercarelocator.gov
 - Info on Respite Care, Education, Memory Café
 - Support Groups
- **MN Dept of Human Services**
 - Train Link – on-line training MBA 301

Additional Resources

- **The Conversation Project**
 - www.theconversationproject.org
- **VA Caregiver Center**
 - <https://www.caregiver.va.gov/>
 - 855.260.3274 or
 - 612.467.5405 (Caregiver Support Line)
- **Community Resources Finder**
 - www.communityresourcesfinder.org

Additional Resources

- **Pertinent Associations & Organizations**
 - **Alzheimer's Association**
 - **American Cancer Society**
- **Johns Hopkins Medical Center/ Mayo Clinic**
- **University Hospitals (Research Facilities)**
- **Visiting Nurses**
- **Next Avenue E-Newsletter:**
<https://www.nextavenue.org/>

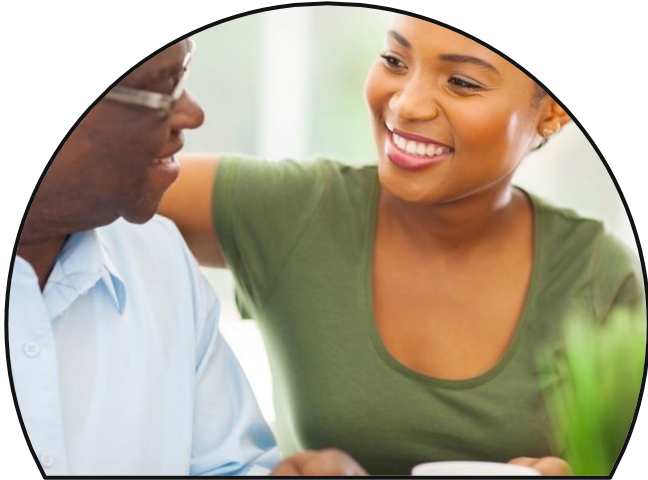
Questions?





Thank You!

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Thank You
for Joining Us!