


**Meeting the Challenges
of Caregiving Roles**



NYSAAAA Caregiver Forums
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Challenges of Caregiving
In family caregiving roles



Barriers to your supporting family caregivers:
Individual & Organizational

In your professional caregiving roles

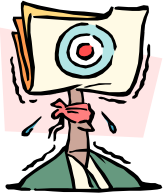
Caregiver Stressors



Physical Social
Emotional Occupational
Intellectual Spiritual

Unique to Family Caregivers

- Multiple roles
- Always on call
- Unprepared, yet responsible
- Transitions
- Complicating factors
- Emotional/spiritual issues



Evidence-Based Practice

Scientific evaluation

Demonstrated ability to achieve important FCG outcomes

Peer-reviewed scientific journal

Implementation ...then translation

Evidence-Based Practice

<u>Family Caregiver Alliance</u>	<u>Rosalynn Carter Institute</u>
<u>Innovations Clearinghouse</u>	<u>Caregiver Intervention Data Base</u>
Family Caregiving Programs	What makes programs effective?
Public Policy	Over 65 interventions
Tech Assistance for Professionals	Implementation Tools & Guides
www.caregiver.org	www.rosalynncarter.org

What family caregivers want

1. Recognition
2. Information
3. Skills
4. Support: emotional & task
5. Respite



Caring for Family Caregivers

Creating awareness

- Assessment
- Print/online materials
- November events
- Resource center
- Links on your website



Caring for Family Caregivers

One-to-one support

- Team members
- Presence/doing
- Self-care Rx
- Referrals
- Encourage respite
- Materials



Caring for Family Caregivers

Group activities & programs

- Time-limited discussions
- Support groups
- Education
- Retreats
- Coordinated services



Helpful Tools for Caregivers

Websites 

Talking 


Reading 

Associations 

Caring for Professional Caregivers

Research suggests...

1. Assess for compassion fatigue
2. Educate about compassion fatigue
3. Teach about balance and boundaries
4. Build resilience; practice self-care
5. Develop a supportive work culture
6. Debrief traumatic events
7. Arrange time-off or job-changes, as needed
8. Refer for mental health support, as needed



Meeting the Challenges of Caregiving Roles

How will you share this...

1. With colleagues?



2. With family caregivers?
