

Family Caregiving:

Creating a Team to Share the Responsibilities

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You are not alone...

- ▶ Nearly **60,000** people living with Alzheimer's Disease in San Diego.
- ▶ More than **136,000** unpaid family caregivers.
- ▶ **80%** are cared for by their families.
- ▶ Every **67** seconds an American is diagnosed with Alzheimer's disease.

Share the Care, It's a Family Affair

- ▶ Inform your family
- ▶ Give everyone the opportunity to learn
- ▶ Create a task lists that can be done together
 - Yardwork
 - Sunday morning drive
- ▶ Create a task list that can be done for you
 - Grocery shopping
 - Holiday decorations

**Many hands
make light
work.**

~John Heywood

Family Roles

- ▶ Understand that every person will have a separate role.
- ▶ An example of the Four Family Roles:
 - Golden One - can do no wrong
 - Mascot - jokes about everything
 - Lost One - withdraws and disappears
 - Black Sheep - gets blamed for everything
 - Who is the caregiver in your family?
- ▶ We all cope with stress differently

Create your team...or village

- ▶ See a Geriatric Specialist.
 - Primary MD, Neurologist & Psychiatrist
- ▶ Seek out support and resources from a social worker.
 - Elder Care Guides
 - Southern Caregiver Resource Center
- ▶ Learn about your respite choices.
 - The Glenner Memory Care Centers
- ▶ Plan for obtaining assistance in the home or at least ensure it's safe.
- ▶ Tour Residential communities so you can make a decision in your time, not when you are forced to.

Create the right environment

- ▶ Keep surroundings safe and comfortable
 - Central place for meals and activities
 - Freedom to move - eliminate clutter from hallways and leading to patios
- ▶ Establish a routine
 - Keep it simple
 - Be consistent and predictable
 - Use white boards to post schedule

Protecting your loved one

▶ Prevent wandering

- Audible alarms on exit doors at home
- Limit methods of egress in the home
- Multiple-step sequence on exit doors and gates
- Avoid busy, chaotic public places

▶ Register your loved one

- Take Me Home - *San Diego County Sheriff*
- Safe Return - *Alzheimer's Association*
- Keep a current photo

Your feelings:

Coping with guilt

- ▶ Throw your preconceived ideas out of the window.
- ▶ Don't make any promises.
- ▶ There can be a time when our best is not enough.
- ▶ You do the best that you can for as long as you can.
- ▶ Join a support group.

Focus on your health

- ▶ Who's been on a recent flight?
Should the mother put oxygen on her children or on herself first?
- ▶ Your basic needs can't come second:
 - Sleep
 - Eat
 - Health & Exercise
 - Social outlet

Focus on the future

Medical

Create the right team to ensure the best care for your loved one.

Legal & Financial

Discuss desires and plans and put them in place using legal documents and skilled professionals.

Social

Quality of life is still possible for everyone.

**There is something that
you must always remember;
You are braver than you believe,
stronger than you seem
And smarter than you think.**

~Winnie the Pooh