

# Caring for the Caregiver: Dementia

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# Learning Objectives

1. Describe the therapeutic relationship among the care recipient, caregiver and health care professionals (Triadic Model of Caregiving)
2. Identify the unique challenges inherent in providing care for individuals with dementia (caregiver vulnerability factors)
3. Recognize caregiver strengths and challenges
4. Identify community-based and online resources for caregivers of individuals with dementia



# Alzheimer's Association Fact Sheet 2011

- In 2010, 14.9 million family and friends provided 17 billion hours of unpaid care to those with Alzheimer's and other dementias.
- The economic value of the unpaid care provided to those with Alzheimer's and other dementias totaled \$202.6 billion in 2010.
- More than 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; one-third report symptoms of depression.



# Alzheimer's Association Fact Sheet 2011

- Between now and 2050, Medicare spending on those with Alzheimer's will increase nearly 600 percent
- Medicaid spending will increase nearly 400 percent

# The Facts about Caregiving...

- Emerging public health issue
- Life expectancy has increased
- Caregivers responsibilities are complex and in constant fluctuation
- Communities are affected by the burdens and practicalities of caregiving
- Caregiving affects the quality of life for all of us

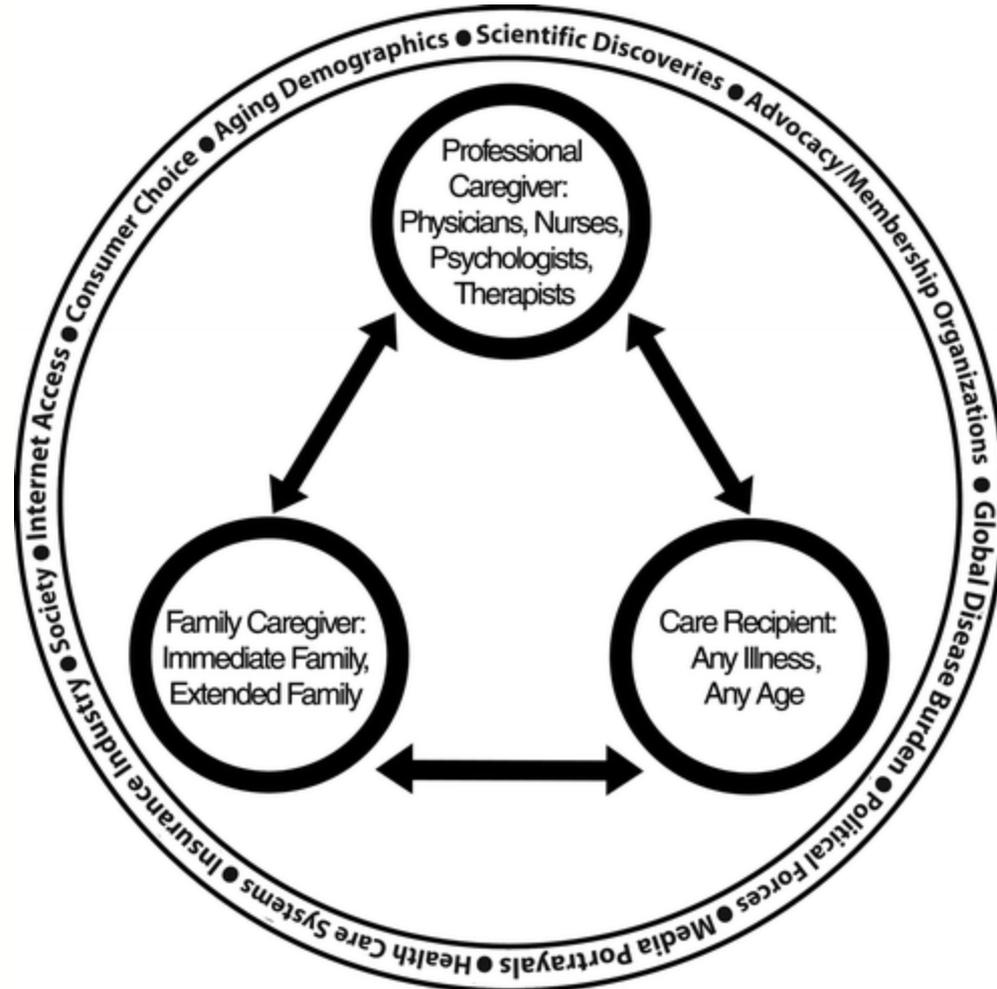


# Triadic Model of Caregiving

- Identifies the strengths and needs of all in relationship to quality care
- Brings to light the need for dedication, respect and value to the care experience
- Allows for recognition of current realities and projects to the future
- Engages people and societies, politically and scientifically, to seek answers to the complexities of life



# Triadic Model of Caregiving



# Caregiver Vulnerability Factors

- Alzheimer's Associations Fact Sheet 2011
- One-fourth of women caregivers experience health problems due to the stress associated with caregiving
- Higher levels of depressive symptoms and mental health problems
- Two-thirds of caregivers report they need to find support for themselves for mental, emotional and physical balance within the care circle and responsibilities

# Zarit Burden Interview

A structured caregiver assessment tool  
using verbal interaction  
to evaluate levels of stress  
in family members or caregivers of  
Alzheimer patients.

# Zarit Burden Interview

- On-going assessment process
- Identifies that the disease is a ‘family affair’
- Validates the people in the experience

# Zarit Burden Interview

- Assists in using more time/resources more efficiently
- Guides conversation and collects vital information for the evolving Plan of Care
- Identifies changing progress and needs

# Support Interventions

## National Family Caregiver Support Program

- Informs caregivers about available services
- Assists caregivers in gaining access to services needed
- Provides individual support and counseling
- Assists with respite care

[http://www.aoa.gov/aoaroot/aoa\\_programs/hcltc/caregiver/index.aspx](http://www.aoa.gov/aoaroot/aoa_programs/hcltc/caregiver/index.aspx)

# Support Interventions

## Family Caregiver Alliance

Online Toolkit to Assist Practitioners Assess  
the Needs of Family Caregivers

<http://www.caregiver.org>

# Support Interventions

## *The Savvy Caregiver*

### Psychoeducation Evidence-based Program

- ✓ Provides the foundational understanding/living with a Dementia disease process
- ✓ Identifies the on-going changes and how they can effect caregivers
- ✓ Strengthens the managing of daily living with AD
- ✓ Assists with identifying the need for Critical Decision-Making
- ✓ Validates the importance of Taking Care of Oneself
- ✓ Links participants with area resources

# Support Interventions

## ***Alzheimer's Association***

**1-800-272-3900**

**[www.alz.org](http://www.alz.org)**

- Harry L. Nelson Helpline 24/7
- Information and referral
- Care Consultation
- Support Groups
- MedicAlert/Safe Return/Comfort Zone
- Education Programs and Workshops



# Support Interventions

...the **key** to quality support intervention is to find and combine the unique variety of services that address the needs of the particular caregiving situation...

# Caregiving is...

- Interactional process marked by constant change in one's world which disables one and demands for another
- Requires familial and social support for the well-being of all affected by Dementia

As they say,

“If only I knew what I know now.”

*- And Thou Shalt Honor  
The Caregiver's Companion  
2002*



Geriatric Education Center  
of Michigan

# Supplemental Resources

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# Supplemental Resources

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