Maureen Kelly, Ed.D, LCSW
Elder Care Counselor, UC Berkeley

Linda Fodrini-Johnson, MA, MFT, CMC
Executive Director, Eldercare Services
INTRODUCTIONS

• Maureen Kelly, Ed.D, LCSW
  Elder Care Counselor
  UC Berkeley

• Linda Fodrini-Johnson, MA, MFT, CMC
  Executive Director, Eldercare Services

• Participants
WORKSHOP GOALS

Spectrum of Care
- Statistics
- Lifetime of Care Giving / Receiving
- Sharing the Care

Planning for Care
- The Conversation(s)
- Care Partners
- Difficulties and Challenges
- Receiving Care

Managing Stress
- Caregivers
- Care receivers
- Attributes of Healthy Caregiving/Receiving
FAMILY CAREGIVING

Statistics

• 65.7 Million – **29%** of the US adult public is providing care

• The average of those caring for someone over 50 is **49.2 years**

• Older caregivers are more likely to be caring for a partner or spouse

• The number of hours spent caregiving **increases** with age

www.caregiver.org
CAREGIVING & RECEIVING – THROUGH OUR LIFETIME

Infancy/Childhood

Illness

Aging
SHARING THE CARE: IDENTIFYING THE TEAM

• Types of caregivers
• Types of support
  ➢ Informal
  ➢ Formal
PLANNING FOR CARE

• The Conversation
  • Resistance
  • After the Conversation
  • Resource: PBS Getting Started

• Care Partners
“Often a family faces confusing choices for getting Mom or Dad the care they need, either in their own home, or in an assisted living facility. In other cases, the biggest challenge is communicating with a loved one who is suffering from a Dementia, such as Alzheimer’s.

In these cases, consulting with a certified professional, like a licensed Professional Care Manager, can work well. Care Managers can guide a family to reach the best decision about living at home, or finding the best care facility available. “

- Eldercare Services
DIFFICULTIES AND CHALLENGES

- Acknowledging own needs
- Shift in Identity/ Role
- Who will be there for me?
PLANNING FOR CARE: RECEIVING CARE

- Design what you want while you are well
- Legal Tools
- Who will be your advocate?
MANAGING AND REDUCING STRESS

CAREGIVERS
• Continue to participate in what gives your life meaning
• Find a support group
• Practice mindfulness
• Stay Healthy – Exercise
• Share the care

CARE RECEIVERS
• Continue to focus on what gives your life meaning – find ways to contribute & enjoy moments
• Practice mindfulness
• Support groups outside of primary care providers
• Promise to allow care sharing
ATTRIBUTES OF HEALTHY CAREGIVING & RECEIVING

- Staying connected, engaged and valued
- Self-care
- Healthy Lifestyle
RESOURCES FOR THE JOURNEY

LOCAL

• Eldercare Services
• Senior Centers
• Senior Information & Referral 1-800-510-2020
• UCB Retirement Center

NATIONAL

www.AARP.org
www.ALZ.org
www.benefitscheckup.org
www.caregiver.org
www.caremanager.org
www.eldercare.gov
THANK YOU!