

CARE PARTNERS: THE JOURNEY OF CAREGIVING AND CARE RECEIVING

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

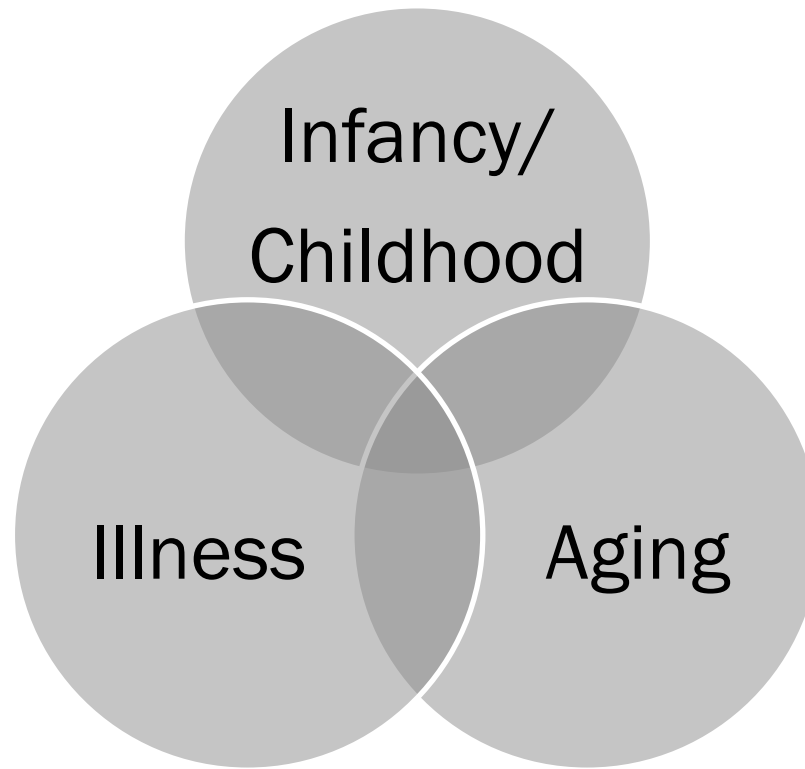
Statistics

- 65.7 Million – **29%** of the US adult public is providing care
- Older caregivers are more likely to be caring for a partner or spouse
- The average of those caring for someone over 50 is **49.2 years**
- The number of hours spent caregiving **increases** with age

www.caregiver.org



CAREGIVING & RECEIVING – THROUGH OUR LIFETIME



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**

PLANNING FOR CARE: 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



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!

