

# **Taking Care of SoMEone Else**

**Christina Irving, LCSW  
Family Caregiver Alliance**

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

**415.434.3388**

**800.445.8106**

# Who are Caregivers?

Unpaid individuals providing assistance to family members or friends



# Who are Caregivers?

- 43.5 million in the U.S.
- Care valued at \$470 billion in 2013
- Over 15 million dementia caregivers



# What Caregivers Do

- 96% help with daily care
- 46% help with medical tasks



**YOU CALL IT**  
"helping  
dad pay  
his bills."

**WE CALL IT**  
caregiving.

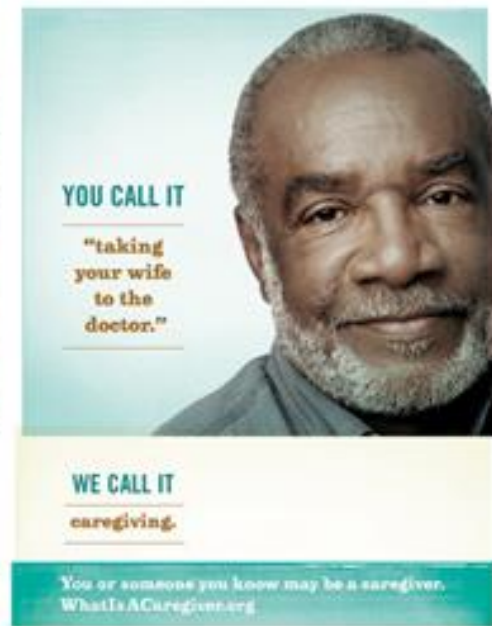
You or someone you know may be a caregiver.  
WhatIsACaregiver.org



**YOU CALL IT**  
"reminding  
your husband  
to take  
his pills."

**WE CALL IT**  
caregiving.

You or someone you know may be a caregiver.  
WhatIsACaregiver.org



**YOU CALL IT**  
"taking  
your wife  
to the  
doctor."

**WE CALL IT**  
caregiving.

You or someone you know may be a caregiver.  
WhatIsACaregiver.org



# Developing a Help Network: Never Pass up an Opportunity

- Always accept offers of assistance from family/friends/neighbors you trust.
- Have a “mental list” of jobs ready.
- Request help with care for your dependent family member **and for you.**



# Dealing with Resistance

- “They only want me to help them”
- “They’re not very social”
- “They don’t think they need any help”

# Caregiver Resources

- Information and Referral
- Education and Training
- Support Services
- Respite
- Residential Care
- Legal Issues





# Information and Referral

- Caregivers need information on:
  - The diagnosis
  - Community resources
  - Insurance/Financial assistance
- I&R Lines
  - Los Angeles Caregiver Resource Center - USC
    - [www.fcscgero.org](http://www.fcscgero.org)
    - 855.USC.6060
  - Area Agency on Aging
    - <http://wdacs.lacounty.gov/programs/area-agency-on-aging/>
    - 800.510.2020





# How to Pay for Help

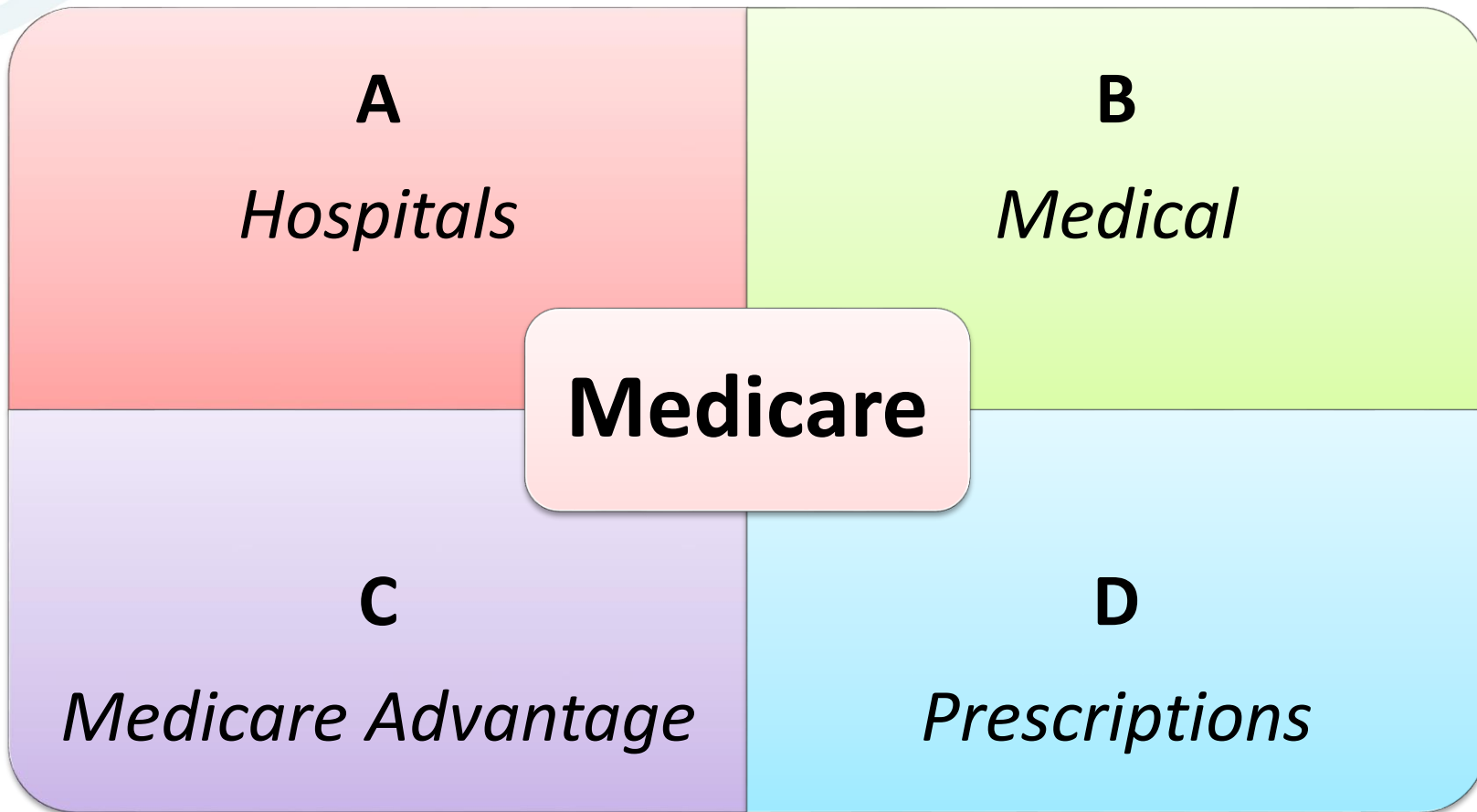
Medicare

MediCal

Long-Term  
Care Insurance

VA Benefits

Private Pay

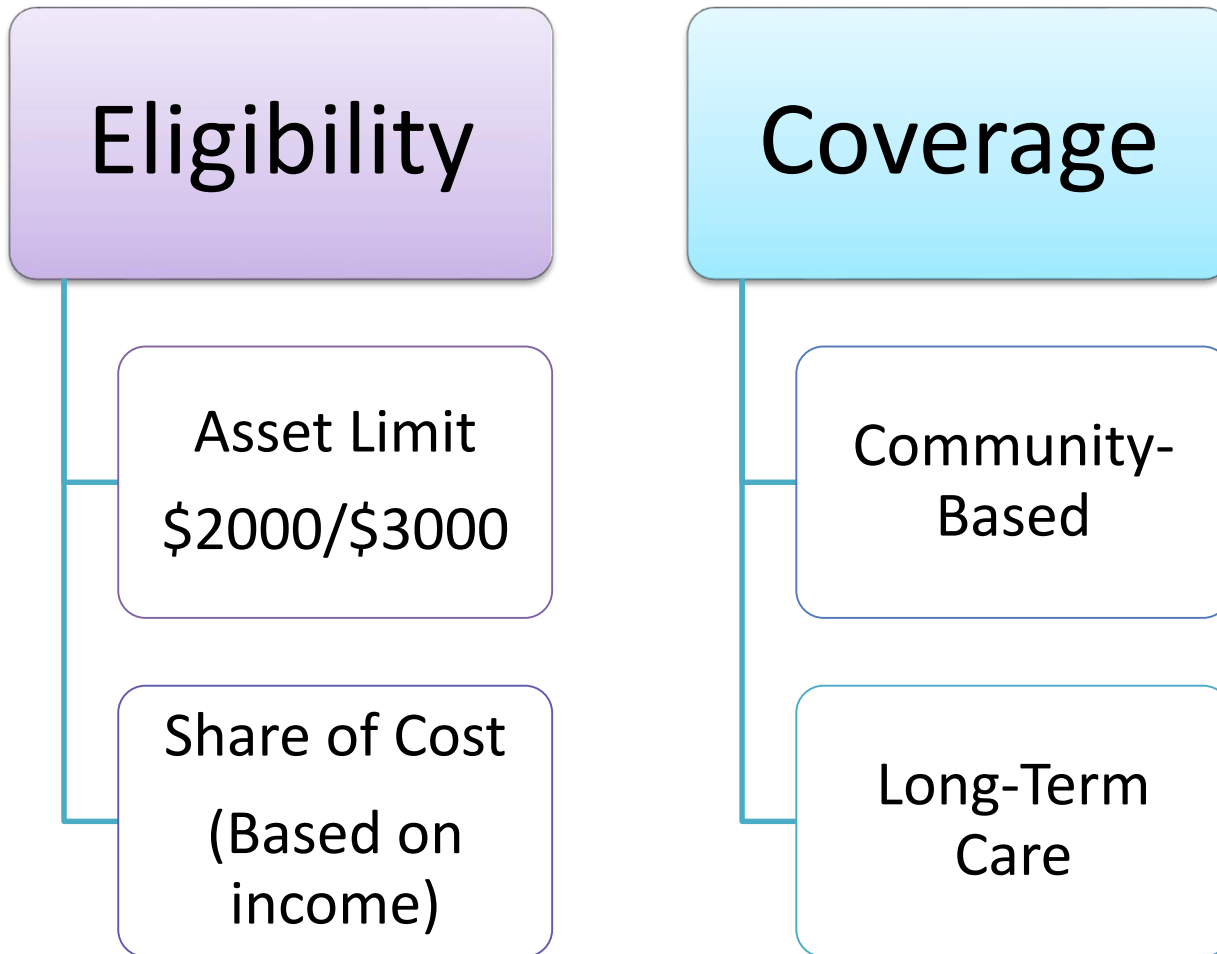




# Where to Get Help

- Center for Medicare Advocacy
  - [www.medicareadvocacy.org](http://www.medicareadvocacy.org)
- Health Insurance Counseling and Advocacy Program (HICAP)
  - Center for Health Care Rights  
800.824.0780  
[www.healthcarerights.org](http://www.healthcarerights.org)

# MediCal





# Where to Get Help

- LA County Department of Public Social Services
  - <http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/health-care/>
- California Advocates for Nursing Home Reform
  - 800.474.1116
  - [www.canhr.org](http://www.canhr.org)
- Bet Tzedek
  - 323.939.0506
  - [www.bettzedek.org/our-services/aging-with-dignity/](http://www.bettzedek.org/our-services/aging-with-dignity/)



# How to Pay for Help

- Long-Term Care Insurance
  - Eligibility period
  - What is covered?
  
- VA Benefits
  - Service Connected vs. Non Service Connected
  - County Veterans Service Office
    - [www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx](http://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx)

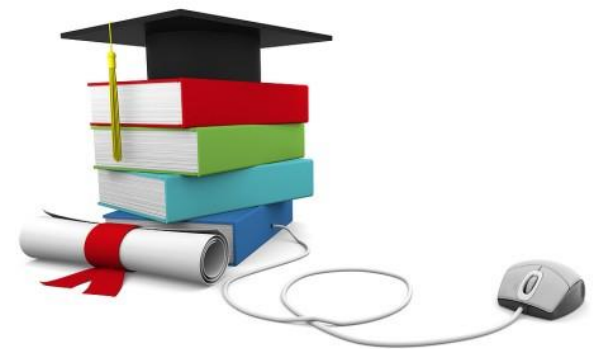
# Education and Training

- Understand the disease of the person
  - Get an accurate diagnosis
  - Understand what is and isn't possible for that person
- Coping skills
  - Stress management
  - Self Care
- Caregiver skills
  - Bathing, toileting, transfers
  - Medical tasks



# Where to Get Help

- Disease-specific organizations
  - Alzheimer’s Disease Research Centers
  - Parkinson’s Association
  - Stroke Association
- Caregiver support organizations, senior centers
  - In person or online
- Hospitals, doctor referrals
  - PT, OT, RN
  - CARE Act







# Respite: In-Home

- Asking other family members/friends
- Hiring in-home help (fee for service)
  - Home care agencies
    - Licensed Home Health Agencies
    - Non-Medical/Personal Care
  - Hiring privately
    - Attendant Registries through Independent Living Centers or online registries
    - Through Churches, Senior Centers, Friends
  - In Home Supportive Services (IHSS)
    - Must qualify for MediCal to be eligible



# Respite: Out of Home

- Short-term respite facilities
  - Assisted living, board and care homes, or skilled nursing facilities
  - CANHR: [www.canhr.org](http://www.canhr.org), 800.474.1116
  - Placement Agencies

# Respite: Out of Home

***Adult Day Services:*** provide therapeutic activities for seniors and adults with disabilities; help people stay physically and mentally active and reduce isolation

## Adult Day Health Care

- Can be paid by MediCal
- Meds administered by RN
- PT, OT, and Speech therapists
- Must need nursing home level of care

## Adult Day Program

- Private pay
- Can assist with taking meds
- Physical activity programs
- Needs supervision and socialization



# Residential Care

- Is it time for a move?
  - Increase in care needs
  - Caregiver health and well-being
  - Following a crisis or hospitalization
  - Financial burden
  - Need for more stimulation and activities for loved one
- Don't wait for a crisis, plan ahead
- Have a family meeting
- Get support

# Residential Care

## Continuing Care Retirement Communities

- Buy-in model
- Independent to SNF level
- Private pay

## Assisted Living

- Help available as needed
- May have a memory care unit
- Pricing is often “a la carte”
- May be covered by Medical Assisted Living Waiver or LTC Insurance

## Board and Care Homes

- Generally small homes
- All inclusive rates usually
- May be covered by Medical Assisted Living Waiver or LTC Insurance

## Skilled Nursing Facilities

- Skilled medical care provided
- Short term care by Medicare
- Covered by MediCal

# Evaluating Facilities

- California Advocates for Nursing Home Reform
  - [www.canhr.org](http://www.canhr.org)
  - 800.474.1116
- Placement Agencies
  - Do not refer to nursing homes
- Ombudsman
  - Advocate for individuals in long-term care facilities



# Support

- Support Groups
  - Offered at senior centers, hospitals, community providers
  - Disease specific organizations:
    - Alzheimer's Association 800.272.3900
    - ALS Association 800.209.0433
    - MS Society 800.344.4867
    - HD Association 888.828.7343
    - Parkinson's 408.734.1593
    - Stroke 650.565.8485
  - Online support groups
    - Family Caregiver Alliance: [www.caregiver.org](http://www.caregiver.org)
    - Alzheimer's Association: [www.alz.org](http://www.alz.org)



# Support

- Counseling services may be available from through your insurance company or your work's EAP
- 24 hour Friendship Line 800.971.1116
- Many community social service agencies provide counseling with a sliding-scale fee basis





# Legal Issues

- Legal Documents
  - Durable Power of Attorney for Finances
  - Trusts
  - Advance Health Care Directive
  - Conservatorships
  
- Where to get help
  - Senior Legal Services
  - Lawyer Referral Services/Bar Associations





# Other Resources

Case Management

Transportation

Nutrition

- Home delivered
- Congregate sites

Hospice and Palliative Care



# Tips for Contacting Resources

- Ask how long it should take for follow-up or to get back to you.
- Be aware that there may be a waiting list. Consider registering for the service anyway.
- Ask if they know of any other agencies/programs that might be able to assist you.




# Tips for Contacting Resources

- Write down important information, such as:
  - Name of agency -- contact person -- date
  - Specific services offered
- Be assertive and specific about your needs
- Don't hang up until you've asked about follow-up
  - What will be done next?
  - What do you need to do next?



# What Services Does FCA Provide?

- Information and Referral
- Assessment
- Education
- Support
- Publications
- Research and Advocacy
- Online Resources
  - [www.caregiver.org](http://www.caregiver.org) : Over 60 Fact Sheets, including some in Chinese, Spanish, Vietnamese and Korean
  - E-Newsletters



Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through [education](#), [services](#), [research](#) and [advocacy](#).

**Contact us:**

Toll-free: (800) 445-8106  
SF Office: (415) 434-3388  
<http://www.caregiver.org>

**Social Media Channels:**

[Facebook](#)  
[Twitter](#)  
[YouTube](#)  
[LinkedIn](#)

• **FCA established the [National Center on Caregiving \(NCC\)](#)**, to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country. The NCC sponsors the [Family Care Navigator](#), a state-by-state resource locator designed to help caregivers locate support services in their communities.

• **FCA also operates the [Bay Area Caregiver Resource Center](#)** in the six-county San Francisco Bay Area. The staff of family counselors works closely with families caring for ill or elderly loved ones. Our services, education programs and publications are developed to offer these families direct support, vital information, and effective tools to manage the complex and demanding tasks of caregiving.