

*CAREGIVER
TALKING POINTS:
PREVENTIVE WELLNESS
COACHING PROGRAM*

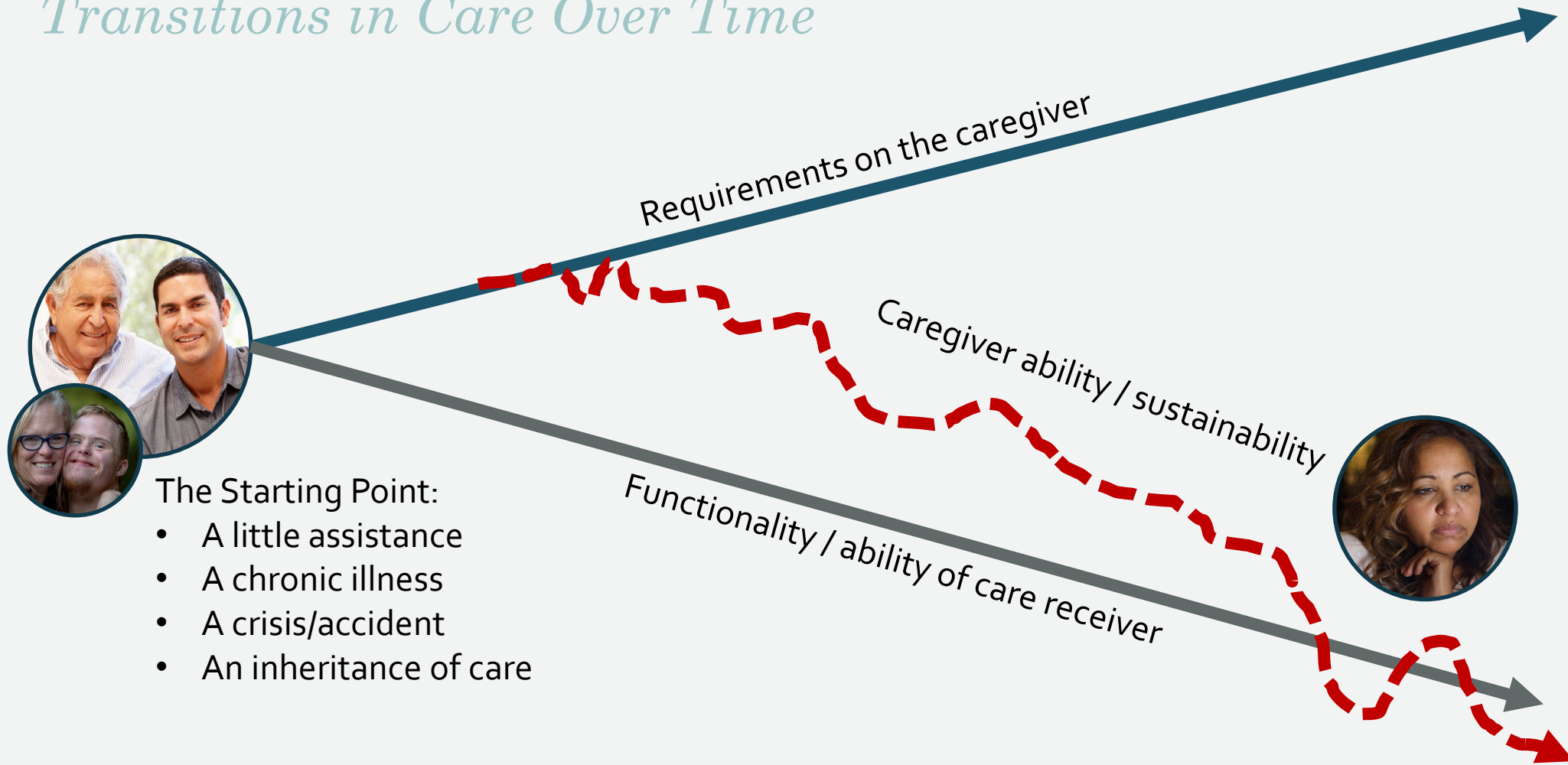
*Utah Elder Justice Conference 2021 |
Envisioning a Promising Future*

Overview

- What are Caregiver Talking Points?
- Why were they created?
- Why are they valuable?
- Are the materials available to me?

Continuum of Care

Transitions in Care Over Time



Preventive Wellness Education

- **Preventive care** helps detect or prevent serious diseases and medical problems before they can become major. Annual check-ups, immunizations, and flu shots are a few examples of preventive care. ~Webmd.com
- **Preventive wellness education** assists in redirecting caregivers and others away from choices and behaviors that lead to the loss or damage of ability, sustainability, and even independence. ~ksnelson

Historical Insight

- Caregivers are complex. They come from all levels of the caregiver continuum and their stories, cultures, and challenges are all personal and individual.
- A caregiver told me I was failing her—“Don’t give me another phone number to call. Teach me how to fix this!”.
- A Judge in the West Jordan Justice Court added education requirements to elder abuse and exploitation cases. Ex: “No education. No Parents”.

What does that mean?

- **Coach from where a person stands.** Caregivers will only move forward from where *they are*.
- Caregivers **don't know what they don't know**, yet they are held accountable for that lack of skill and knowledge.
- **Listen broadly.** Professionals are trained to refer. Ex: We hear the word "Dementia" and refer to alz.org without assisting them. The real need? Life skills: "I statements" and "boundary setting".
- The same skills = the same results. Caregivers need tools that assist in building skills (bite-size).

The Caregiver Talking Points Program

CAREGIVER TALKING POINT #1

A set of discussions designed to help individuals who care for family and others



CARING FOR OTHERS

What does it mean to be a caregiver, or to provide care for another person? Not all individuals define it the same way. Being a caregiver can also feel differently to each person. It is important for all members of the care team to share their own definition, as well as what assistance they can offer. This worksheet will help a care team start a discussion about how they view caregiving, and how that might impact care decisions.

Who is a caregiver?

A caregiver is a person who helps others with tasks, services, meals, or more. A caregiver can be a family member, neighbor, friend, volunteer, or a professional (paid). The caregiving role is also called or known as a care partner.

1 Do I currently provide care to another person? Yes or No (circle one)
If no, will I provide care to a person in the future? Yes or No (circle one)

2 Who do I (or will I) care for? (parent, brother, sister, other relative) _____

3 How do I feel about providing care for _____? (circle all that apply)



Other emotions I struggle with : _____

4 Who else helps care for (or will care for) the same person?

The names of those who help:

What tasks or help have you seen them provide?

_____	_____
_____	_____
_____	_____

The Caregiver Talking Points Program

- Individual and group coaching tools
 - Not stand-alone worksheets
 - Small groups
 - The power of discussion/sharing
- Worksheets cover the full continuum of care (25 in English)
- PowerPoint presentations to enable facilitated group discussions
- SharePoint link for consistency and ease of access

The Caregiver Talking Points Program

- Train-the-Facilitator Program
 - No cost
 - Memo of Understanding (fidelity)
 - Data exchange (aggregate)
- Cultural adaptation is in process, which will lead to translation
 - [Community Health Worker Program](#) grant
 - SLCo Caregiver Support Program
 - SLCo Older Refugee Program
- Email interest to ksnelson@slco.org

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