Self-care for Caregivers

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Transforming health, Transforming lives
Conflict of Interest

No financial conflict of interest to disclose
Family Caregivers

**Family (Informal) Caregiver** – any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and live with, or separately from, the person receiving care.

(Family Caregiving Alliance)
When I think about caring for myself, I think about........
Wellness Wheel

- Spiritual
- Emotional
- Intellectual
- Financial
- Environmental
- Physical
- Social

your individual wellness
Poll Question 1
Question 1

In 2020, what was the average number of people who identified as family caregivers?
A. 25 million
B. 53 million
C. 250,000
D. I don’t know
Physical Wellbeing

• Medical approval may be needed
• Exercise – variety
• Healthy eating – portion control
• Frequent movement – short periods
• Standing vs sitting
• Parking a little further away
• Include loved one – if possible
• Safety
• Make it fun!
Poll Question 2
Question 2

About what percentage of caregivers are caring for more than one person?

A. 18%
B. 10%
C. 24%
D. 50%
Emotional Health

- Counseling
- Connecting with family and friends in various ways
- Deep breathing
- Napping
- Singing
- Dancing
- Laughter
- Support group
- Doing things that bring you joy!
Spiritual Wellbeing

- Prayer
- Meditation
- Attending worship service – in-person or online
- Singing/chanting
- Reflection
Poll Question 3
Question 3

What percentage of family caregivers report difficulty in coordinating care?
A. 5%
B. 26%
C. 35%
D. 80%
Care Coordination

- healthcare providers
- support services
- financial resources
Healthcare Decision Making

• Begins with conversations
• Promotes quality of life
• Prevent/reduce unwanted emergency room visits
• Prevent/reduce unwanted hospital stays
• Promotes comfort – e.g. better pain management
• Reduces stress for caregivers and other family members
• Lowers cost of care
Why is this information important?
My Research

- Alzheimer’s disease and related dementias
- Family caregivers
- African Americans/Blacks
- Lower socioeconomic status
- Healthcare decision making (advance care planning)
- Pain
- Stress
National Healthcare Decisions Day (NHDD)

• April 16th EVERY YEAR
• Reminder:
  – have the conversation
  – write it down
  – review at least once a year
Poll Question 4
Question 4

If you would like to support someone who is a caregiver, where should you begin?

• A. Phone directory
• B. Don’t because it is not needed
• C. Just ask
• D. My phone contacts
• E. With myself
Summary

• Self-care is not selfish
• Better self-care = better care for your loved one(s)
• Consider all aspects of wellness
• Reach out for help and support
Resources

• National Family Caregiver Alliance
• National Healthcare Decisions Day
• African American Alzheimer’s and Wellness Association
• Alzheimer’s Association
Family Caregiver Community Research Study

Are you or have you been a family caregiver for a loved one who has dementia?
Dementia is a brain problem that causes loss of memory, thinking, and taking-care-of-self skills

Black or African American family caregivers are wanted to do focus group or one-on-one interviews to talk about making health choices for a loved one who has dementia.

You may be able to do this study if you are a family caregiver who is...

- taking care of a family member with dementia, now or in the past
- 18 years of age or older
- living in a lower income home
- able to speak/understand English to do the interview
- able to attend a 2-hour group interview, OR one-on-one in-person, telephone or video interview

Interviews will be done at a local community center or by telephone or video call. A meal will be provided for focus groups. A $50 gift card will be given for each interview that you complete.

To do a phone screening to find out if you can do this study or to ask questions, please call:
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614-688-3100
con-famcare@osu.edu

THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING
FAMILY CAREGIVERS: Understanding Pain in Older Adults

People with dementia are at great risk of suffering from poor pain management.

You and the individual with dementia are asked to join research that examines how patients with Alzheimer’s disease experience pain so that we can discover together how to better assess and treat their pain in the future. This project aims to improve pain management regimens for patients and support the caregivers who give of themselves to provide optimal care.

We are seeking:
- Men and Women 60 years or older with Alzheimer’s disease or Memory issues
- Healthy Men and Women 60 years or older without Alzheimer’s disease

Enroll now to complete:
- Scheduled interviews by phone or zoom
- Brain scan with additional surveys at
  The Ohio State University

Those eligible to complete (and legal caregiver if identified) will be compensated:
- $300 (8 days)
- $200 (7 days)
- $75 (2 days)

For more information or to check if you are eligible to enroll, please contact:

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There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers

- Rosalynn Carter
Thank you

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