

Empowering Caregivers:

Nurturing the Heart of Healthcare

Presented by:
ALLPRO HEALTH

Introduction

**What can we all stand
to gain from Caring?**

Brief overview of the importance of caregiver support services

Caregiving is an important public health issue that affects the quality of life for millions





The Unsung Heroes

Who is a caregiver?
What do they do?
How do they get paid?

One in five Americans (21.3 percent) are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months.



More Americans (24%) are caring for more than one person up from 18% in 2015.

More family caregivers (26%) have difficulty coordinating care up from 19% in 2015.



Understanding the Caregiver Journey

More Americans (26%) are caring for someone with Alzheimer's disease or dementia up from 22% in 2015.



More Americans (23%) say caregiving has made their health worse up from 17% in 2015.

Understanding the Caregiver Journey

Alzheimer effect



Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias.

In 2022, unpaid caregivers provided an estimated 18 billion hours of care valued at \$339.5 billion.



Between 2020 and 2030, 1.2 million additional direct care workers will be needed to care for the growing population of people living with dementia – the largest worker gap in the U.S.

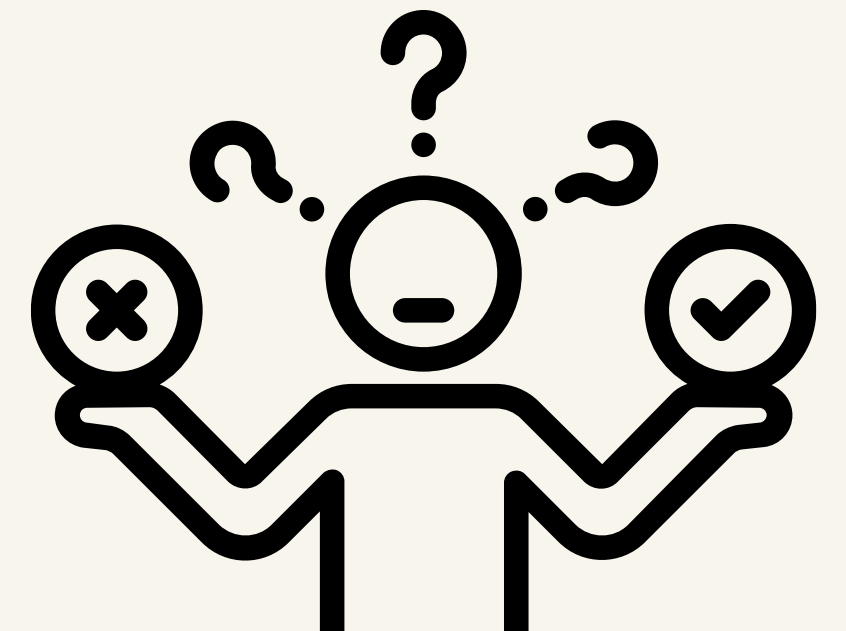
The Ripple Effect

Caregiver well-being impacts patient outcomes. This is how...

- **Emotional Resilience:** Emotionally resilient Caregivers are better equipped to handle the challenges associated with caregiving.
- **Attentiveness:** Caregivers who are physically and emotionally well are more likely to be attentive to the needs of their patients.
- **Empathy and Compassion:** Well-being enhances a caregiver's ability to empathize with patients, fostering a compassionate environment.
- **Effective Communication:** Caregivers who are physically and mentally well can communicate more clearly with patients and their families.

The Ripple Effect

- **Reduced Burnout and Turnover:** Caregivers experiencing burnout may struggle to provide consistent care.
- **Promotion of Healthier Lifestyles**
- **Role Modeling:** Caregivers who prioritize their health can serve as positive role models for patients.
- **Cognitive Function:** Fatigue and stress can impair cognitive function and decision-making.



How can you make a
difference?

Adult Social Day Care: How can you make a difference?

Individualized Care Plans:

- Develop personalized care plans for each participant based on their unique needs, preferences, and health conditions.
- Regularly update care plans to reflect any changes in participants' health or circumstances.



Adult Social Day Care: How can you make a difference?

Engaging Activities:

- Plan and organize a variety of stimulating and age-appropriate activities that cater to the diverse interests and abilities of participants.
- Include activities that promote physical, cognitive, and social engagement to enhance overall well-being.



Adult Social Day Care: How can you make a difference?

Promote Social Interaction:

- Create opportunities for participants to socialize with each other, fostering a sense of community and reducing feelings of isolation.
- Facilitate group activities, discussions, and events to encourage social interaction.



Adult Social Day Care: How can you make a difference?

Communication and Feedback:

- Establish open lines of communication with participants and their families to address concerns, gather feedback, and ensure that care plans align with participants' goals.

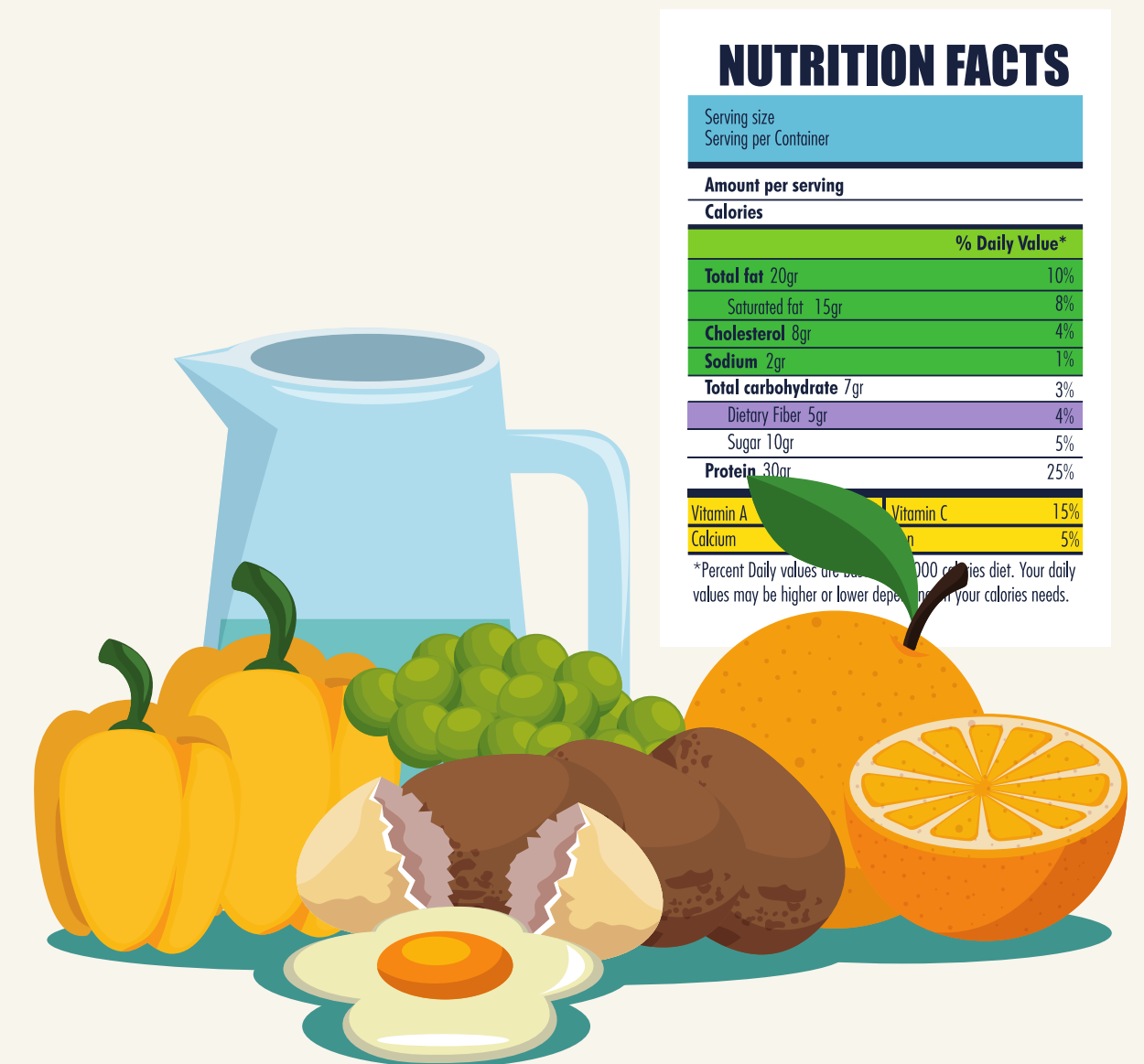


- Regularly seek input from participants about their preferences and satisfaction with the program.

Adult Social Day Care: How can you make a difference?

Nutritional Support:

- Provide nutritious meals and snacks that accommodate dietary restrictions and preferences.
- Monitor participants' dietary needs and collaborate with nutritionists or dietitians if necessary.



Adult Social Day Care: How can you make a difference?

Physical Exercise:

- Incorporate regular physical activities that cater to various fitness levels and abilities.
- Work with participants to develop exercise routines that promote mobility, balance, and overall physical health.



Adult Social Day Care: How can you make a difference?

Cognitive Stimulation:

- Offer activities that engage participants cognitively, such as games, puzzles, and memory-enhancing exercises.
- Create an environment that supports continuous learning and mental stimulation.



Adult Social Day Care: How can you make a difference?

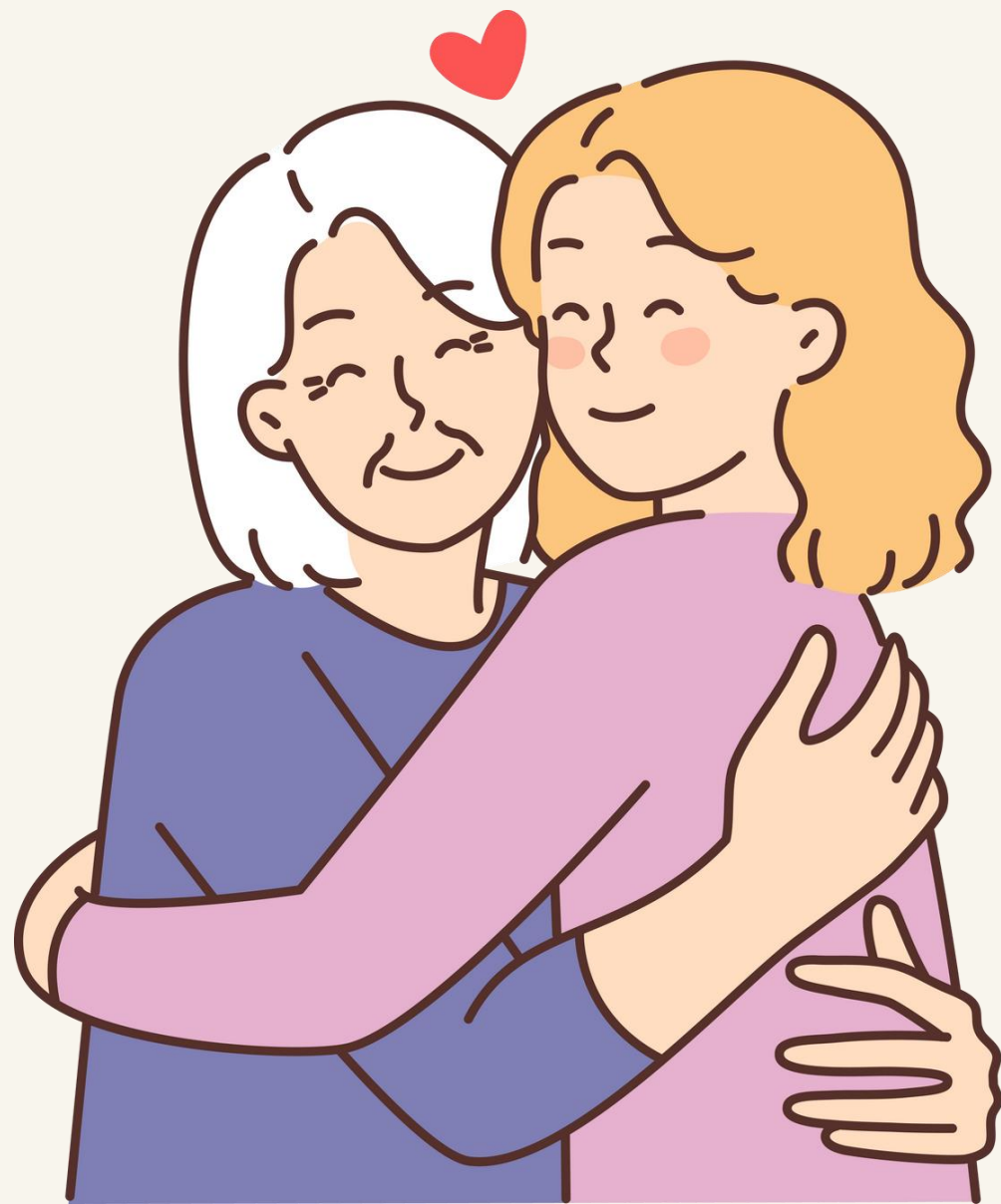
Health Monitoring:

- Regularly monitor participants' health status and communicate with healthcare professionals as needed.
- Assist with medication management and ensure that prescribed treatments are followed.



Adult Social Day Care: How can you make a difference?

Emotional Support:



- Foster a caring and empathetic atmosphere where participants feel emotionally supported.
- Train staff to recognize signs of emotional distress and provide appropriate support or referrals.

Adult Social Day Care: How can you make a difference?

Family Involvement:

- Encourage family members to actively participate in the care planning process and attend program events.
- Provide resources and information to families to support them in their caregiving roles.



Adult Social Day Care: How can you make a difference?

Continuous Training:

- Invest in ongoing training for staff to stay updated on best practices in caregiving, communication techniques, and the latest research in adult social care.



Training and Education

Emphasize the value of ongoing training for caregivers educational programs and workshops Free Services and resources AARP, Alzheimer Association



Technology and Innovation

What can be done?

- Sending texts group chats
- Digital care plans
- Online scheduling
- Photo and video updates
- Educational resources




Closing Thoughts

The importance of ongoing
support and collaboration



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