

The Structural Burden of Caregiving

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Capital Nursing Education

*Made possible by a grant from
Shield HealthCare*



OBJECTIVES

FROM A CAREGIVERS POINT OF VIEW



Explore wayses to navigate the healthcare system



Learn about the time and effort needed to manage care



Learn the laws pertaining to the elderly



Investigate ways of negotiating services

OBJECTIVES-FROM A NURSES POINT OF VIEW



Learn how to guide caregivers to advocate for their loved one



Understand the differences in coverage by insurances



Recognize when further help is needed

PROVIDER APPROVED BY THE CALIFORNIA BOARD OF REGISTERED NURSING/Provider Number 16028, approved for 1 CE contact hour/Provider: Kathleen J. Ellis



WHAT IS A HEALTH CARE SYSTEM ?

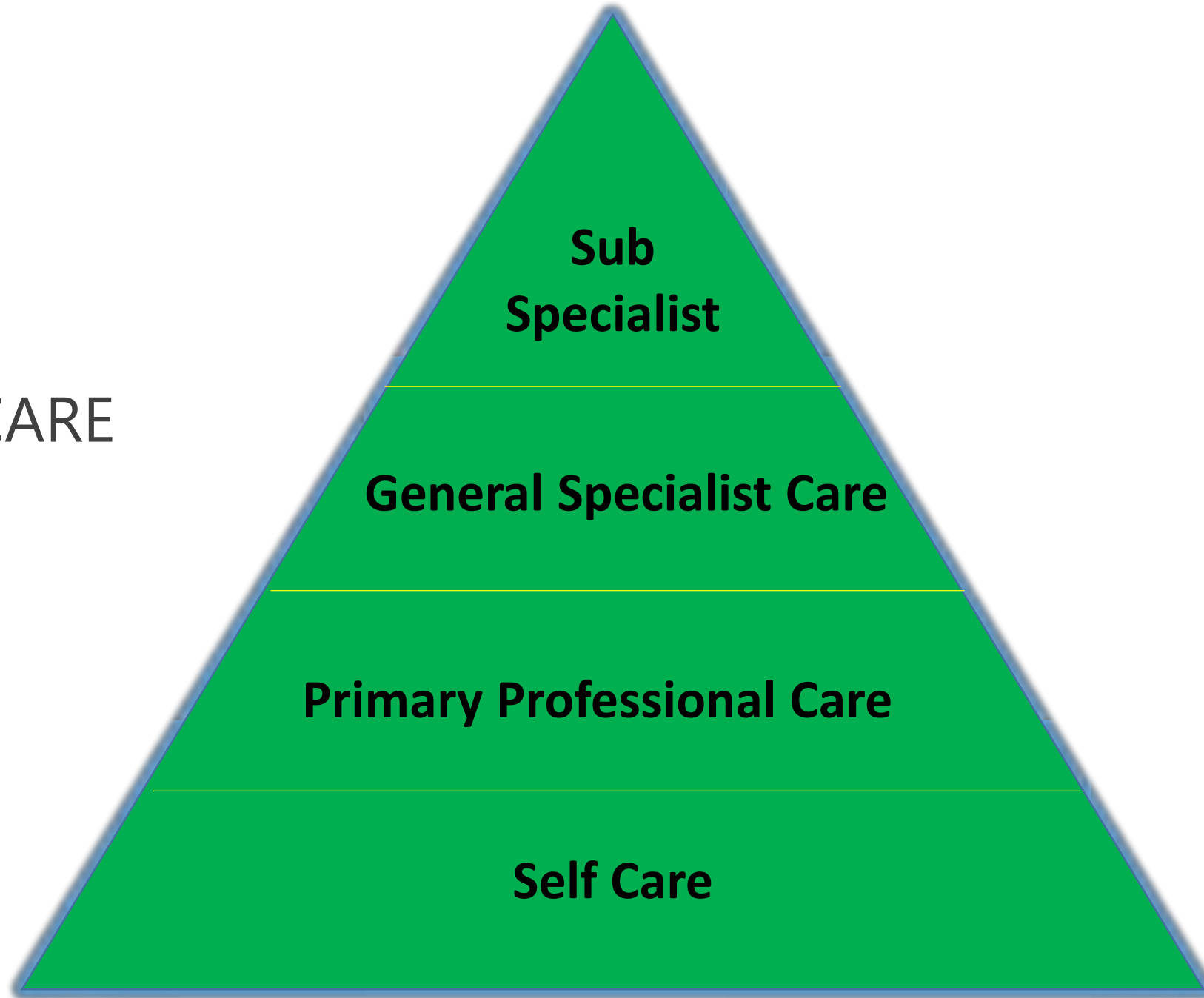
OVERALL GOALS:

- Good health
- Responsiveness to the expectations of the population
- Fairness of financial contribution

FOUR VITAL FUNCTIONS:

- Service provision
- Resource generation
- Financing
- Stewardship

HEALTH CARE
SYSTEM





IS IT THAT SIMPLE?

NO

- Outpatient institutions and services
- Home Care services
- In-Patient care
- Durable Medical Equipment
- Memory Care
- Assisted Living
- Skilled Nursing
- Rehabilitation



LAWS

PERTAINING TO THE
ELDERLY PERSON





ELDER ABUSE

- Physical
- Emotional/psychological abuse
- Sexual Abuse
- Neglect
- Self Neglect
- Financial or Material Exploitation
- Abandonment

ELDER ABANDONMENT LAWS



Elder abuse



Variations in definitions per states



Generally defined as purposeful and permanent desertion of an elderly person



SURPRISE!!!

You are now a Caregiver

CASE PRESENTATION

1

Mother arrives unexpectedly

2

Doesn't recognize you

3

Has very little belongings

4

Has one week of medications in her purse

5

Walks with a walker that is falling apart





ASSISTANCE ?

- Husband not willing or available
- Children not available
- You have three steps into your house

ASSISTANCE ?

Elder Care Locator

National Respite Network and Resource Center

Local Alzheimer's Association Chapters



Mother's Current Health

- 92 years old
- Diabetic T2
- HTN
- Macular degeneration
- Osteoporosis
- Left hip pain
- Dementia
- HOH w/hearing aids (old)
- Urinary and fecal incontinence
- Chronic loose stools
- Incontinence Associated Dermatitis
- Frequent UTIs
- Onychomycosis 10 toenails
- Psoriasis on bilateral arms
- Peripheral neuropathy
- Walker dependent (cane sometimes)

MOTHER'S SURGICAL HISTORY



Right hip
replacement Age **80**

TAH-BSO
Age **60**

Left knee
replacement Age **65**

Hemorrhoidectomy
Age **80**

Colon Ca with
resection Age **75**

Multiple skin
cancers of
unknown type



Behavioral Challenges

(per your brother in law)

- Argumentative/mean at times
- Has times of sweetness/nice
- Refuses to shower regularly
- Refuses to allow anyone to tell her what to do
- Everything she does has to be her idea
- Refuses to purchase a new walker
- Refused Physical Therapy

- Refuses to do exercises
- Most of the time refuses to go for a walk
- Refuses to shower more than once per week
- Refuses to go to get hair done
- Refuses to have toenails cut
- Refuses to give up sweets
- Basically refuses to do anything that is good for her

WHERE SHOULD YOU START.....



Vital Signs, skin check,
check her medications for
dates and dosages



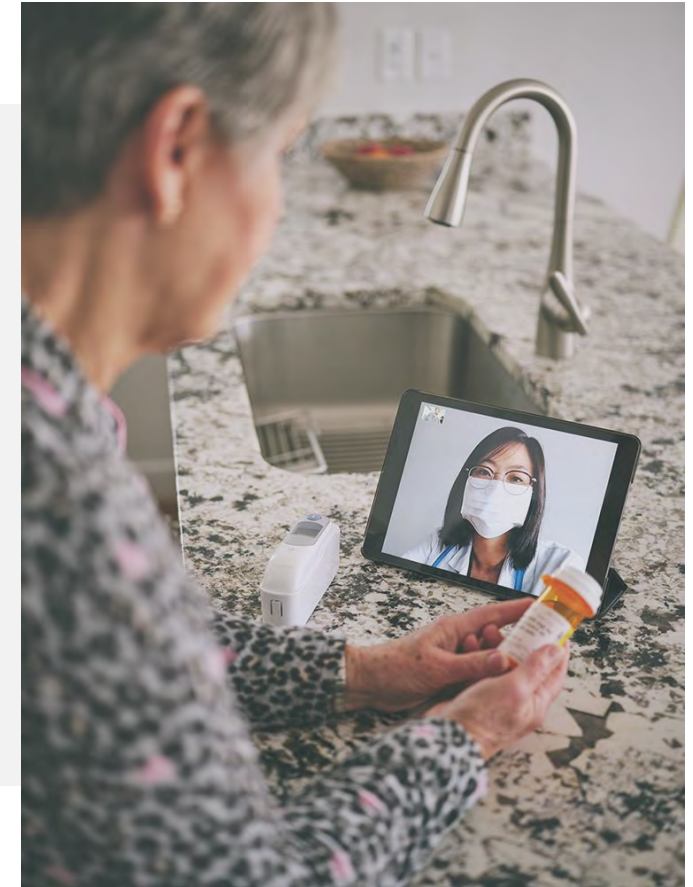
Check her insurance
to find PCP



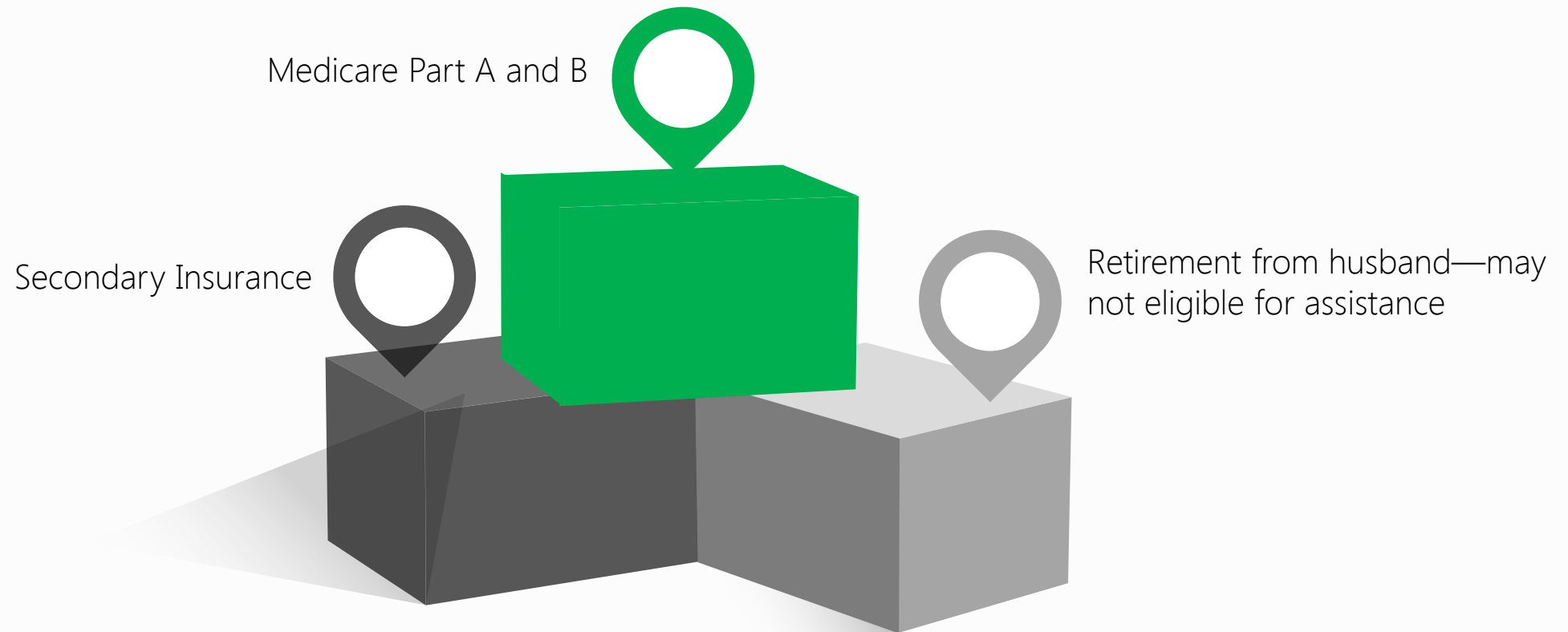
Make first
appointment available



If necessary, go
to urgent care



HER COVERAGE AND INCOME





MOTHER'S INCOME



Income is deceased husbands' retirement and social security



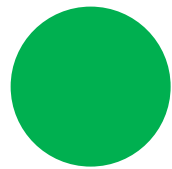
May not qualify for low income



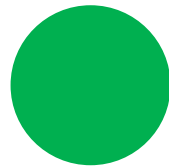
Has about \$5,000 in bank for incidentals



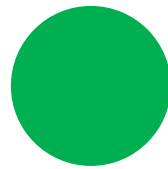
DOES SHE QUALIFY FOR HELP FROM MED-ICAL



Not hospitalized, so no social worker to talk to



You can also apply in person at your local county human services agency or by phone by calling Covered California at (800) 300-1506



Other states have their Medicaid websites



MORE **MEDI-CAL** PROGRAMS

- Supplemental Security Income (SSI)
- Aged & Disabled Federal Poverty Level (A&D FPL) Program
- Medi-Cal with a Share of Cost (SOC)
- 250% California Working Disabled (CWD) Program

All the information can be obtained by going on the Internet and looking up Medi-Cal or Medicaid.



Mysterious Medicare



MEDICARE PART A

Hospital insurance , hospital care inpatient, limited time in skilled nursing facility, limited home health care services, and Hospice care.



MEDICARE PART B

- Pays a portion of the health care costs
- May have a deductible
- Usually pays 80% to a participating Medicare doctor
- Pays a portion of lab tests

MEDICARE PART C

Sometimes called Medicare Advantage;
often includes every type of Medicare coverage in one health plan.



MEDICARE PART D

- This is the optional prescription drug coverage
- The monthly fee varies among users

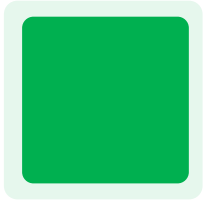


YOUR LIST OF IMMEDIATE TASKS TO COMPLETE

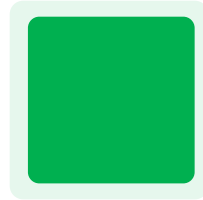


- Clean out spare room
- Change her address
- Find PCP for her
- Obtain Home Health RN, PT, OT and Social Worker
 - Determine her coverage for DME
 - Order all needed equipment
- Hire person to build ramp
- Determine roles
 - Husband
- Find Caregiver Support Group
- Find Adult Daycare availability/cost

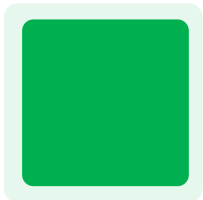
SAFE ENVIRONMENT FOR MOTHER



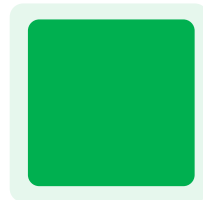
Place a safe chair in spare bedroom



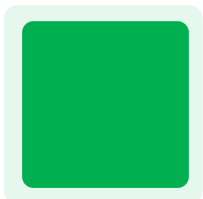
Have her help by handing her small things to do



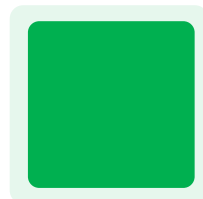
Box up everything possible



Let her know that this is her room



Place her belongings around room



Have her choose which comforter she wants on bed

MOTHER'S MORNING NEEDS

- **8 am – 10 am**
- Wakes up
- Needs help with ADLs
- Walks with walker to chair
- Soiled bed
- Breakfast
- Medications





MOTHER'S MORNING NEEDS - CONTINUED

- **10 am – 12 noon**
- Bathroom with assist
- Back Bathroom with assist
- Bathroom with assist
- Walking for exercise
- Sits outside

MOTHER'S AFTERNOON NEEDS

- **12:30 pm – 5:30 pm**
- Bathroom with assist
- Lunch at table
- Back to chair
- Bathroom with assist
- Sitting in chair, napping



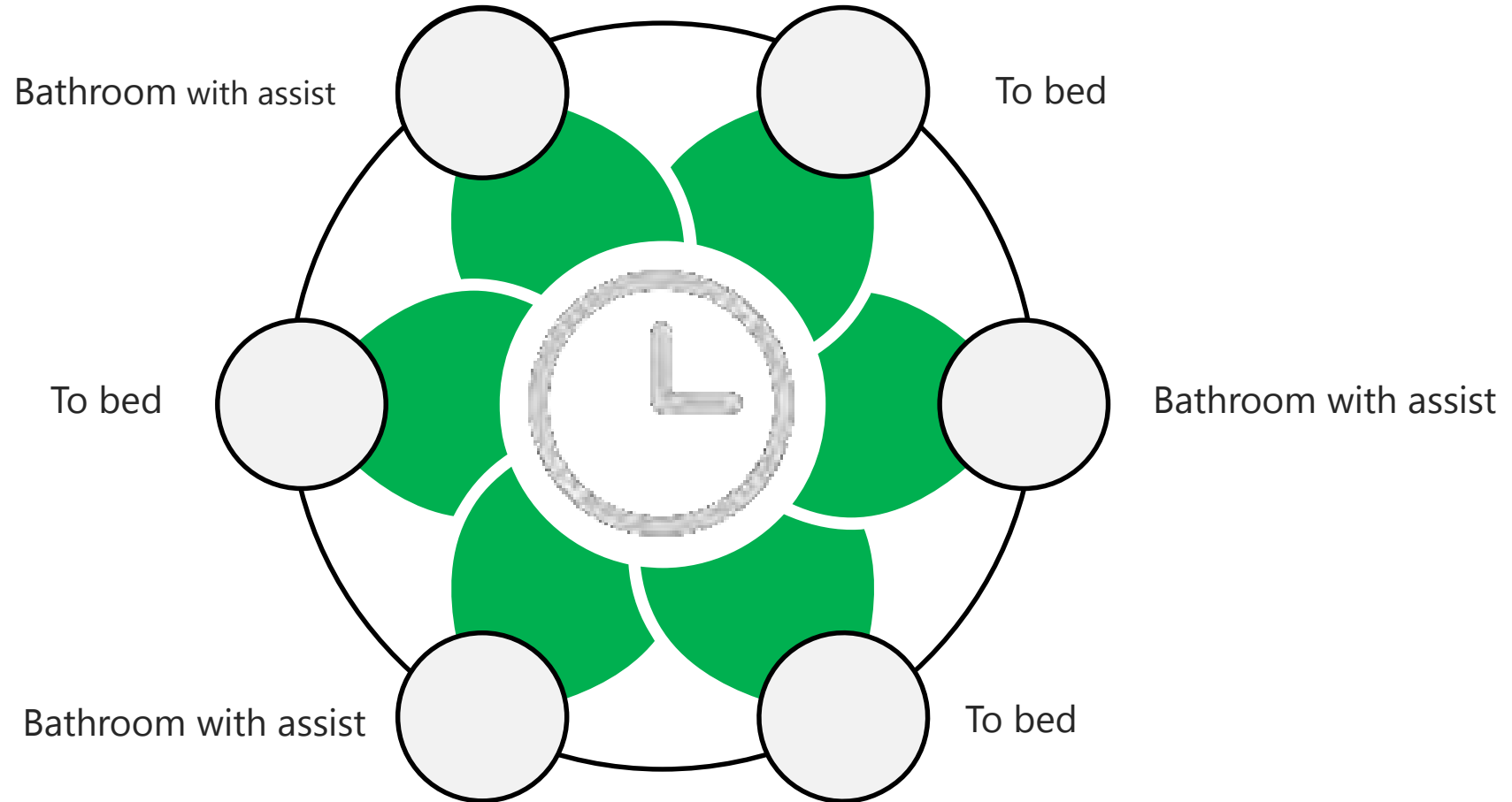


MOTHER'S EVENING NEEDS

- **5:30 pm -8:00 pm**
- Bathroom with assist
- Sitting at table
- Dinner
- Bathroom with assist
- Back to chair
- Getting ready for bed.
- Medications
- Eye drops
- Assist to get in bed
- Kiss on cheek—goodnight

MOTHER'S NIGHT TIME NEEDS

10 PM - 8 AM





YOUR DAILY TASKS



6 AM – 8 AM

- Your shower and ADLs
- Start laundry
- Water yard



8 AM – 10 AM

- Assist mother with ADLs
- Change bed, more laundry
- Give medications
- Make and serve breakfast
- Do dishes and clean up



YOUR DAILY TASKS CONTINUED



10 AM - Noon

- Assist with bathroom and cleanup x 3
- Walk with mother for exercise
- Assist with getting her to chair outside
- Make sure she has water/tea
- Fix lunch



12:30 PM - 5:30 PM

- Bathroom with assist and cleanup x 3
- Lunch for mother
- Help her to chair for napping



YOUR EVENING ROUTINE



5 PM – 8 PM

- Fix dinner
- Serve dinner
- Dishes
- Assist to bathroom and clean
- Assist with night care
- Medications
- Eyedrops



YOUR EVENING ROUTINE CONTINUED

8 PM – 11 PM

- Finish laundry
- Read mail
- Pay bills
- Plan for next day's meals
- Shopping
- Self care

11 PM – 8 AM

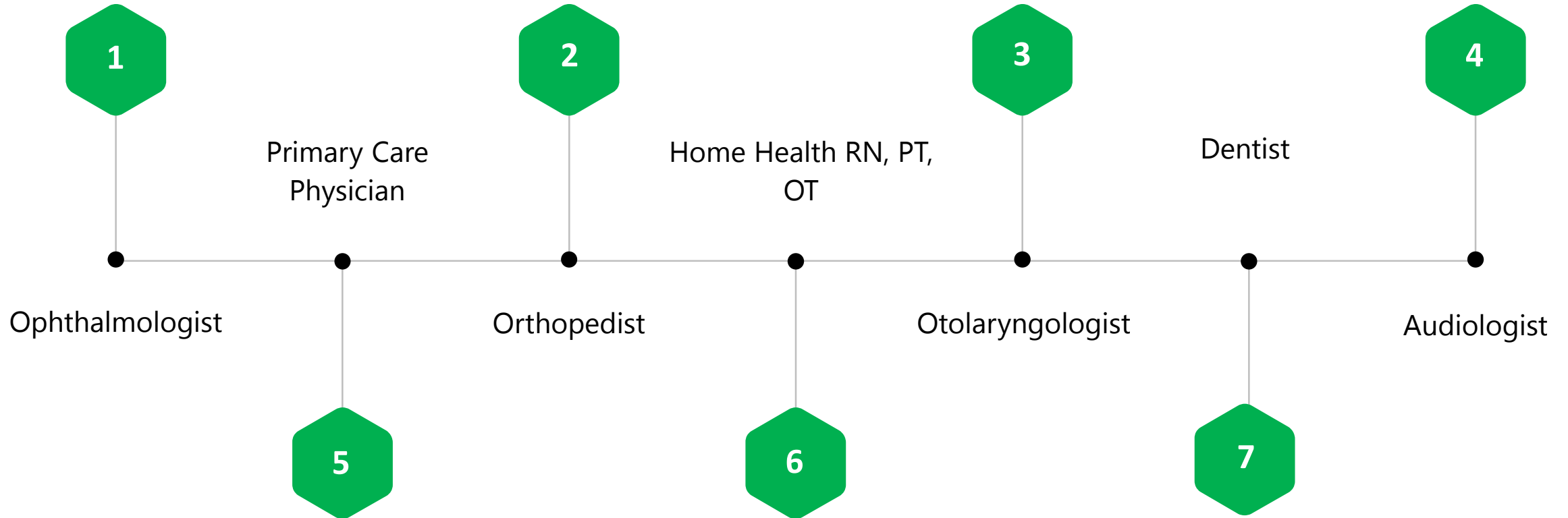
- Bathroom with assist x 3 per bell ringing



IN BETWEEN...

Phone calls	Cleaning house
Coordinating healthcare	Taking mother to appointments
Finding help	Grocery shopping
Finding a support group	Cooking
Hiring carpenter	Self care

MEDICAL PROFESSIONALS

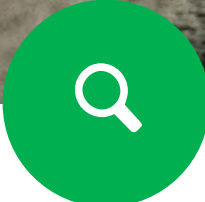
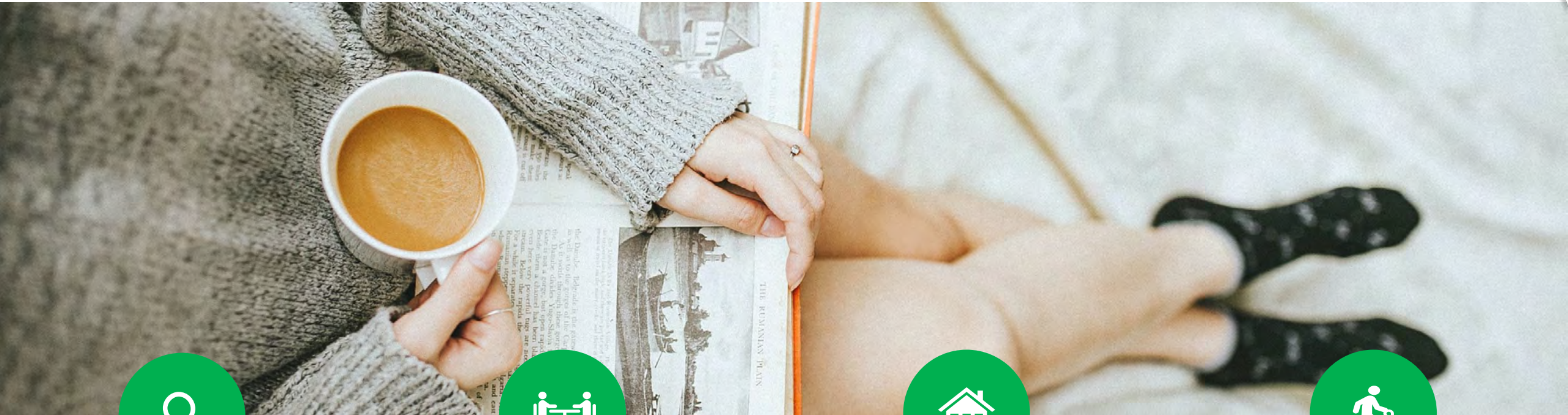




YOU HAVE IDENTIFIED THESE NEEDS

- New walker
- Raised toilet seat
- Low air loss mattress (prevention)
- Medications organizer
- Grab bars
- Bed rail
- Ramp into the house

SELF CARE



Research and learn about dementia



Speak with the social worker from home health regarding a local support group



Find respite care options



Look for a local adult day care



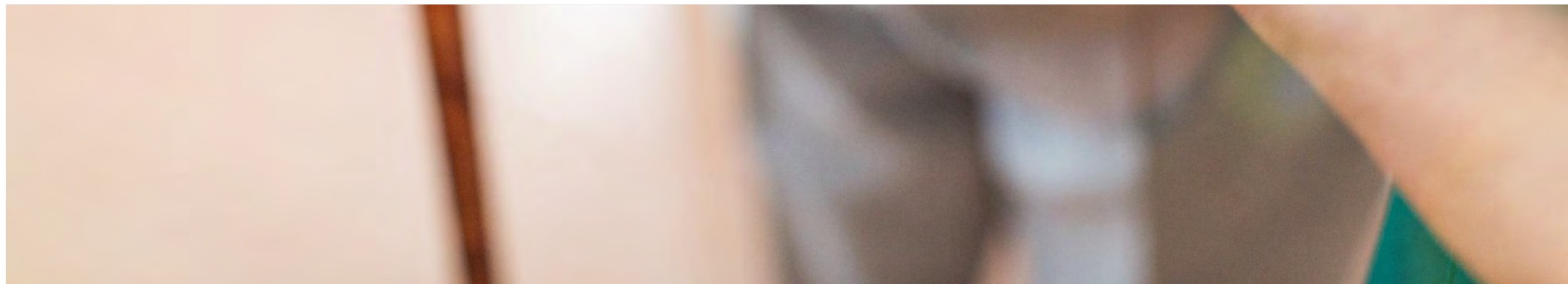
DEMENTIA

- Memory problems
- Decline in communication skills
- Recognition and coordination difficulties
- Disorientation



DEMENTIA- CONTINUED

- Changes in behavior, judgement and moods
- Loss of daily life skills





1

Family History

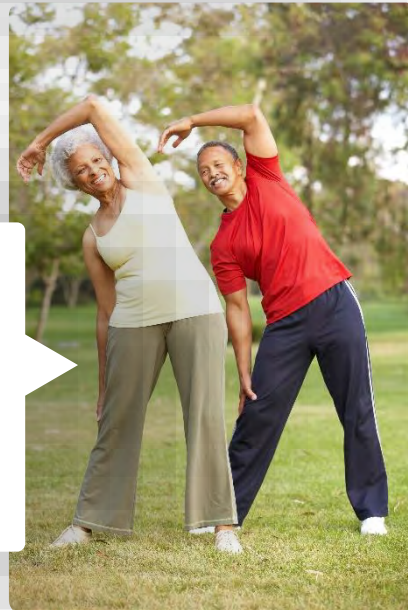


2

Medical History

3

Lifestyle Choices



DEMENTIA RISK FACTORS

WHAT CAN CAREGIVERS DO?

1

Serve a healthy
balanced diet

2

Help them to give up
smoking

3

Help them reduce
alcohol consumption

4

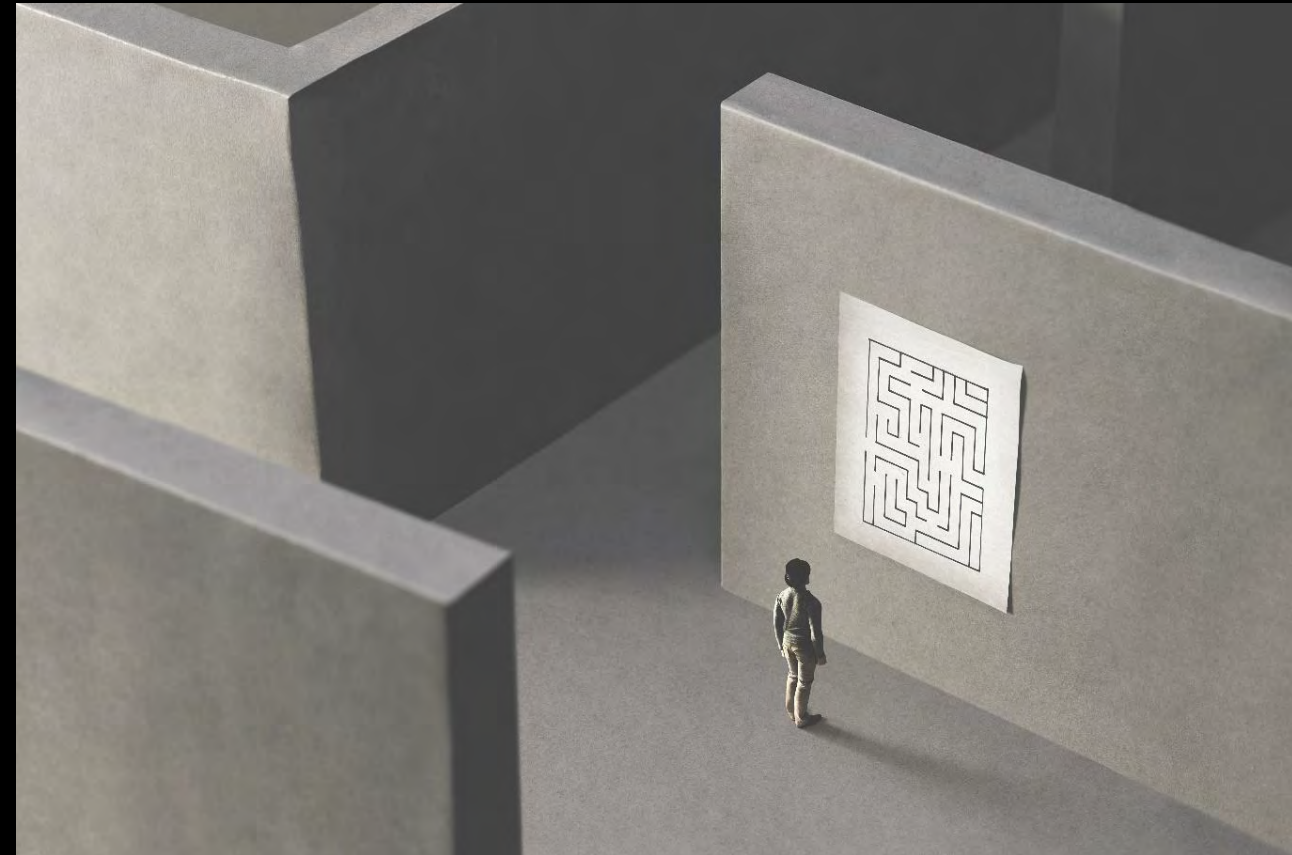
Encourage them to
exercise regularly

AGGRESSIVE BEHAVIOR

- Can be very difficult
- Try to see things from their point of view
- May be an important message
- When we understand the message, we may be able to prevent it

A Different Reality

- Their “reality” will often seem as real to them as our reality is to us
 - Frustration with not being able to do everyday tasks
 - Some have hallucinations that are so real to them at times
 - Problems with visual perception and disorientation
 - Sadness and powerlessness
-



KEEPING MOTHER ACTIVE AND OCCUPIED

- Activity matters
- Singing
- Promote independence when possible
- Find out what your mother likes to do
- Give her washcloths to fold for you or socks to roll up





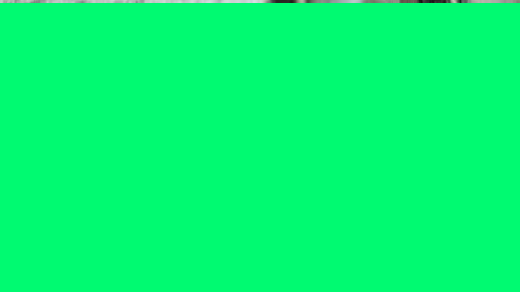
CULTURE AND RELIGION

Respect their religious or cultural background whenever possible.



REMINISCENCE

- Reminiscence (usually) works for people with dementia
- Talking about the past
- Focus on the person's past
- Mood lifting

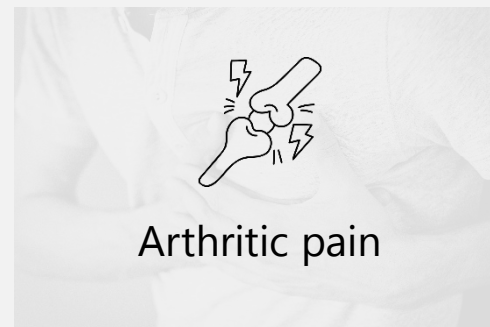
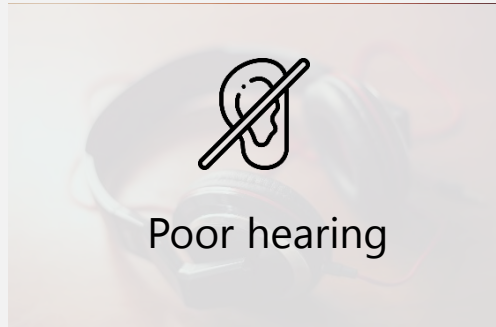


LIFE STORIES

- Life Story Work
- Create a life story book with sections
- May use collages, pictures, photographs



OTHER FACTORS THAT CAN CHANGE BEHAVIOR





YOU NEED HELP FROM PCP

- Medications ordered
- Health and wellness assessment
- Fall risk assessment
- Home health RN
- PT
- OT
- Social worker



LONG AND LOVING RELATIONSHIP

- Get to know each other again
- Have all the interventions lined out
- Have a better understanding regarding dementia
- Learn to love your mother again
- Keep your peace of mind

A Poem about Alzheimer's

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose you patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'till my life is done.

- Unknown

CE Contact Hour

Healthcare Professionals CE Contact Hour Provided by:

Capital Nursing Education
California BRN Provider # 16028
capitalnursingeducation@gmail.com

CE contact hour will be issued via email directly from
Capital Nursing Education within 2-3 weeks.

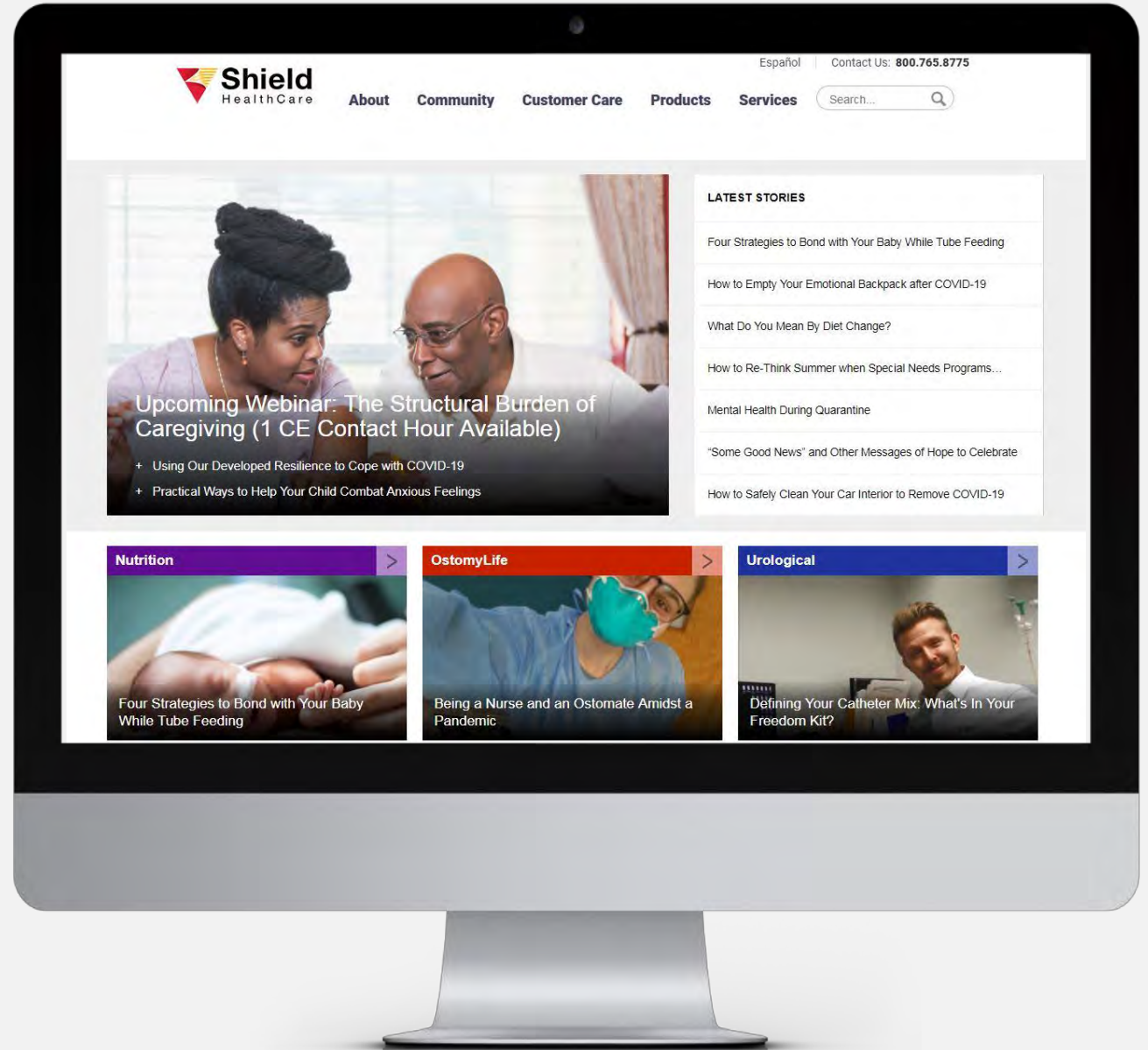
Please be sure to check your spam folder.



ONLINE SUPPORT FOR PATIENTS & CLINICIANS

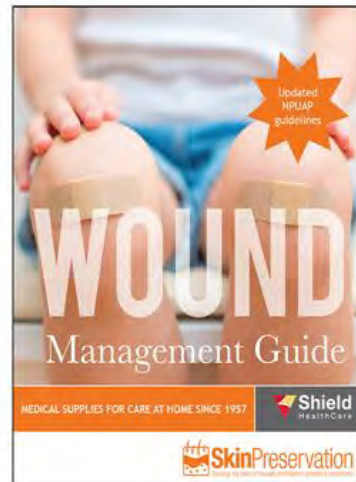
- Dx-based topics
 - Dx management
 - Lifestyle support
- Helpful articles
- How-to videos
- Caregiver support
- Live and recorded webinars
- Relevant healthcare news

UPDATED DAILY



FREE EDUCATIONAL BOOKLET GUIDES

Patients, Family & Healthcare Professionals
Can Request Guides Online:



[SHIELDHEALTHCARE.COM/COMMUNITY](https://www.shieldhealthcare.com/community)



FOR MORE INFORMATION, OR TO ASK QUESTIONS
ABOUT THE PRESENTATION, CONTACT:

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Thank You