

Who Cares For The Caregiver

Myrna DuBois, Extension Educator
Kathy Bosch, Extension Family Life Specialist

Objectives:

As a result of this lesson, participants will be able to:

- Assess whether or not they have the resources to become a caregiver.
- Understand their own needs for time, health and satisfaction in their lives.
- Realize how family history and relationships affect current situations.
- Develop plans so that other family members can help with caregiving.
- Recognize that elder abuse does occur in today's society and avoid abusive situations.
- Improve own health and well-being while caring for another.

Prepare for the Lesson:

Read the Participant Handout "Who Cares For The Caregiver." Consider your own role in caregiving and be prepared to discuss it if you have some experiences that you would be willing to share. Locate the sources listed on the Web if you wish. All can be found by going to Extension publications in Iowa, Pennsylvania, North Carolina and Nebraska.

Introduction:

Ask participants to tell one experience, if they are willing, that they have had as a caregiver and how it affected them personally. Do not pressure anyone to share experiences.

Background for Participants:

Present lesson information. Guide participants and keep discussion focused on caregiver needs as they consider the scenarios that follow.

Scenarios:

Copy the scenarios and cut them apart. If group is larger than eight people you may divide them into groups of three to four people. With a small group you may choose to work together.

Hand out the scenario cards and give participants time to read. In the groups answer the questions provided with each scenario. Participants may have other questions related to the same topics. If time permits, you may gather back into one group to report on the discussion.

Discussion Questions:

Participants may answer the personal questions asked throughout the lesson. These may be used to develop a personal plan to improve their own health and well-being while caring for another.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

© 2006, The Board of Regents of the University of Nebraska on behalf of the University of Nebraska-Lincoln Extension. All rights reserved.

Who Cares For the Caregiver?

Evaluation Form

As a result of this lesson I will:

Scale: 1 = no 2 = sometimes 3 = about 1/2 the time 4 = often 5 = always

- | | | | | | |
|---|---|---|---|---|---|
| 1. Recognize my limitations in the caretaking role. | 1 | 2 | 3 | 4 | 5 |
| 2. Develop a plan to care for my own health and personal well-being. | 1 | 2 | 3 | 4 | 5 |
| 3. Discuss my feelings in regards to family issues with a close family member, friend or trained counselor. | 1 | 2 | 3 | 4 | 5 |
| 4. Access help from community resources when necessary for myself and the person in my care. | 1 | 2 | 3 | 4 | 5 |
| 5. Delegate and share the caretaking role with those in my family and community who may offer reliable and needed assistance. | 1 | 2 | 3 | 4 | 5 |

6. Other information I am interested in:

Please return this form to:

Kathy Bosch, Ph.D., CFLE.
Panhandle Research and Extension Center
University of Nebraska
4502 Avenue I
Scottsbluff, NE 69361-4939
kbosch2@unl.edu

<p>Bonnie's father needs to have an evening meal brought to him. Bonnie arrives home from work, prepares the evening meal, and then takes her father's meal to his home for him. When she arrives back home, her family has eaten and her meal is cold. How do you think this affects Bonnie and her family? Suggest possible solutions.</p>	<p>Peter lives in assisted living. His family is trying to manage his financial needs with the funds he has available. Recently he was approved for Medicaid, as the money from the sale of his house had run out and his savings were gone. There is no longer money for him to have a phone in his room. How will this affect Peter and his children and grandchildren? Suggest solutions.</p>
<p>David's mother, age 89, is still living in her own home and very proud to be able to do so. David, age 65, mows her lawn, cleans her house and tends to her finances. She is still preparing simple meals for herself. But David's health is somewhat frail, as well. It is becoming more and more difficult for him to tend to his mother's needs as well as his own home. Suggest possible solutions.</p>	<p>Victoria's mother had a stroke 10 years ago. Since then, Victoria has been living with her and taking care of her. Victoria resigned from her job and they are living on her mother's savings. Victoria has no income of her own, and almost never buys anything for herself. Her mother needs round the clock help and Victoria is exhausted. She is also feeling some resentment about not having a life of her own. Suggest solutions.</p>
<p>Rosita has been helping her grandmother with her finances for many years. It takes quite a lot of time because there are a variety of sources of income and a complicated set of bills to pay. Rosita's grandmother is fairly comfortable financially, and Rosita's feels strongly that her grandmother does not need all the money she has. Rosita's car is not working well, and she is considering buying a car from her grandmother's account. Is this a good idea? Is it legal? What should Rosita do?</p>	<p>Donna and her husband, in their mid-50s, are both involved in rather demanding jobs. Donna's mother lives three hours away, and is having increasing problems tending her home. Almost every week she calls Donna and wants her and her husband to come do some home repair or sort through belongings or other tasks. Donna feels that she should meet her mother's requests, but both she and her husband are having a very hard time keeping up. Their own home needs some repairs which they rarely have time to do, and they have very little time to themselves. What should they do?</p>
<p>Tom's grandfather lives in a different state. He is in poor health and the family has been spending as much time as possible with him as they feel he may not live much longer. Tom goes occasionally, about every two months, but the family is upset with him and has been critical that he isn't spending more time with his grandfather. What should he do?</p>	<p>Ellen and her mother have had their differences in the past. Her mother is rather outspoken and critical, which makes Ellen uncomfortable. Now her mother needs frequent assistance with her home, her meals and managing her finances. Ellen loves her mother and wants to help, but comes home quite stressed after every time she is there. What should Ellen do?</p>