

ST. JOHN'S COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

Savvy Caregiving: How to Take Care of
Your Parents and Yourself!

Stacey Rhodes, M.S. in Gerontology

Adult Day Director



Four Kind of Caregivers

Rosalyn Carter

Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers and
Those who will need caregivers



The Role of Caregiver

Nurse

Behavior Manager

Companion and Comforter

Safety Officer

Activity Director

Liaison with Professionals, Doctor, etc.

Chief Financial Officer

Guardian

Cook

Maid and Laundry Attendant

Home Repair Specialist

Family Counselor

Social Worker

Key Decision Maker



Objectives of Caregiving

Personal Safety
Meet Daily Care Needs
Contented Involvement
Fulfillment
Reduce Suffering



Facts about Family Caregivers

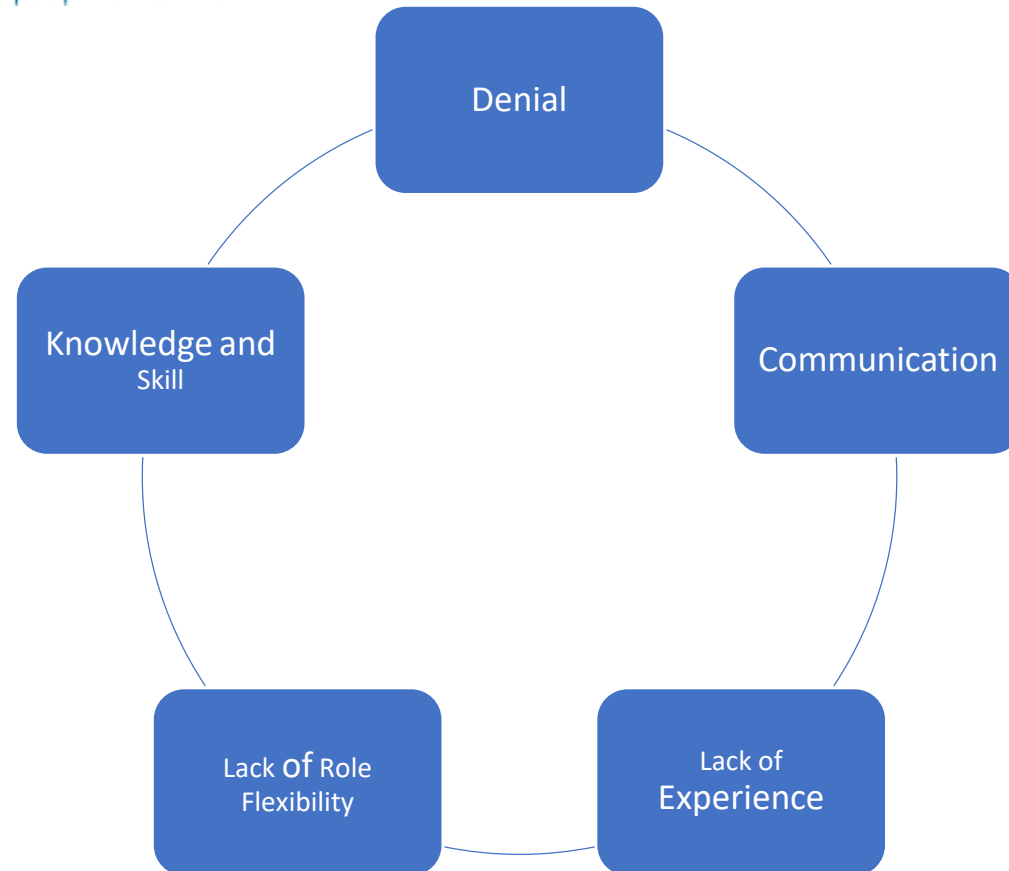
- *Provide 80% of community care
- *70%+ of caregivers are women
- *Provide 4-6 hours of care/day
- *Provide care for 4-5 years
- *20% provide care for more than 5 years
- *30% are employed
- *A growing % also care for children
- *Typically only one family caregiver



Five Types of Caregiving Families

Solitary Caregiving
Observed Caregiving
Tag Team Caregiving
Uneasy Caregiving Alliance
Collaborative Caregiving

Barriers to Caregiving





Caregiver Self-Care

Understanding Your Loved Ones Needs

Recognizing and Dealing with Feelings/Emotions

Balancing Your Life Activities

Recognizing and Dealing with STRESS

Asking for HELP

Learn the Resources Available



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Understanding the Resources

Home Care-Non-Medical (personal care, housekeeping, meals, etc.)

Home Health- (nurse, physical, speech and occupational therapies)

Home Delivered Meals

Adult Day Services

Skilled Long Term Care

Memory Care

Supportive and Assisted Living

Independent Living

Senior Housing- Low Income

Missouri-St. Louis AAA-----1-314-612-5918

Missouri-Mid-East MOAAA (Aging Ahead)-----1-636-207-0847

Illinois-AgeSmart-----618-222-2561



Understanding the Resources Continued

Financial Resources

Long Term Care Insurance

Veteran Aid and Attendance, Adult Day Services

Department of Rehabilitation (under 60 y/o)

Home and Community Based Services



Caregiver Resources

Respite Programs

Family Caregiver Support Groups; Alzheimer's,
Parkinson's, Diabetes, etc.

Geriatric Care Managers

Caregiver Counseling-EAP, Private counseling, etc.

St. John's Community Care Resources Illinois only

Home Services (Non-Medical)

Adult Day Services (Collinsville & Edwardsville)

Medical Equipment Loan Program

Caregiver Support Services (Support Groups, Educational Programs)

Early Memory Loss Programs (Cardinal Reminiscence League, Brainwave)

Free Care Consultation and Care Planning

Alzheimer's Association Resource Center



222 Goethe Avenue Collinsville, IL 62234
1015B Century Drive Edwardsville, IL 62025
618-344-5008 or 618-656-7090
www.stjohnscc.org

Wrap up

- ▶ Caregiving is a Journey
- ▶ Don't do it alone!
- ▶ Know your Resources

- ▶ QUESTIONS ??????
- ▶ Comments

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