

# Mini Plenary: Direct Care “Hands-On” Workforce

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## Direct Care “Hands-On” Workforce

**31<sup>st</sup> Annual Rosalynn Carter  
Symposium on Mental Health Policy  
November 12, 2015**

**Dr. Leisa Easom  
Executive Director  
Pope Eminent Scholar**



# Goals for Mini-Plenary

- **Discuss Background Information**
- **Define Direct Care Workforce**
- **Review the Need for Change**
- **Share about the Dealing with Dementia Program**
- **Future Collaborative Opportunities**

# PIONEER IN CAREGIVING

“ *There are only four kinds of people  
in the world:*

*Those who have been caregivers*

*Those who currently are caregivers*

*Those who will be caregivers*

*Those who will need caregivers ”*

**-Rosalynn Carter**  
Former First Lady



# ABOUT US



## *RCI: Supporting Caregivers through Advocacy, Education, Research, and Service*

The RCI was established in 1987 at Georgia Southwestern State University (GSW) in Americus, Georgia. The Institute was formed in honor of Former First Lady Rosalynn Carter, an alumna of GSW, to enhance her long-standing commitments to human development, caregiving and mental health through its Advocacy, Service, Research and Education Programs.

## *Mission and Philosophy*

The Rosalynn Carter Institute for Caregiving (RCI) establishes local, state, national, and international partnerships committed to building quality long-term, home and community-based services.

# RCI: SUPPORTING CAREGIVERS THROUGH ADVOCACY, EDUCATION, RESEARCH, AND SERVICE

*Nationally...*

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*Over 50 million family caregivers provide the largest proportion of care for dependent elderly individuals as well as adults and children with disabilities and chronic illnesses*

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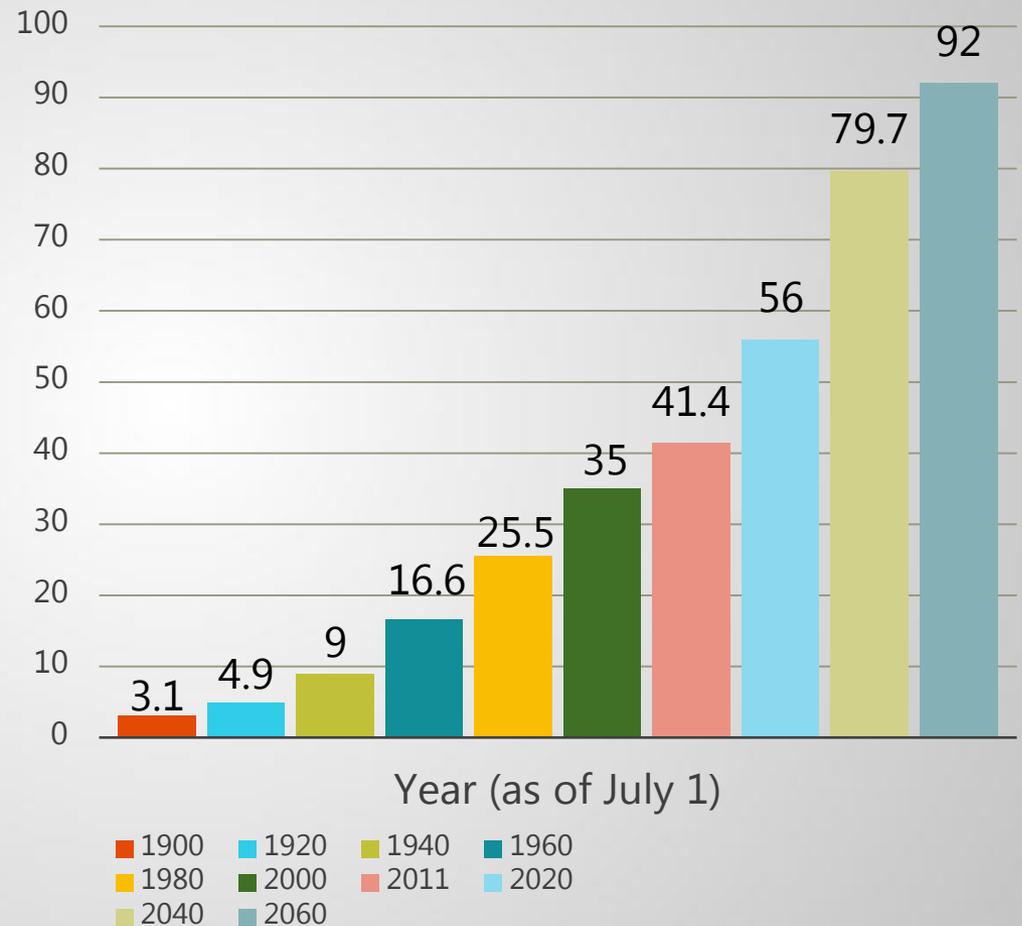
*With longer life expectancy, comes higher rates of chronic illness, disability and need for care.*

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# IN THE UNITED STATES: AN AGING POPULATION

*Figure 1: Number of Persons 65+, 1900 - 2060  
(numbers in millions)*

- 35 million in 2000
- 36.9 million in 2009
- 79.7 million in 2040



# Defining “Hands-On” Workforce ???

## Family Caregivers:

In the last 12 months, over 40 million caregivers have provided unpaid care to individuals with Alzheimer's Disease and other dementias and disabilities.



## Professional

Caregivers: In 2010 over 3 million with projected demand for an additional 1.6 million in 2020. Personal Care Aides and Home Health Aides are projected high future need.



# THE GROWING CARE GAP

*68% of Americans believe they can rely on family to meet LTSS needs*

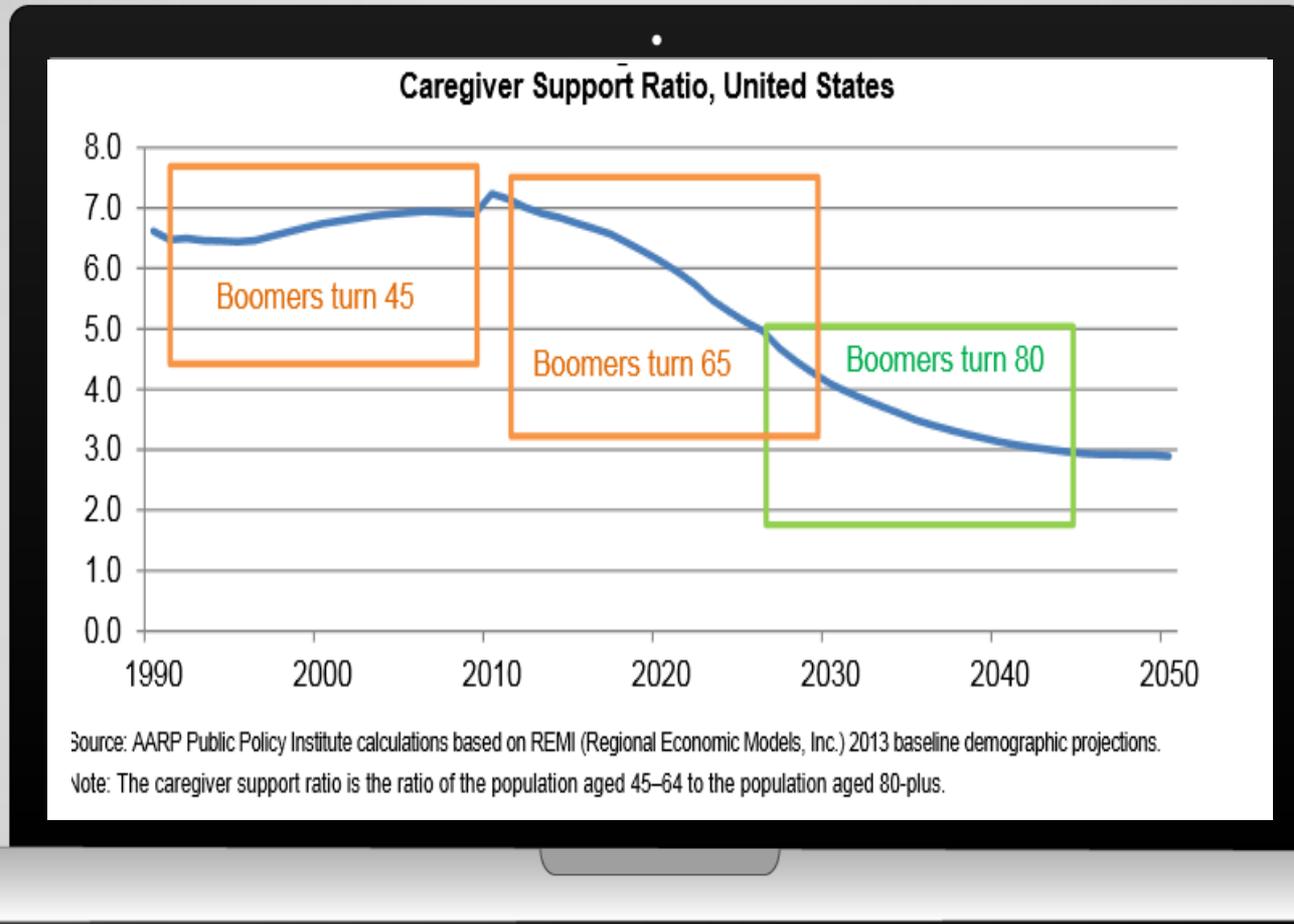
*2010: 7 potential caregivers to each person in age 80-plus group*



*Caregiver Support Ratio:  
number of potential  
caregivers aged 45-64 for  
each person aged 80 and  
older.*

*2030: 4 potential caregivers  
to each person in age 80-  
plus group*

# THE GROWING CARE GAP



# Need for Change in Training Georgia's Caregiving Workforce

- Georgia ranks as the ninth fastest growing state of older adults
- Current estimates of individuals 65 and over with Alzheimer's disease and other dementias in GA number 130,000
- Future projections are that the number of Georgians with Alzheimer's disease and other dementias will increase by 46%
- Need to foster a supportive relationship between family caregivers and professional caregivers
- Seven years of focus groups and feedback from caregivers in our studies have consistently asked for assistance on how to deal with behavioral issues associated with dementia



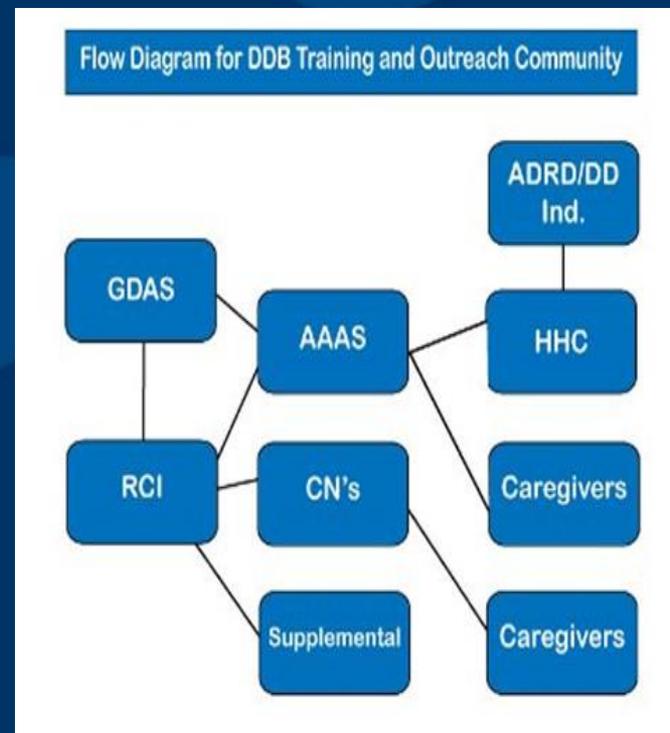
# Project Goals

- Address service gaps and strengthen the existing services of the dementia capable system in Georgia
- Develop and deliver a curriculum focused on behavioral symptom management that emerged from evidence-based RCI REACH (Resources Enhancing Alzheimer's Caregiver Health)

# Dealing with Dementia Behavior

## Partners and Outreach:

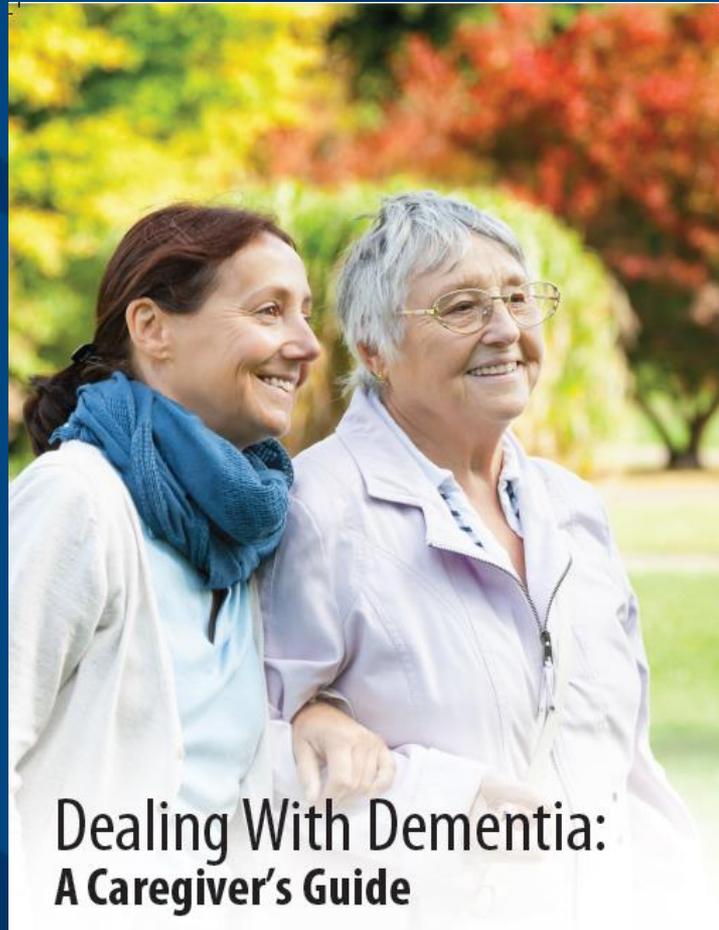
- GA Department of Aging Services
- Area Agencies on Aging
- CARENET Coalition
- Home Health Care Agencies
- Alzheimer's Association



Goal: Develop a cadre of workshop leaders and expert consultants

# Caregiver Guide Created for Family and Professional Caregivers

- Increase understanding of the causes of the behaviors of the dementia patient
- Reduce negative, ineffective responses
- Offer proven effective strategies in addressing specific behaviors exhibited by the care recipient



# Test Your Knowledge



It has been scientifically proven that mental exercise can prevent a person from getting Alzheimer's Disease.

When people with Alzheimer's disease begin to have difficulty taking care of themselves, caregivers should take over right away.

Most people with Alzheimer's disease live in nursing homes.

It has been scientifically proven that mental exercise can prevent a person from getting Alzheimer's Disease.

FALSE

When people with Alzheimer's disease begin to have difficulty taking care of themselves, caregivers should take over right away.

FALSE

Most people with Alzheimer's disease live in nursing homes.

FALSE

# Test Your Knowledge

In rare cases, people have recovered from Alzheimer's disease.

If trouble with memory and confused thinking appears suddenly, it is likely due to Alzheimer's disease.

People in their 30's can have Alzheimer's disease.

In rare cases, people have recovered from Alzheimer's disease.

FALSE

If trouble with memory and confused thinking appears suddenly, it is likely due to Alzheimer's disease.

FALSE

People in their 30's can have Alzheimer's disease.

TRUE

# Test Your Knowledge

Eventually, a person with Alzheimer's disease will need 24-hour supervision.

Tremor or shaking of the hands or arms is a common symptom in people with Alzheimer's disease.

Alzheimer's disease is one type of dementia.

Eventually, a person with Alzheimer's disease will need 24-hour supervision.

TRUE

Tremor or shaking of the hands or arms is a common symptom in people with Alzheimer's disease.

FALSE

Alzheimer's disease is one type of dementia.

TRUE

# Test Your Knowledge

A person with Alzheimer's disease becomes increasingly likely to fall down as the disease gets worse.

Poor nutrition can make the symptoms of Alzheimer's disease worse.

Once people have Alzheimer's disease, they are no longer capable of making informed decisions about their own care.

A person with Alzheimer's disease becomes increasingly likely to fall down as the disease gets worse.

TRUE

Poor nutrition can make the symptoms of Alzheimer's disease worse.

TRUE

Once people have Alzheimer's disease, they are no longer capable of making informed decisions about their own care.

FALSE

# Test Your Knowledge

Having high cholesterol may increase a person's risk of developing Alzheimer's disease.

Trouble handling money or paying bills is a common early symptom of Alzheimer's disease.

When a person has Alzheimer's disease, using reminder notes is a crutch that can contribute to decline.

Having high cholesterol may increase a person's risk of developing Alzheimer's disease.

TRUE

Trouble handling money or paying bills is a common early symptom of Alzheimer's disease.

TRUE

When a person has Alzheimer's disease, using reminder notes is a crutch that can contribute to decline.

FALSE

# Test Your Knowledge

It is safe for people with Alzheimer's disease to drive, as long as they have a companion in the car at all times.



It is safe for people with Alzheimer's disease to drive, as long as they have a companion in the car at all times.

FALSE



A stylized blue graphic in the background depicts two human figures from the chest up, facing each other with their hands clasped in a handshake. The figures are composed of simple, rounded shapes. The text "Training Slides" is overlaid on this graphic.

# Training Slides



**My name is:**

**My caregiving experience :**

**I am here because:**

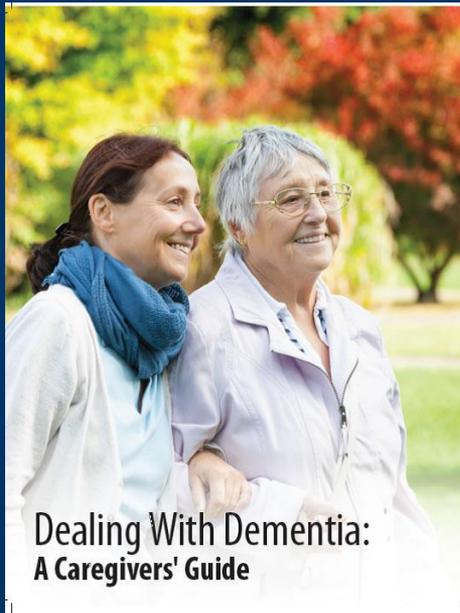
# EXPERT CONSULTANT



**TO THE RESCUE!**

# Today we will learn:

- How to find answers in The Dealing with Dementia Guide
- Highlight Information in the guide that will make caregiving easier.



We are NOT going to learn all the Information in this guide....

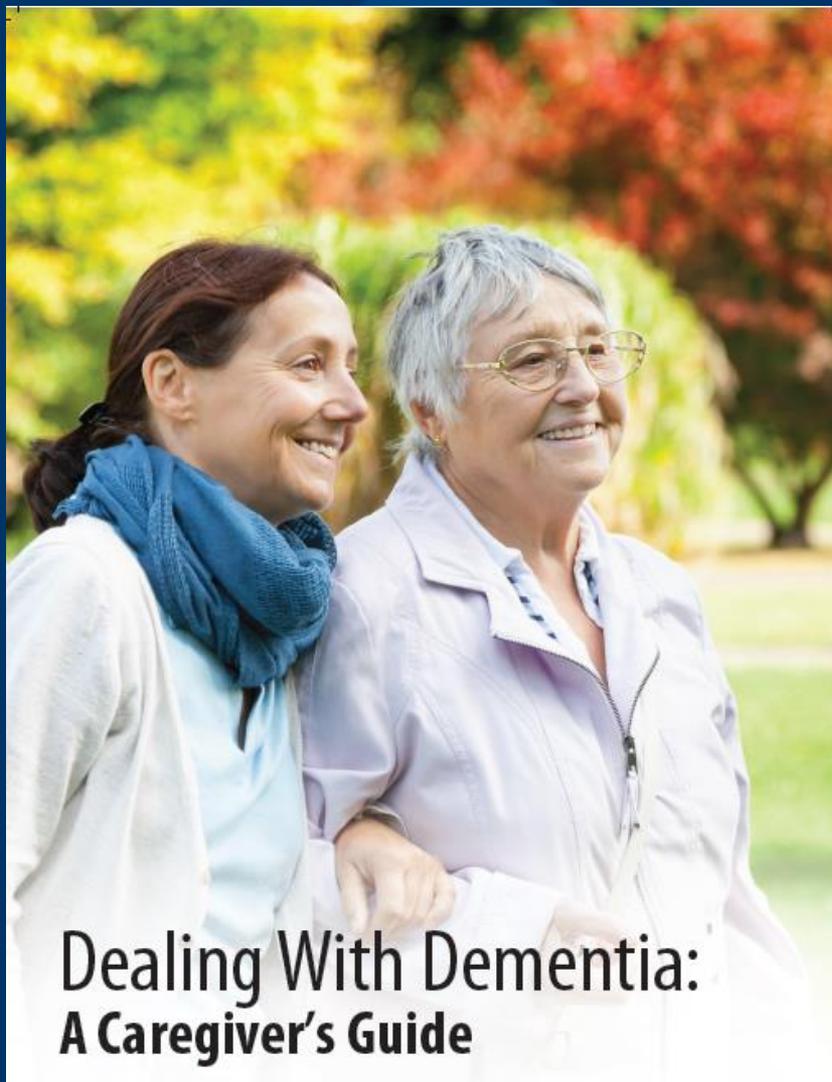
- That would take days
- The information you need changes over time.
- This is a reference tool that you will be referring to throughout your caregiving experience.

Before we begin....



**PAPERWORK!**

# How to Use This Guide



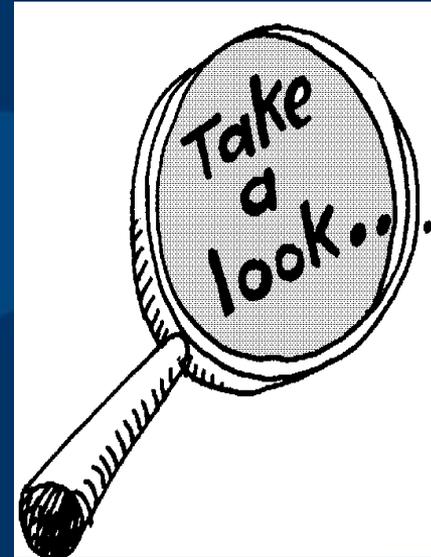
**Dealing With Dementia:  
A Caregiver's Guide**

# Let's Walk Through the Guide together



# Table of Contents

- Major Headings
- Smaller Headings
- Easy to Navigate



# Index

- Located End of Guide
- Cross-referenced with similar terms
  - If there are similar words, they are listed in parentheses
  - Example: *Cursing (insulting, swearing)*

## Dealing with Behavioral Issues section

- The beginning of each chapter focuses on things that you can do to reduce a particular behavioral issue from happening.
- The strategies for dealing with specific behavioral issues are color-coded, depending on your loved one's abilities (not the stage of dementia).

### *High Abilities*

Green is about strategies to use if your loved one has high abilities.

### *High-Moderate Abilities*

Blue is about strategies if your loved one has high abilities on some activities but moderate abilities on other activities.

### *Moderate Abilities*

Yellow is about strategies if your loved one has moderate abilities.

### *Less Ability*

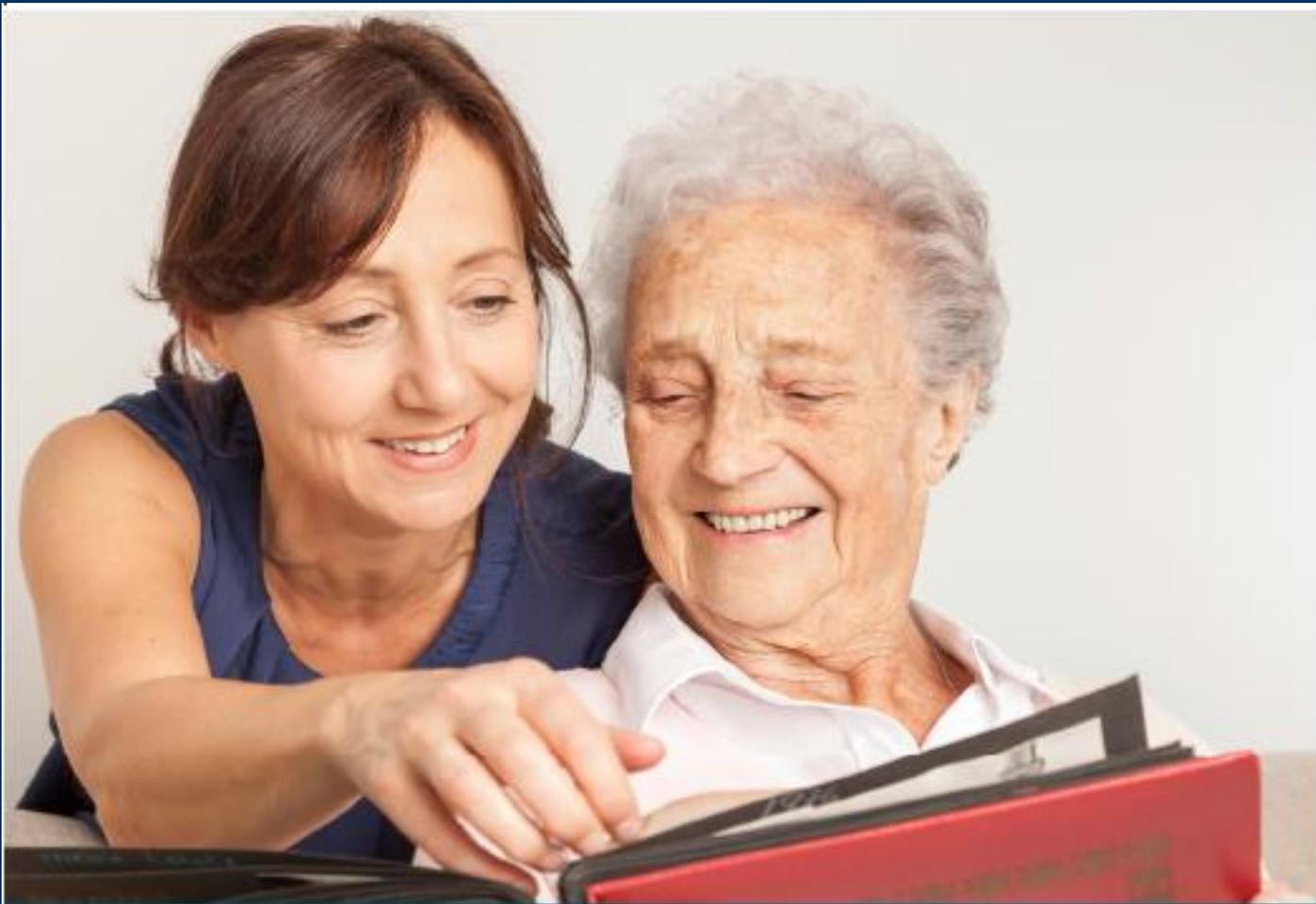
Red is about strategies if your loved one has less abilities.



# Introduction



# Understanding Dementia



## **General Caregiving Tips**



## **Dealing With Behavioral Issues**

# Dealing with Behavioral Issues

- Problem-Solving
- Agitation & Aggression
- Bathing & Other Personal Hygiene
- Communicating with a person with dementia
- Depression of Care Recipient
- Dressing
- Eating
- Care Recipient's Grief
- Inappropriate Sexual Behaviors
- Incontinence and Toileting Difficulties
- Wandering & Getting Lost
- Changes in Personality and Behaviors
- Sleeping



# Test Your Knowledge:



Symptoms of severe depression can be mistaken for symptoms of Alzheimer's disease.

One symptom that can occur with Alzheimer's disease is believing that other people are stealing one's things.

Most people with Alzheimer's disease remember recent events better than things that happened in the past.

# Test Your Knowledge:

Symptoms of severe depression can be mistaken for symptoms of Alzheimer's disease.

TRUE

One symptom that can occur with Alzheimer's disease is believing that other people are stealing one's things.

TRUE

Most people with Alzheimer's disease remember recent events better than things that happened in the past.

FALSE

# Test Your Knowledge:

People with Alzheimer's disease do best with simple instructions given one step at a time.

If a person with Alzheimer's disease becomes alert and agitated at night, a good strategy is to try to make sure that the person gets plenty of physical activity during the day.

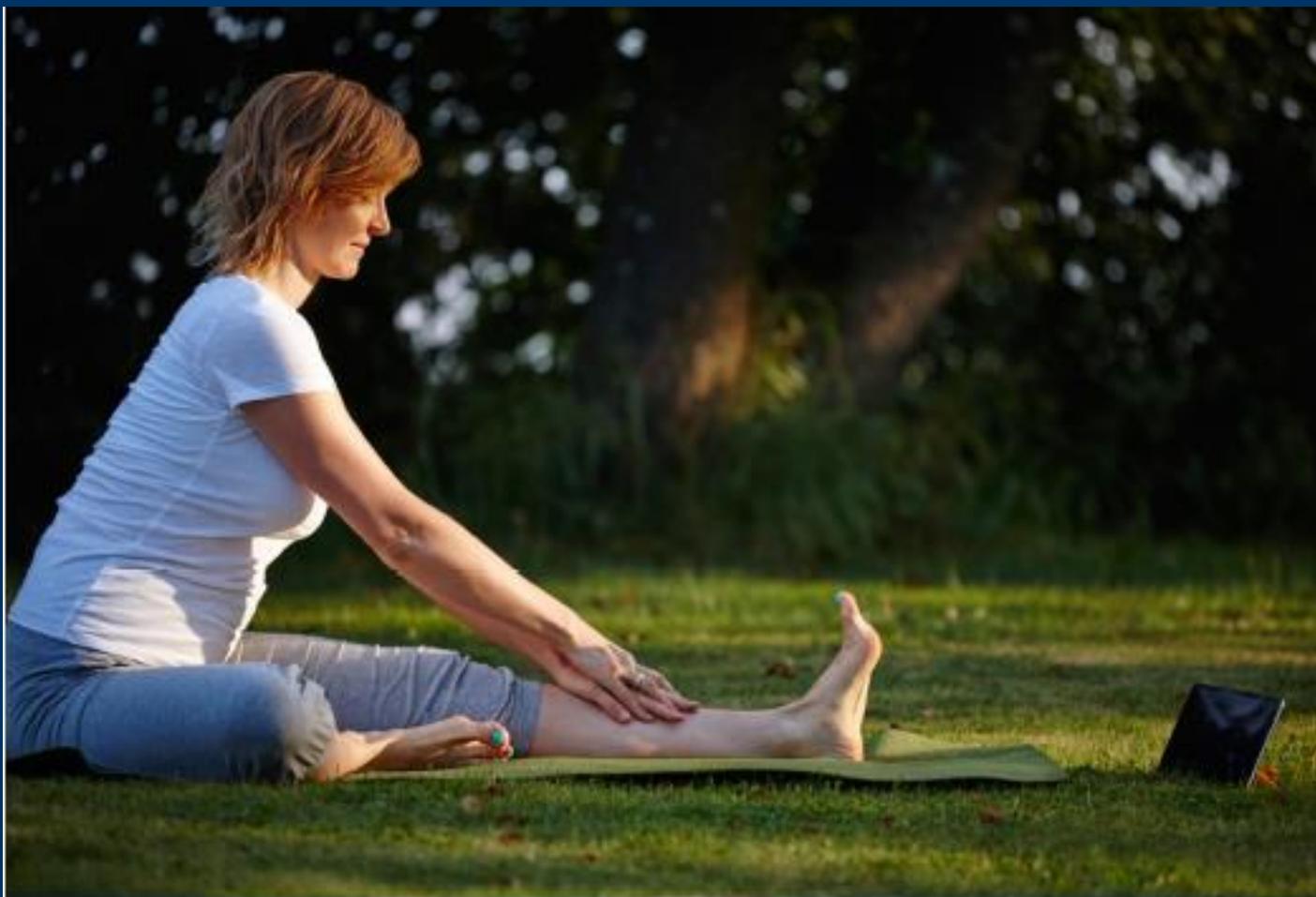
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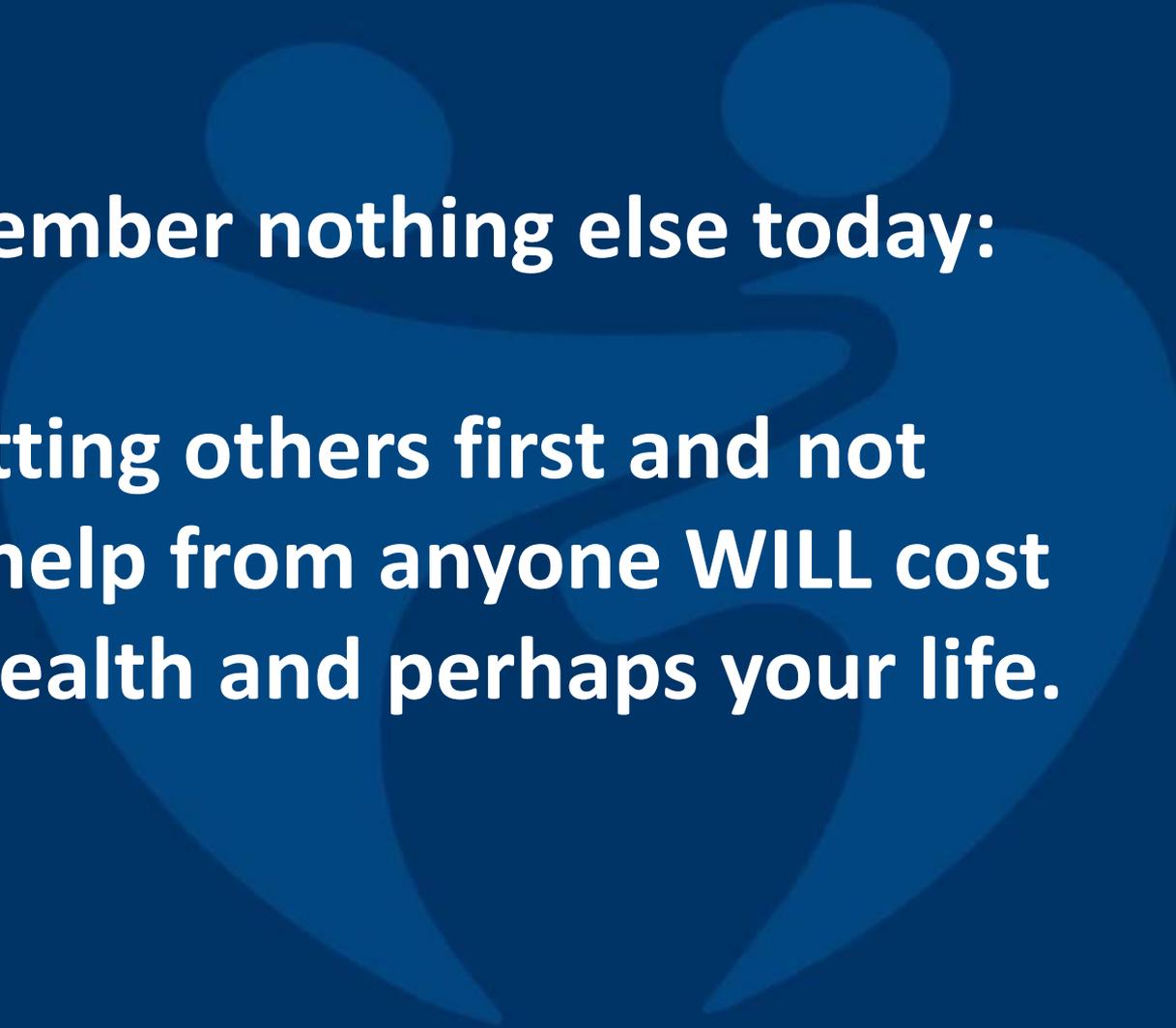
TRUE

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TRUE

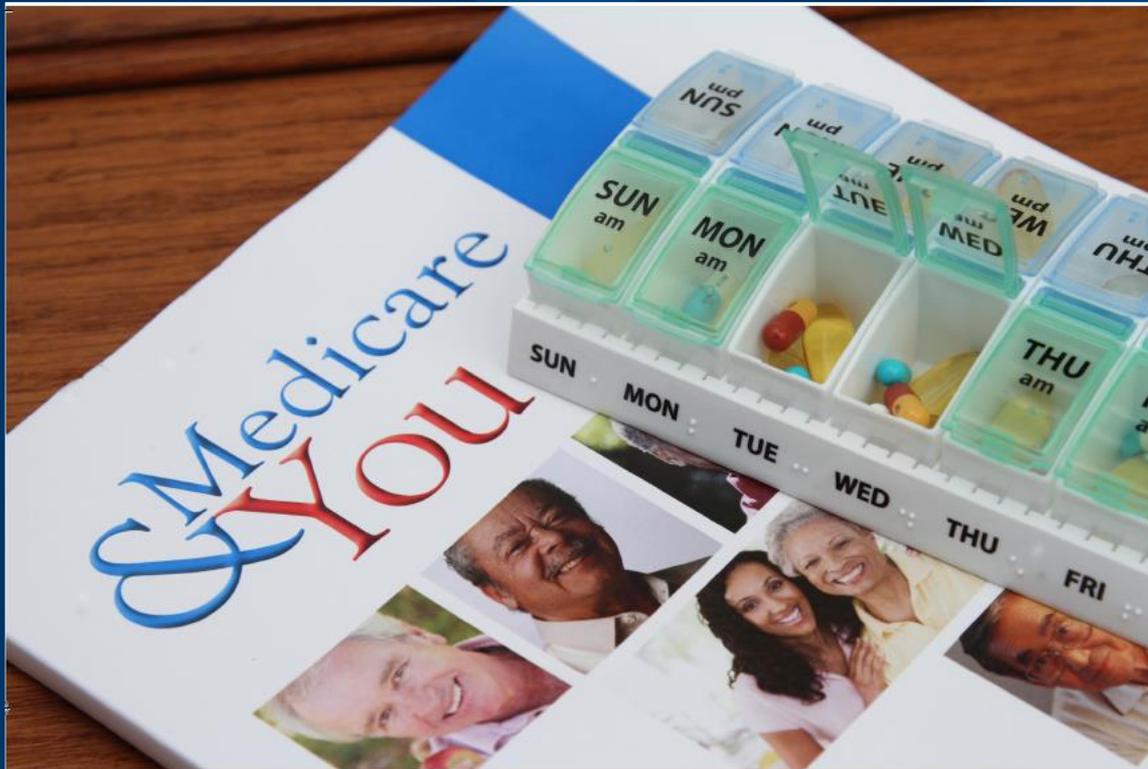


**Taking Better Care  
of Yourself**

A large, stylized blue graphic in the background depicts two human figures. The figure on the left is larger and appears to be embracing the smaller figure on the right. The figures are composed of simple, rounded shapes, with circular heads and broad, curved bodies. The overall style is minimalist and symbolic, set against a solid dark blue background.

**If you remember nothing else today:**

**Always putting others first and not  
accepting help from anyone WILL cost  
you your health and perhaps your life.**



## Resources

Choosing professional care services  
providers

Adult day services

In Home care services

Residential care facilities

Hospice Care

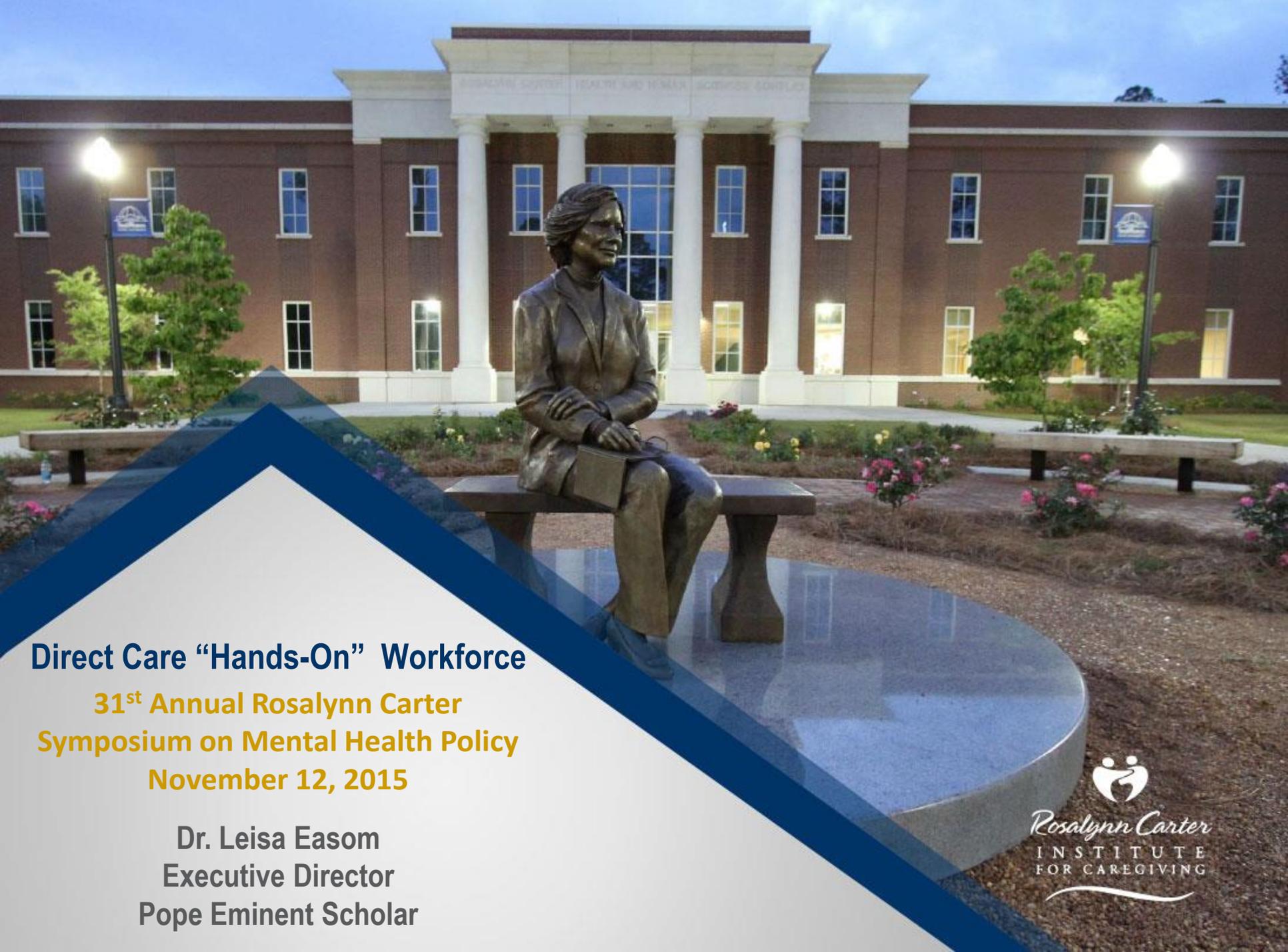
Resources and Contact Information

**WHO'S AWESOME?**



**YOU'RE AWESOME!**

by @bitchy0001



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