

Difficulty Providing Care Because of Your Health

<p>Identify the Problem</p>	<p>PROBLEM: Difficulty Providing Care Because of Your Health</p> <p>GOAL/EXPECTED OUTCOME: To reduce problems related to functional limitations</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <ul style="list-style-type: none"> • Is there someone else helping with caregiving needs that are harder for the caregiver to do alone? • Who would the caregiver call if he/she needed help? • What would the caregiver do in an emergency? Who would the caregiver call? • Is there equipment in the house that helps the caregiver with caregiving needs, such as grab bars, hand rails, adjusted toilets or beds, lifts? • Does <i>the caregiver</i> use assistive devices to help with getting around, such as a wheelchair, cane, or walker? • Does the <i>person with dementia</i> use assistive equipment to help with getting around? (This may help make caregiving easier on the caregiver) • Is the caregiver fatigued? Remember: fatigue may become a health problem when caregiving. Tiredness, poor sleep and low energy may be signals that more help is needed from others than is currently being provided
<p>Adapt</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Remove anything on the floor that may create a risk for falling/slipping, such as rugs, shoes, or other objects • Install grab bars by the toilet and in the shower • Use equipment such as hand rails, adjusted toilets or beds, wheelchair, cane, walker, lift if they are needed • Try to let the person do as much as he/she can on his/her own, but always put safety first • Ask for help from family or friends <p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • If abuse or self-harm is suspected, follow standard of practice, policies, procedures, and reporting mandates • Schedule a visit or phone call with PCP • Encourage caregiver to discuss functional limitations and health concerns with his/her PCP • Review specific questions to help prepare caregiver for the discussion with PCP: encourage caregiver to write questions down • Refer to Physical Therapy/Occupational Therapy for correct use of assistive equipment and safe body mechanics. Discuss how to safely lift and carry

	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to IHSS • Refer to MSSP • Refer to CBAS • Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzpla.org • Local Community Resources: _____ _____ • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – Safe Body Mechanics ○ Topic Sheet – “Caregiver Health”
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>