

Caregiver Depression/Stress

<p>Identify the Problem</p>	<p>PROBLEM: Caregiver Depression/Stress (feeling blue and/or overwhelmed)</p> <p>GOAL/EXPECTED OUTCOME: To reduce caregiver depression and stress</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <ul style="list-style-type: none"> • Depression <ul style="list-style-type: none"> ○ What happens right before the caregiver feels depressed? ○ How does the caregiver know when he/she is depressed? What does it feel like physically and emotionally that lets him/her know? ○ How often does the caregiver feel depressed? How many times per day/week? ○ How does the caregiver act when he/she is feeling depressed? ○ Is there anything the caregiver does that helps to reduce feelings of depression? ○ Is there anyone the caregiver can talk to when he/she is feeling this way? • Stress <ul style="list-style-type: none"> ○ What happens right before the caregiver feels stressed? ○ How does the caregiver know when he/she is stressed? What does it feel like physically and emotionally that lets him/her know? ○ How often does the caregiver feel stressed? How many times per day/week? ○ How does the caregiver act when he/she is feeling stressed? ○ Is there anything the caregiver does that helps to reduce feelings of stress? ○ Is there anyone the caregiver can talk to when he/she is feeling this way? • Is the caregiver feeling socially isolated? • Is the caregiver having increasing family disagreements? • Is the caregiver having uncomfortable feelings about his/her relationship with the person he/she cares for? • Does the relationship feel strained? • Does the caregiver have feelings of guilt?
<p>Adapt Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Join a support or education group or identify a trusted friend/family/clergy member you can talk to when you are feeling this way • Try to stay connected with family and friends • Focus on what you are <i>able</i> to do as a caregiver; remember that caregiving can be very challenging • Set realistic goals

	<ul style="list-style-type: none"> • Ask for help with caregiving from others in the family or community • Try to take a break and do something <i>you</i> enjoy. Consider physical activities when possible, such as taking a walk • Plan ahead for emergencies to reduce anxiety and stress
	<p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • Follow clinical guidelines and procedures for depression screening, intervention and referral • If abuse and/or neglect is suspected, follow standards of practice, policies, procedures, and reporting mandates • Encourage caregiver to discuss his/her depression and stress with a social worker/therapist. Direct to PCP for referral as needed • Review specific questions to help prepare the caregiver for the discussion with PCP • Coach caregiver on how to talk with PCP • Consider further screening and assessment as needed <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 respite services • 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.alzgl.org • Local Community Resources: _____ _____ • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – "Caregiver Depression" <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> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>