

A piece of the puzzle

Resources for
senior service
professionals



*helping you solve your puzzle
so all the pieces fall into place*

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Adjusting to Transitions: How care providers can support clients and families in times of change

Additional resources on my website:

On the page <https://agingcareconsult.com/for-professionals>, scroll to the bottom and click on the links to download PDF's of these handouts and articles:

- Communicating with Older Adults (Recommendations from the Gerontological Society of America)
- Transition Pointers for Family & Friends (handout you can provide to family/friends of older adults moving into care communities)
- Adjusting to Transitions with Dementia (selected blogs and articles)
- Difficulty Adjusting - About Transfer Trauma (selected blogs and articles)

Resources around dementia care:

Teepa Snow: Positive Approach to Brain Change – teepasnow.com. She has lots of videos online. Don't miss seeing her in Edmonds next Tuesday October 24 -- \$28 for all day CEU's and food! Tickets at <http://www.edmondscenterforthearts.org/events/teepa-snow-is-coming-to-town>

A Deeper Perspective on Alzheimer's and other Dementias: Practical Tools with Spiritual Insight – book by Megan Carnarius – www.megancarnarius.com

Alzheimer's Association handouts on all kinds of topics:
https://www.alz.org/alzheimers_disease_publications_care_topics.asp

Resources around moving a person with dementia into care:

www.alzheimer.ca/en/Living-with-dementia/Caring-for-someone/Long-term-care

In resources section: Preparing for a move, Handling moving day, Adjusting after a move

Some other stuff I think is great too:

ThisChairRocks.com

timegoesby.net

changingaging.org

nwcreativeaging.org

THE NUMBERS

People receiving care

- People using paid long-term care services in any setting (e.g., at home, assisted living, adult family home, or skilled nursing) will double from 13 million in 2000, to 27 million in 2050.
- About 2/3 of people needing care are over age 65. 1/3 are younger.
- People age 65 and older have a 68% lifetime probability of becoming disabled in at least two activities of daily living or of being cognitively impaired, and 35% will enter a nursing home.

(2015 statistics from Family Caregiver Alliance, <https://www.caregiver.org/selected-long-term-care-statistics>)

Family and unpaid caregivers

- 65.7 million informal and family caregivers provide care to someone who is ill, disabled or aged.
- 52 million caregivers (or one out of every five households) are involved in caregiving to persons aged 18 or over.
- 43.5 million caregivers provide care for someone aged 50+ and 14.9 million people care for someone who has Alzheimer's or other dementia.

(2015 statistics from Family Caregiver Alliance, <https://www.caregiver.org/selected-long-term-care-statistics>)

- 83% of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers.
- Nearly half of all caregivers (46%) who provide help to older adults do so for someone with Alzheimer's or another dementia.
- In 2016, caregivers of people with Alzheimer's or other dementias provided an estimated 18.2 billion hours of informal (that is, unpaid) assistance, a contribution to the nation valued at \$230.1 billion.
- Approximately two-thirds of caregivers are women.
- More specifically, over one-third of dementia caregivers are daughters.
- It is more common for wives to provide informal care for a husband than vice versa.
- On average, female caregivers spend more time caregiving than male caregivers.
- Stress of care transitions: admitting a relative to a residential care facility has mixed effects on the emotional and psychological well-being of family caregivers. Some studies suggest that distress remains unchanged or even increases after a relative is admitted to a residential care facility, but other studies have found that distress declines following admission.

(statistics from the Alzheimer's Association 2017 Facts and Figures report, online at https://www.alz.org/documents_custom/2017-facts-and-figures.pdf)