



Caregiving, Homecare and Hospice

A list of Caregiving Resources can be found on the last slide.

Information
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Caregiving Considerations

Caregiving is an emotional, physical, and financial commitment

Give up preconceived notions and expectations

Approach it as a marathon not a sprint

Perfection is neither desirable nor possible

Family dynamics often intensify

Be kind to yourself

Be realistic

Getting
Started



Make a
Plan

Who can help

Make a list of contacts:
doctors, insurance
companies, lawyers,
service providers

Make a list of
medications

Make a list of
caregiving tasks

Make a list of
patient's websites
and passwords

Make a list of
monthly bills and
other expenses

Create a financial POA

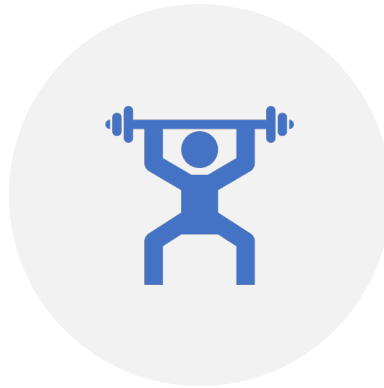
Create an
advanced directive
and medical POA

Adapt environment
as needed

Impact of Caregiving



EMOTIONAL



PHYSICAL



FINANCIAL

Benefits of Caregiving



FULFILL A COMMITMENT



SPEND TIME WITH A
LOVED ONE



PEACE OF MIND KNOWING
CARE IS BEING MANAGED

Care for the Caregiver

Manage stress

Be realistic

Know you are
doing your
best

Take a break

Physical
exercise

Manage
physical
health

Accept
changes as
they occur

Other options

Private Duty
Care

Adult Day Care

Live In Care

Continuing Care
Retirement
Community

Assisted Living
Facility

Skilled Nursing

Memory Care

Skilled Homecare

Need skilled nursing care, PT, OT, or ST intermittently and unable to leave home with out considerable effort

May include intermittent aide and medical social work services

Short term limited coverage

Covered by Medicare and most private insurances

Generally occurs after an acute event, hospitalization or discharge from a skilled nursing facility

Palliative Care

Works with the primary treatment team

Focuses on pain, symptoms and stress of curative care modalities

Available for anyone with a serious illness regardless of life expectancy or prognosis

Interdisciplinary team provides help navigating treatment options, advance care planning and referrals to community resources

Covered by Medicare Part B and some private insurance

Hospice

Focuses on providing comfort through pain and symptom management, psychosocial support, and spiritual support

Life limiting illness and no longer receiving curative treatment

Provided through an interdisciplinary team including 24 hour on call, nursing, social work, spiritual care, aide services, volunteers and bereavement services

May be provided in private homes, nursing facilities, hospice facilities, and hospitals

Covered by Medicare and most private insurance

A Gift for Your Future Caregivers

Talk About

Talk about your wishes for care and treatment before a crisis occurs

Appoint

Appoint a healthcare proxy

Complete

Complete an Advance Health Care Directive

Only used in the event your physician determines you cannot make healthcare decisions, and you are unconscious or terminally ill or suffer from serious illness or frailty



QUESTIONS?

CAREGIVING RESOURCES

ADVANCED CARE PLANNING

Conversation Project
www.theconversationproject.org

HEMECARE AND HOSPICE

National Association of Homecare and Hospice
www.nahc.org

National Hospice and Palliative Care Organization
www.NHPCO.org

CAREGIVING

Family Caregiving Alliance
www.caregiving.org

Alzheimer's Association
www.alz.org

AARP
www.AARP.org

Caring Info
www.Caringinfo.org

Eldercare Locator
www.Eldercare.acl.gov

DE Division of Aging and Adult
www.dhss.ddelaware.gov