



**TENNESSEE**  
**FOR A LIFETIME**





Presented by the  
**Tennessee Commission on Aging and Disability**  
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Northeast State Community College





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# CAREGIVING

it's not a job, it's an adventure!



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# Care-giving



Care-giving is being totally responsible for another persons care and well being.

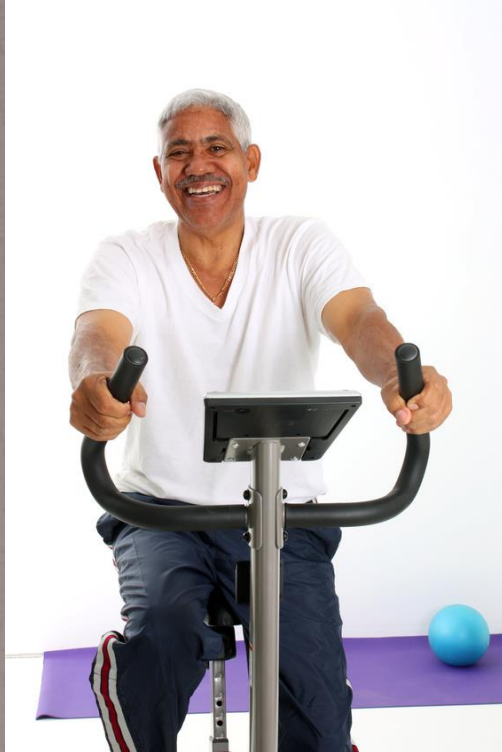
As children, our parents were our caregivers, but as our parents age, we may become the person responsible for their care.

# Care-giving-What is that?

- A caregiver gives of oneself to assure that the person in need receives the necessary care to carry on his or her life safely and with dignity.
- A caregiver sees to it that the basic needs of food, clothing, cleanliness and shelter are met.



# Care-giving-What is that?



- A caregiver must also know how to meet that person's emotional needs without becoming co-dependent.
- A caregiver never loses sight of his/her own needs and understands that in order to care for a loved one, you must also care for yourself.

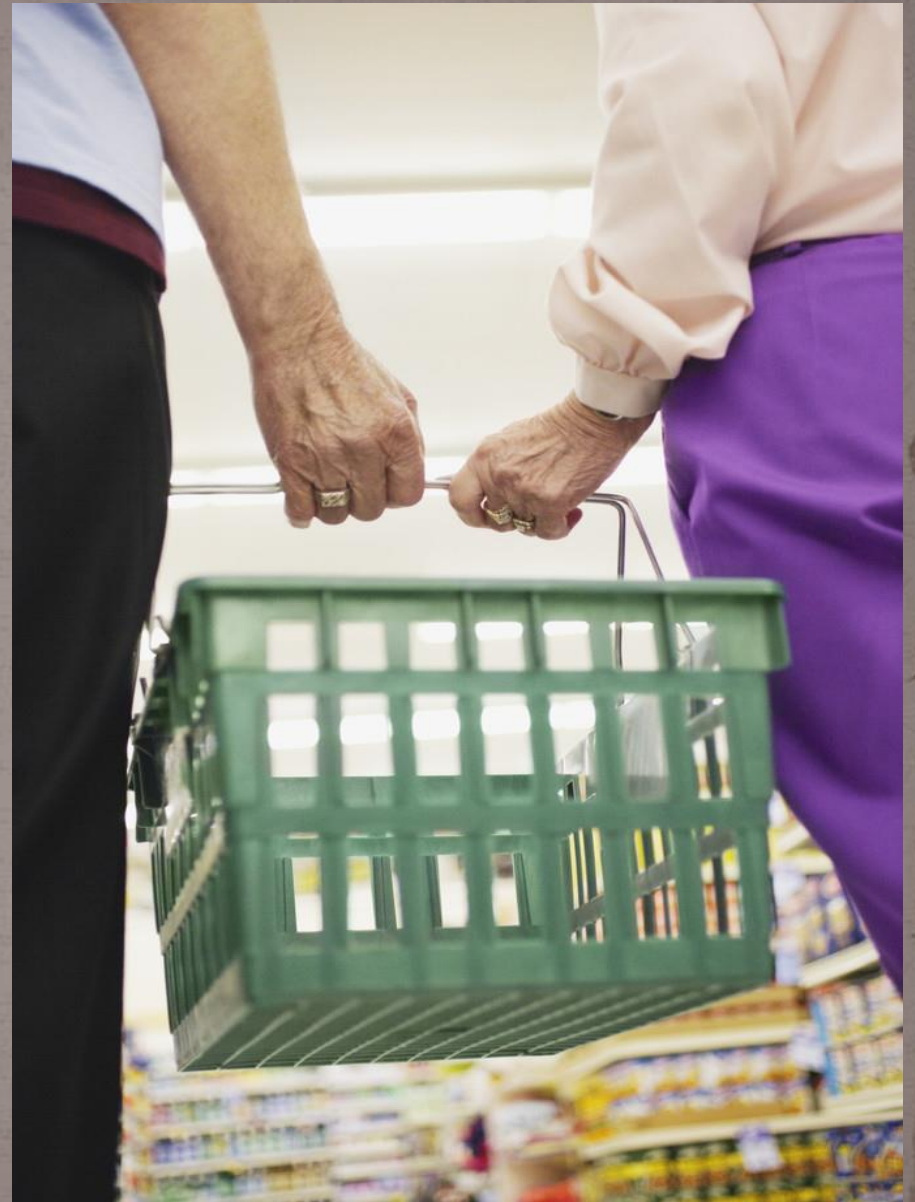
# Care-giving: What is that?



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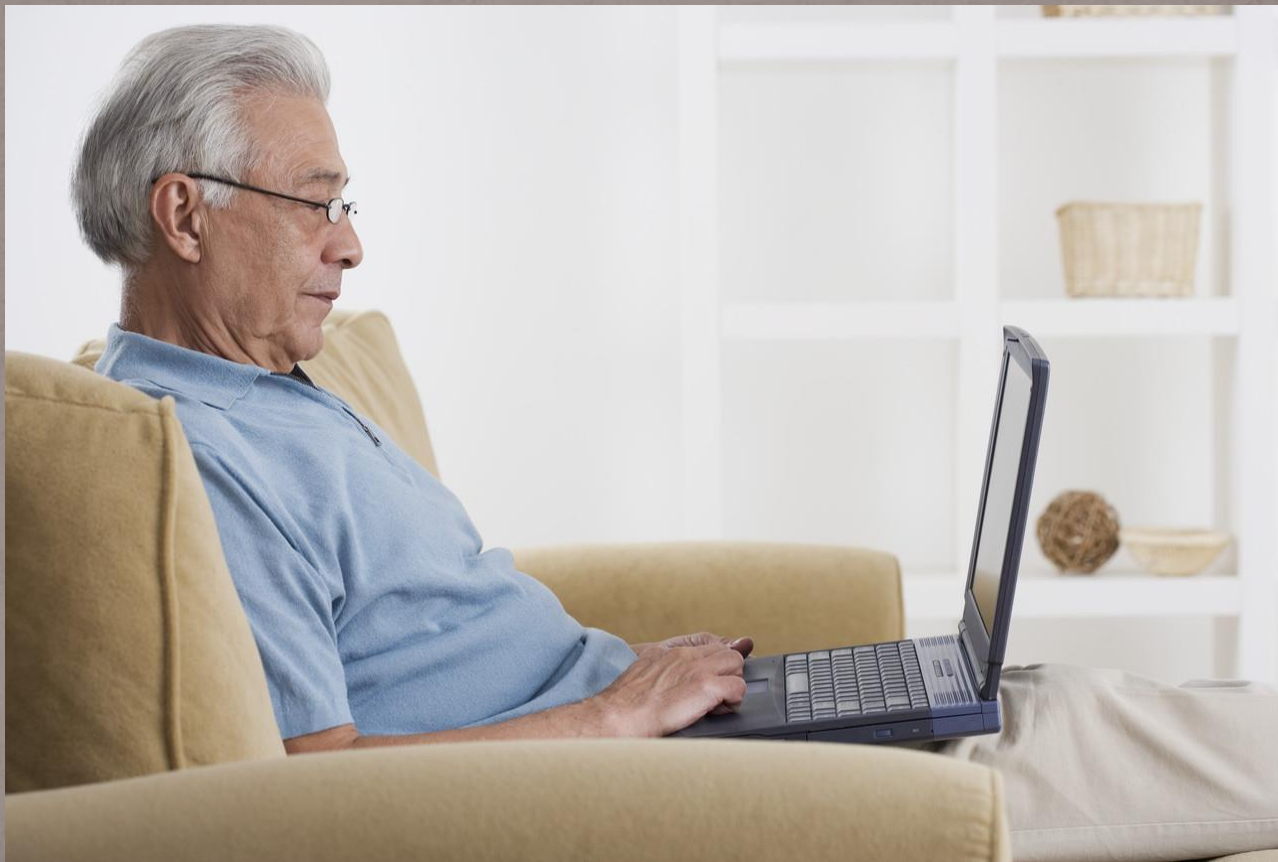
- A caregiver sees to it that the basic needs of food, clothing, cleanliness and shelter are met for the person with need.



- A caregiver must also know how to meet that person's emotional needs without becoming co-dependent.



- **A caregiver never loses sight of his/her own needs and understands that in order to care for a loved one, you must also care for yourself.**



# Caregiver Boot Camp Starters

- Important family information will be needed if/when the older person needs immediate medical care
- Also, information will be essential to the care giver and family when applying for benefits and services, handling medical care, using insurance for paying for services.
- Information will be vital after your loved one's death to pay for funeral costs and any additional medical care bills.
- **\*MAKE COPIES OF THIS LIST TO KEEP**

# Checklist for the care giver

- Personal information-
  - name, date of birth, primary caregiver (if not you)
  - address,
  - telephone number, emergency contact numbers
  - marital status, spouse's name,
  - social security number, insurance number/s
  - List of medications, allergies
  - Power of Attorney, Advanced Directives

**Put a list on the Fridge and a copy for you to take in case of an emergency**

# Medical Information

- Primary Physician-name and number of clinic and physicians, agencies providing therapy or supportive medical care.
- Medical conditions
- Allergies
- Medications (labeled with dosage)
- Pharmacies used
- Recent hospitalizations including attending physician, diagnosis and treatment.
- Name and number for medical suppliers (like o2, adult undergarments...)

# Service Providers List

- Care agency number and contact person
  - Services being provided
- Other services:
  - Hairdresser
  - Lawn service
  - Utilities companies
  - DME phone number and contact person

**\* Remember, if your loved one has to go to the hospital , in-home services may be canceled, doctors, hair appointments rescheduled, utility and other bills still need to be paid.**

# Insurance information

- Medicare and Medicaid (if applicable) numbers
- Private or supplemental insurance names and phone and policy numbers.
- Long term care insurance,
- Disability
- Veteran's benefits- have military ID/TRI-Care medical info.
- Home owners, car insurance

**Know where your loved one's Medicare and insurance cards and insurance policies are located. Make copies and keep them in a safe place in case of disaster.**



# Financial Resources

- Know income and include:
  - Wages
  - Social security
  - Supplemental Security Income (SSI)
  - Social Security Disability Income(SSDI)
  - Veteran's benefits-copy of discharge paper (DD214)
  - Pensions
  - General assistance
  - Income from interest and investments and other income
  - Balance of checking and savings including stocks, bonds, CD's, real estate, rental property

# Financial Resources (Cont.)

- Debts including
  - Credit cards
  - Loans
  - Mortgages
  - Burial funds (if some have been put aside)
  - Location of and keys to safety deposit boxes
  - Home security boxes or safe

**\* This information will be vital if you need to spend down for Medicaid to pay for Nursing Home care**

# Death and Funeral Arrangements

- Pre-planning if possible

Please discuss these with your loved one.

- Care receiver's wishes- Advanced directives
  - Burial or cremation
  - Type of funeral services
  - Donation of body to medical sciences

**\*\* Include plans for pets**

# Becoming a care giver

- Caregiving is an important role and often times it is not a conscious decision...
- perhaps you saw the need and simply began to fill them, taking your loved one to the doctor, helping with cooking and cleaning...then with paying the bills.
- Being responsible for the care and support of others can result in physical, emotional and financial drain.

**Being prepared is the best way to beat caregiver stress!**

**“You have to  
take of yourself  
in order to take  
care of others”**

# Practice self-care

- Make time for yourself everyday, even if it's 20 minutes to walk around the block or sit in the tub.
- Don't forget or neglect your friends, family and hobbies
- Eat well
- Sleep
- Get medical/preventative check-ups that keep you physically and emotionally well.

# Ask for Help

- What can you delegate to others?
- What can you outsource? (meals on wheels, pharmacy by mail, pay someone to do housekeeping)
- Who can and will run errands for you?
- Who can you call on a moments notice
  - Start a help tree with your friends, family, church
  - Consider respite care

# Other ways to help

- Local support groups
- Counseling
- Caregiver web sites
- Faith based assistance
  - Visitation
  - Senior day center services
  - Caregiving ministry



# Caregiver Inventory

- Write down
  - 3 things I am grateful for
  - 3 things I don't like to think about
  - 3 things I love to do

# Caregiver Inventory

- **Nightmares I have or had?**
- **Songs I sing in the shower**
- **What scares me the most?**



# Now, about caregiving

- **What scares me the most about caregiving?**
- **The worst day ever?**
- **The best day ever?**