

Advance Your Skills in Supporting the Family Caregiver

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Family
Caregiving
Institute



Learning Outcomes



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- Describe the varied roles of an unpaid caregiver
- Identify the challenges of the caregiver experience
- Establish strategies to support the caregiver
- Discuss resources and care plan for self-care
- Recognize the importance of maintaining a caregiver's well-being, in addition to, understanding the motivation and intrinsic value of the caregiving role

The Many Roles of the Family Caregiver

Physical Care
Equivalent to
Professional Nurse

Emotional Support

Coordinator of
Home &
Community
Support Services

Access Help and
Information from
Healthcare System

The Many Roles of the Family Caregiver

Respond to and
Address
Emergencies

Assist with
Household
Tasks

Provide
Personal Care

Shared Decision
Making with
Care Recipient

Caregiver
Self-Care

Challenges of the Caregiving Experience

- Unprepared ➡ Caregiver Strain
- Sleep Disruption ➡ Decreased Health
- Financial Implications
- Caregiver Guilt
- Family Dynamics
- Managing Well-Being

How Do We Support Them?

- Assess Preparedness
 - Caregiver Preparedness Scale
 - <https://hign.org/consultgeri/try-this-series/preparedness-caregiving-scale>
 - Education
 - Care Navigator/Care Coordinator
- Policy
 - Transitions in Care
 - Financial



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Caregiver Well-Being

Challenged to
Think About
Self-Care

Importance of
Self-Care

Strategies

Challenged to Think About Self-Care

“I’ve forgotten what that is...”

“I don’t have time...”

“My family needs me...”

“That’s just being selfish...”

“I’ve Forgotten What That Is”

- Make a List of Activities/Ideas
 - Breadth of time (few minutes to hours)
- Connect
 - Make a list of people (Video or Call)
 - Join a support group
 - Attend events
 - Take a class



"I Don't Have Time"



- Relax Outside
- Time to Stretch
- Coloring
- Breathe
- Write a Letter
- Connect

Understanding the Motivation and Facilitating Motivation

Autonomy

- Making choices and planning for the future

Competence

- Information and understanding about the diagnosis and treatment

Relatedness

- Contact and support from other families in a similar situation

Mutuality

- Care recipient-caregiver relationship characterized by love and affection, shared pleasurable activities, shared values, and empathy (Archbold, Stewart, Greenlick & Harvath, 1990)

Intrinsic Motivation versus Extrinsic Motivation

- Higher levels of

- Autonomy
- Competence
- Relatedness
- Mutuality

Less burden

Less strain

Increased quality of life

Strategies for Motivation



Increase choice



Increase preparedness



Increase connection/relatedness

Caregiver Resources



- Family Caregiver Alliance
 - <https://www.caregiver.org/>
- AARP
 - <https://www.aarp.org/caregiving/>
- National Alliance for Caregiving
 - <https://www.caregiving.org/>
- Alzheimer's Association
 - <https://www.alz.org/help-support/caregiving>
- US Department of Veterans Affairs
 - <https://www.caregiver.va.gov/index.asp>
- Family Caregiving Institute at UC Davis
 - <https://health.ucdavis.edu/family-caregiving/resources/>

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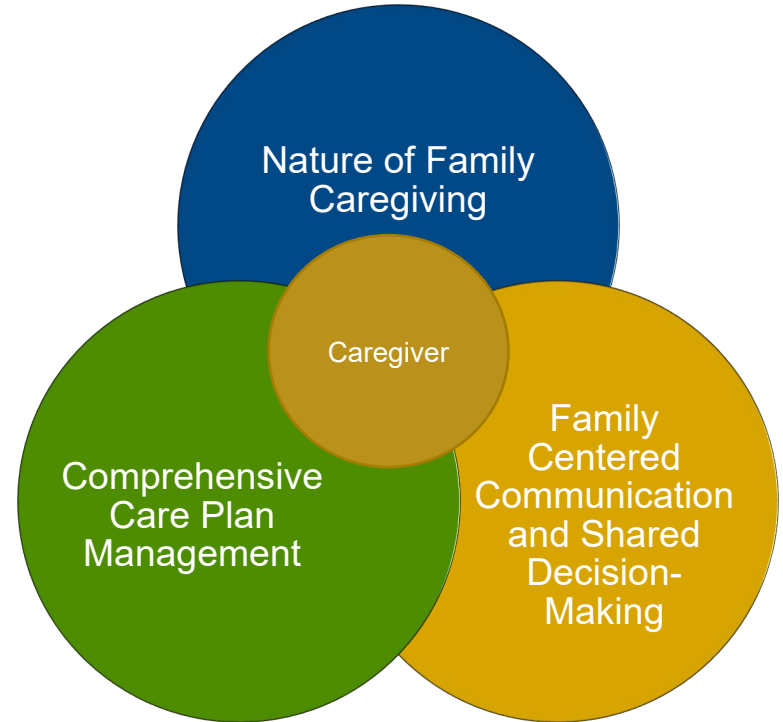
Caregiving Champion Education Opportunities

Current Offering – Academic Certificate Program (three 4-unit elective course)

Coming Soon – Tailored Opportunities for Working Professionals

Online Continuing Professional Education

Engage with Family Caregiving Institute Faculty



Visit us at: <https://health.ucdavis.edu/family-caregiving/education/caregiving-certificate-program>

Thank you!

