

Support for Family and Informal Care

Role of Family Care Giver Training and Counselling Support

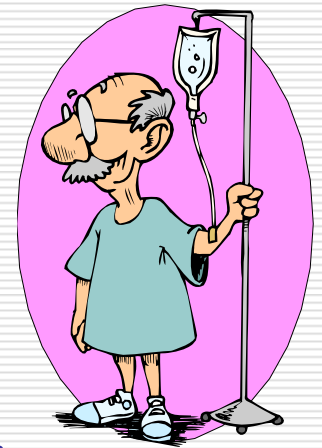
What's Happening Now?

The older person today is more likely to live in the community than in a residential facility



Reasons why older persons are more likely to live at home

- ❑ Changes in the healthcare financing system leading to a move towards shorter hospital stay
- ❑ High cost of nursing home care
- ❑ A preference for home care
- ❑ Shortage of paraprofessional workers in long term care facilities





Conclusion:



Family caregivers is an essential and integral part of the health care system for older persons



What does it mean to regard family caregivers as part of the healthcare system?

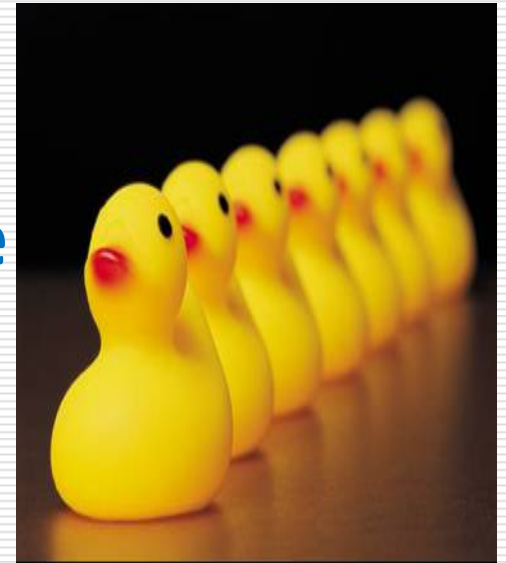
- See them as partners in care
- Ensure their well being is taken care of



Family caregivers as part of the healthcare system

Provides the necessary support in:

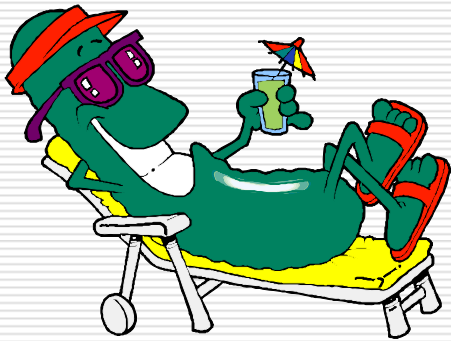
- the preparation of taking on the caregiver role
- the necessary knowledge and skills in providing the care
- sustainability of the care system



‘External’ Preparation:

- Engaging the other care providers both formal and informal
- Knowing how to access the available resources both in the health care system and the community
- Understanding the care recipient's condition and the care requirements





'Internal' Preparation

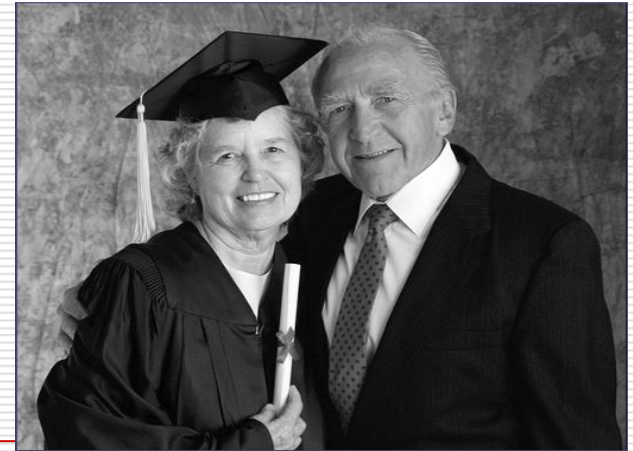
Feelings

Perception

Expectations

Behaviour

Caregivers' Training Focus



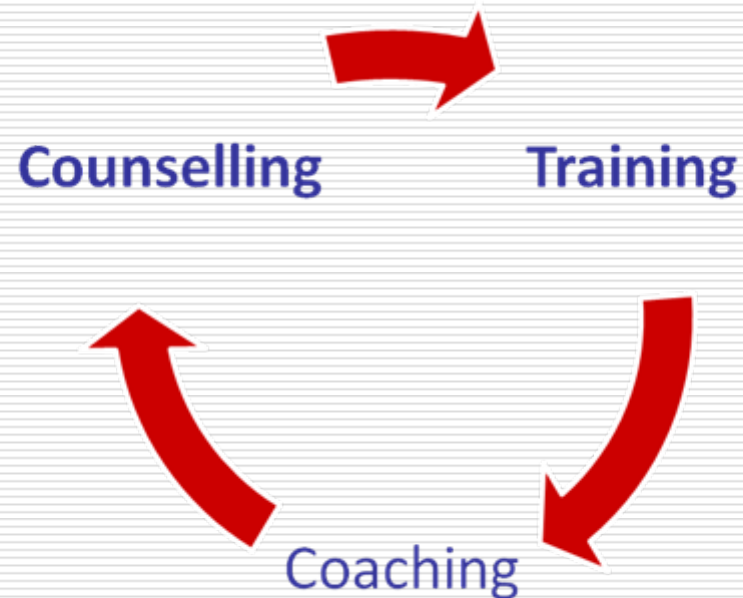
- Understanding the ageing process and its implications
- Diseases and its management
- Communication skills
- Physical care skills
- Behaviour management skills
- Activity planning

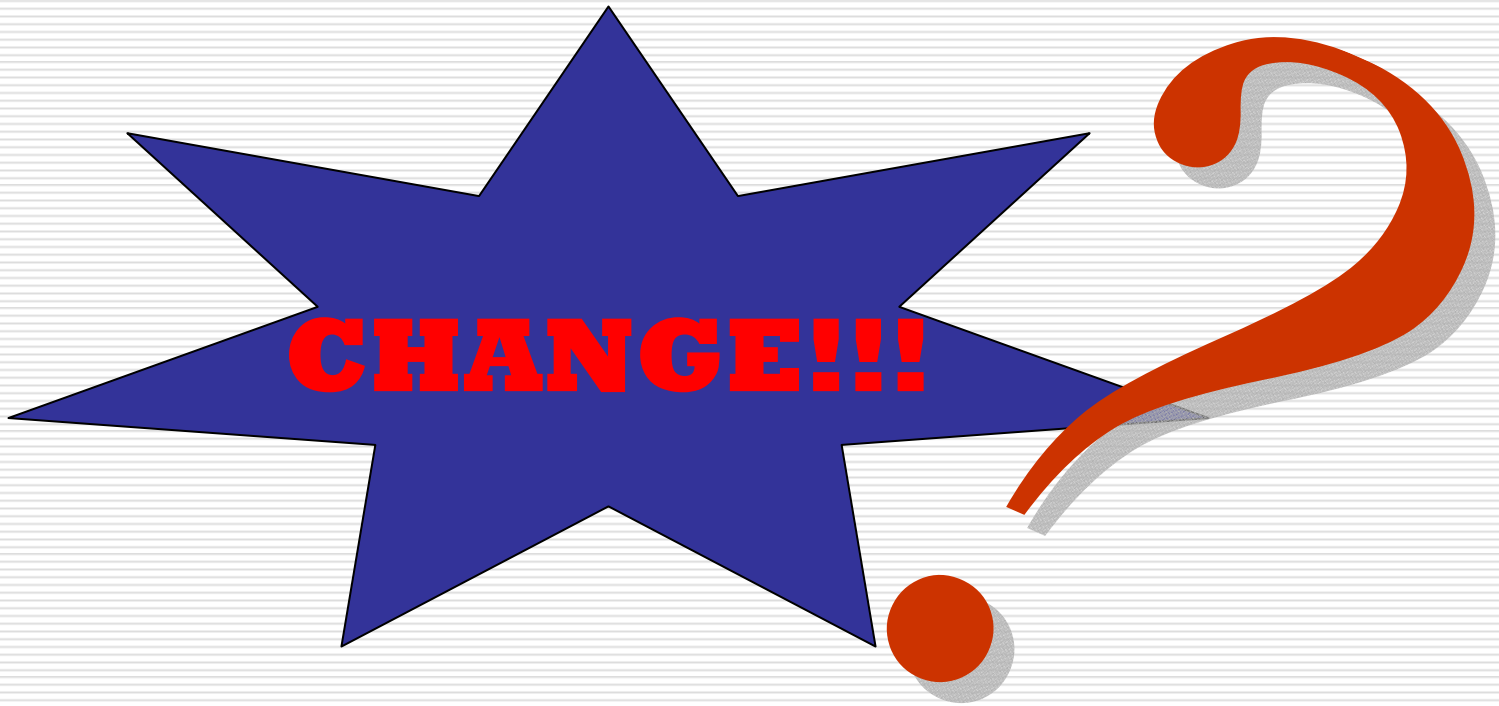
Sustainability of the Care System

- Self care
- Respite services
- Home care services



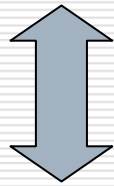
A Possible Model of Care for Caregivers





The Outcome

■ Empowered caregiving



- Self-care
- Awareness
- Knowledge
- Skills/practice
- Motivation





Thank You