

The Stages of Caregiving with Older Adults

Office of Aging Ministry, Archdiocese of Galveston-Houston

<u>Stages of Care</u>	<u>Caregiver Responses</u>	<u>Caregiver Needs</u>	<u>Resource Provider</u>
1. Noticing Change	Concern raised regarding repeated changes in behavior	<ul style="list-style-type: none"> • Understanding the symptoms • Learning how to monitor loved one's well-being 	<ul style="list-style-type: none"> • Alzheimer's Association provides educational outreach, care consultations with families, support groups, early stage programs Phone:1-800-272-3900 https://www.alz.org
2. Making Adjustments	Provides more contact and support for activities of daily living: shopping, paying bills, doing laundry, offering reminders	<ul style="list-style-type: none"> • Making an intervention for the loved one to get proper help • Securing home modifications • Creating balance • Securing advanced directives & legal documents 	<ul style="list-style-type: none"> • Care Connection responds to needs of older adults & connects with a quality service provider Service area: Harris County Phone: 1-855-937-2372 http://www.careconnection.org • Catholic Charities Senior Services support seniors with companionship, health, and welfare monitoring, case management, and social service referrals. Service area: Harris County Phone: 713-0874-6588 • Adult Day Centers: See the United Way Senior Guidance Directory pp.15-19 or Adult Senior Centers pp. 108-114 www.unitedwayhouston.org/news/publications/
3. Shifting Priorities	Caregiving begins to impact one's work and/or personal time/relationship	<ul style="list-style-type: none"> • Education on managing behaviors • Addressing self-care • Seeking financial advice & family/community support 	<ul style="list-style-type: none"> • CarePartners provides assessment & placement of persons with mild to moderate memory loss in congregational "Gathering Place" programs Phone: 713-682-5995 www.CarePartnersTexas.org • Area Agency on Aging assists older adults & families with planning & care coordination <ol style="list-style-type: none"> 1. Harris County AAA: Phone: 832-393-4301 2. Houston-Galveston- AAA (Phone: 1-800-213-8471) <ol style="list-style-type: none"> a. Ft. Bend (Phone: 281-633-0519) b. Waller, Montgomery, 9 other counties (Phone: 936-441-3200)

<p>4. Facing a Shift from Independence to Increasing Dependence</p>	<p>Requires daily care for personal hygiene, meals, transportation, housekeeping resulting in greater stress in self-care & at work/home</p>	<ul style="list-style-type: none"> • Exploring options for full-time support care (debt management counseling) • Managing stress with work and family relationships (securing respite options & family community support) 	<ul style="list-style-type: none"> • Care Connection: assessment of needs and referrals including financial assistance • Personal Assistance In-Home Care or Home Health Care See the United Way Senior Guidance Directory pp.180-183 at www.unitedwayhouston.org/news/publications/ • Area Agency on Aging: planning & care coordination • CarePartners: adult day programs for mild to moderate memory loss; caregiver respite/support groups • Respite Care for Caregivers: See the United Way Senior Guidance Directory pp.27-30 at www.unitedwayhouston.org/news/publications/ • Assisted Living or Skilled Nursing Home options: Texas Health & Human Services Phone: 713-767-2200 or www.facilityquality.dads.state.tx.us
<p>5. Managing End-of-Life</p>	<p>Manages/Coordinates total care: personal, legal, financial; faces grief/loss</p>	<ul style="list-style-type: none"> • Understanding end of life symptoms and finding relational closure with loved one • Managing power of attorney & advanced directives • Getting help with funeral arrangements and emotional care for feelings of grief/loss 	<ul style="list-style-type: none"> • Archdiocesan Office of Pro-Life Activities: directives for end-of-life decisions Phone: 713-741-8728 • Archdiocesan Office of Family Life: pastoral care and support program referrals to parishes to address loss and life transitions Phone: 713-741-8706 • Texas Catholic Conference of Bishops: advance directives documents https://txcatholic.org/medical-advance-directives/ • Care Connection: grief counseling, local hospice care referrals, legal referrals • Archdiocesan Office of Catholic Cemeteries: education on Catholic burial practices, approaches to death and dying, and funeral arrangements Phone: 281-337-1641 or 409-948-1455 https://www.archgh.org/cemeteries
<p>Office of Aging, Archdiocese of Galveston-Houston</p>	<p>Phone: 713-741-8712</p>		
<p>updated 7-2-19</p>	<p>Paradigm adapted and simplified from <i>Caregiver Journey Map</i>, AgingWell Hub</p>	<p>To access information for community resources, call the Texas/United Way Helpline at 211; ask to speak with a Senior Specialist.</p>	