

Powerful Tools for Caregivers (Signature)

Situation

Today, more than one in five Americans (21.3 percent) are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. This totals an estimated 53.0 million adults in the United States, up from the estimated 43.5 million caregivers in 2015 (AARP, 2020). Informal caregiving is considered a chronic stressor, as caregivers consistently report greater stress than non-caregivers (Lyons, J., Cauley, J., Fredman, L., 2015). The body of knowledge on caregiver stress is considerable and, in response to the growing recognition of the tremendous societal costs of caregiver burden, there is urgency to hasten the transition from research on correlates to interventions to alleviate distress (Podgorski, 2018).

AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

Lyons, J., Cauley, J., Fredman, L., *The Effect of Transitions in Caregiving Status and Intensity on Perceived Stress Among 992 Female Caregivers and Noncaregivers*, *The Journals of Gerontology: Series A*, Volume 70, Issue 8, August 2015, Pages 1018–1023, <https://doi-org.er.lib.k-state.edu/10.1093/gerona/glv001>.

Podgorski, Carol. *International Psychogeriatrics*; Cambridge Vol. 30, Iss. 8, (Aug 2018): 1085-1087. DOI:10.1017/S1041610218001035

Public Value

Empowering caregivers to adopt self-care practices that help manage stress, increase communication and tackle tough situations leads to less caregiver burnout and more successful informal caregiving relationships statewide. This ultimately results in a healthier and more successful Kansas population.

Outcomes

Short-Term (Knowledge): Participants will increase knowledge in self-care topics, including stress reduction, effective communication, practicing self-care, reducing guilt/anger/depression, relaxation techniques, making tough decisions, goal setting and problem solving.

Indicators: Class evaluation data, reporting on class action plans.

Medium-Term (Behavior): Participants practice skills learned during PTC class sessions.

Indicators: Participants report lessened stress, greater self-care practices and more effective self-care in post evaluations.

Long-Term (Change in Condition): Reduction of caregiving burden on Kansans; improved reports of caregiver stress and greater utilization of community resources.

Indicators: Increased health and overall wellness of caregiver population in Kansas.

Outputs