

## AgeSense: The Caregiving Journey

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### Introduction

Current newspaper or magazine articles, as well as research, illustrate the increasing significance of caregiving issues, the cost to the country, and the effects on the lives of many families. Former first lady Rosalynn Carter has said there are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Caregiving knows no economic or cultural boundaries. It will affect all of you or your families at some time.

### Lesson Objectives

Participants will:

- recognize caregiver stress in themselves and within their community;
- explore caregiving resources within their community; and
- develop an action plan on what they can do about caregiving stress for themselves or others in their community.

### Intended Audiences

- Adult groups of any age, community groups, family community education groups, and others.

### Preparation and Presentation Tips

- Read through the fact sheet (MF3159) and this leader's guide and have copies of the fact sheet, caregiving quiz, and evaluation for participants.
- Check at your local library for some of the resources listed in the leader's guide. The authors



of this lesson especially recommend *Passages in Caregiving* by Gail Sheehy.

- Make copies of the quiz for each member; this can be used as an introduction to the lesson. You may want to use a poster board for listing the stress



relievers found in the leader's guide. Ask group members to add other ideas to the list.

- Share action plans (page 3) with the group.
- At the end of the lesson, your group may want to purchase *The Caregiver Helpbook* or other caregiving resources for your local library.
- If there are those in your group unfamiliar with Internet resources, consider a tour to the library and have a librarian show you the Alzheimer's or Parkinson's support group websites. Many communities don't have support groups for specific diseases, but support groups can be found online.

## Additional Activities

November is National Family Caregivers Month. Your group could do a community display highlighting caregiver resources in your location. Share news columns or articles with the community. Your group could host a program. The theme changes from year to year. See [www.caregiver.com](http://www.caregiver.com) for more information.

## Resources:

### State agencies

Kansas Department of Aging and Disability — [www.ksadrc.org/Links.html](http://www.ksadrc.org/Links.html). Site has links for Kansas Area Agencies on Aging, Association of Community Mental Health Centers of Kansas, Veteran's Affairs, Kansas Attorney General, assistive technology information, and much more.

Kansas Department of Health and Environment — [www.kdheks.gov](http://www.kdheks.gov). Find public health services across the state on this site.

### Disease specific sites:

Parkinson's Disease — [www.parkinsons.org](http://www.parkinsons.org)

Brain Injury of America — [www.biausa.org](http://www.biausa.org)

Alzheimer's Association — [www.alz.org](http://www.alz.org); 24/7 Helpline 800-272-3900. There are two Kansas chapters, Heart of America in Prairie Village, Kansas, and Central and Western Kansas Chapter in Wichita. Online tools include Alzheimer's Navigator, Caregivers Stress Test, ALS Connected (message board), and e-newsletter.

American Diabetes Association — [www.diabetes.org](http://www.diabetes.org)

Mental Health America — [www.nmha.org](http://www.nmha.org)

### State Universities:

Kansas State Research and Extension's aging website. [www.aging.ksu.edu](http://www.aging.ksu.edu)

## Tools for Releasing Stress

Taking a walk

Being with children

Watching a movie

Writing in a journal

Meditating

Music — playing the piano or singing

Playing with your pet

Get a massage or manicure

Dancing

Laughing

Sewing or crafts

Yoga

Deep breathing for relaxation

Taking leisurely, warm baths

Exercising

Praying

Visualizing a pleasant situation

Reading a book

(From the *Powerful Tools for Caregivers* class script)

Kansas State University Center on Aging — [www.ksu.edu/aging](http://www.ksu.edu/aging)

University of Kansas Gerontology Department — [www.gerontology.ku.edu](http://www.gerontology.ku.edu)

Wichita State University Regional Institute on Aging — [www.wichita.edu/aging](http://www.wichita.edu/aging)

### National Sites:

National Family Caregivers Association, 800/896-3650 — [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

### Books:

*The Caregiver Helpbook: Powerful Tools for Caregivers, Legacy Caregiver Services*. Portland, Oregon; email address to order a copy is at: [www.powerfultoolsforcaregivers.org/](http://www.powerfultoolsforcaregivers.org/)

*Passages in Caregiving*, by Gail Sheehy

*Today's Caregiver* — [www.caregiver.com](http://www.caregiver.com). An online caregiver magazine with optional weekly articles available from the National Alliance for Caregiving.

Caregiver Action Network — [caregiveraction.org](http://caregiveraction.org)

National eXtension's website with research based information on many topics including caregiving — [www.extension.org/family\\_caregiving](http://www.extension.org/family_caregiving)

## Caregiving Quiz

How much do you know about family caregivers today? Take this quiz to learn more about the millions of Americans who are caring for loved ones who are frail, chronically ill or disabled.

1. How many people are currently caring for an elderly or disabled loved one?
  - a. 11 million
  - b. 27 million
  - c. 65 million
2. Who said “There are only four kinds of people in the world: those who have been caregivers; those who are currently caregivers; those who will be caregivers; those who will need caregivers”?
  - a. Rosalynn Carter
  - b. Mother Teresa
  - c. Sandra Day O’Connor
3. Serving as a family caregiver can have a negative impact on a person’s ...
  - a. Health
  - b. Emotional state
  - c. Career
  - d. All of the above
4. What is the term for the adults who are raising children under 18 while providing care for an elderly parent?
  - a. “The Sandwich Generation”
  - b. “Dual Responsibles”
  - c. “Double Duty Carers”
5. Respite care, which provides a temporary break for caregivers...
  - a. Isn’t a good idea because it upsets the routine
  - b. Can be provided in the home
  - c. May be a short-term onsite program at a nursing home
  - d. Both B and C
6. What percentage of family caregivers are women?
  - a. 44
  - b. 66
  - c. 89
  - d. 92
7. The Family and Medical Leave Act of 1993 allows employees of larger companies to take a 12-week leave if they ...
  - a. Experience an illness
  - b. Give birth to or adopt a baby
  - c. Provide care for an ill spouse or parent
  - d. All of the above
8. The annual dollar value of the services provided by family caregivers is estimated to be ...
  - a. \$800 million
  - b. \$25 billion
  - c. \$450 billion
9. The best way to be a good caregiver is ...
  - a. To sacrifice everything for the loved one’s needs
  - b. To be sure the caregiver’s needs are also met
  - c. To graciously turn down offers of help
10. Help for family caregivers is available through ...
  - a. State and federal programs
  - b. Volunteer groups
  - c. Home care agencies
  - d. All of the above

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Answers to “How Much Do You Know About Family Caregivers?” quiz: 1. C; 2. A; 3. D; 4. A; 5. D; 6. B; 7. D; 8. C; 9. B; 10. D  
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<http://www.trinityonlaurens.org/2013/11/12/how-much-do-you-know-about-family-caregivers/>

<b>My Action Plan</b>	
<b>This week I want to ...</b>	
What? _____	
How much? _____	
Time of day? _____	
How many times? _____	
How confident are you? _____	(0 = no confidence; 10 = total confidence)
<b>My Progress</b>	
Did it!	Comments
<input type="checkbox"/> <b>Mon</b> _____	_____
<input type="checkbox"/> <b>Tue</b> _____	_____
<input type="checkbox"/> <b>Wed</b> _____	_____
<input type="checkbox"/> <b>Thu</b> _____	_____
<input type="checkbox"/> <b>Fri</b> _____	_____
<input type="checkbox"/> <b>Sat</b> _____	_____
<input type="checkbox"/> <b>Sun</b> _____	_____

# AgeSense: The Caregiving Journey — Evaluation

ID Number: \_\_\_\_\_ (Agent Use only)

Date of Program: \_\_\_\_\_ Program County: \_\_\_\_\_

Instructor: \_\_\_\_\_

Thank you for your participation. To help improve this program, we would like your responses to the questions below. Your participation is voluntary, and you do not have to respond to any questions you do not want to answer. This information will only be used for program evaluation purposes, and you will not be identified in any way by the information you provide.

1. Because of your participation in this program, did you learn anything new?  Yes  No

a. If yes, what did you learn?

2. Because of your participation in this program, do you plan on taking any action or changing anything in your life?

Yes  No a. If yes, what?

3. Gender:  Female  Male

4. Your Age: \_\_\_\_\_

5. Marital Status ( please check only one):

Married  Single  Single, living with partner  Widowed

Separated or Divorced  Prefer not to respond

6. Do you provide care for someone else?  Yes  No

7. For the following items, please indicate your level of agreement by placing a check in the appropriate box.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
Because of this program, I have more positive feelings about caregiving.					
Because of this program, I understand there are proactive steps that I can take on my caregiving journey.					
Because of this program, I know where to go to find more information on caregiving in my community or via the computer.					
Because of this program, I will ask family members to help with caregiving.					
This program was valuable to me.					

8. Please provide any additional comments you may have.

9. May we contact you later to talk with you about this program?  Yes  No

If yes, please write your contact information (including email) on the back of the evaluation form. Thank you.

Thank you for completing this form. We appreciate your feedback!