

# Healthy Workplace Lunchtime Workshops

**Carleton University**

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## Caring for aging parents



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# Trusted Guidance for Aging Adults and Families

- Senior housing, transition & care navigation specialists
- EAP and workplace consultants

[www.agewellsolutions.ca](http://www.agewellsolutions.ca)

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613.277.6449



**AGEWELL**  
SOLUTIONS

# Today

- Caregiving and eldercare defined
- Caregiving stages and challenges
- Frailty scale and Isolation: invisible risk
- Resources and solutions



**Caregiving** - the act of providing **unpaid assistance** and **support** to family members or acquaintances who have physical, psychological, or developmental needs.

*“Informal caregivers”*

**Eldercare** - a subset of caregiving that **specifically** addresses the needs of **aging persons**.



# Eldercare



# Informal caregivers provide

75%

Medication mgmt.  
Banking  
Transportation  
Meal preparation  
Shopping

Dressing  
Toileting  
Health care research  
Personal Care  
Decision making

Care coordination  
Companionship  
Exercise  
Entertainment

## Costs to informal caregivers:

\*hard costs \$

\*health and freedom

\*depleted assets

\*lost earning potential

**\*stress at work and at home**

# Caring for an aging person can be rewarding



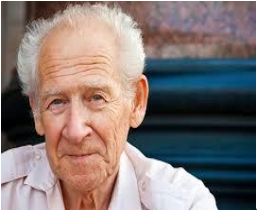
- Biological tendency to care for others
- Giving back makes us feel good
- “Vicarious happiness” at being able to help
- Greater appreciation of life and others
- Strengthens relationships
- Builds resilience

*“Maybe giving back is biological...”*

Prof. William Haley

School of Aging Studies, U of South Florida

# Eldercare is different



**Dependency tends to increase with time**

Independence

Interdependence grows

Crisis management

Dependence

Supportive living

Critical point



## The Five Stages of Caregiving

Dr. Mark Frankel





# Five stages of caregiving

## 1. Independence

Maintain regular contact and inquire about wellbeing and activities;

Create opportunities to spend time together and support intergenerational contact;

Support healthy lifestyles and activity;

Discuss future care wishes and legal documents.



# Five stages of caregiving

## 2. Interdependence

Informal support accepted (**IADLs**): banking, shopping, home maintenance, transportation, bill paying;

Learn about community living or resources to support independent living in the home;

Continue to encourage healthy lifestyles and activity;

Seek clarity on future care wishes and legal documents.



# Five stages of caregiving

## 3. Supportive living

Close monitoring of the wellbeing of your loved one (and any caregivers) becomes critical;

Responsibility and risks of situation need to be fully appreciated;

Engage outside help if able; benefits of relocation should be considered;

Caregiver needs and health must be given priority.



# Five stages of caregiving

## 4. Crisis Management

The responsibility for providing care starts to become overwhelming;

The health and personal care needs of a senior begin to outstrip the family's capacity to help;

Families express feelings of living “crisis to crisis”;

Loved one may / may not be cooperative.



# Five stages of caregiving

## 5. Dependence

Families are forced to admit their limitations in caring directly for an elder member of their family;

Viable scenarios evaluated: sharing or transfer of some care and responsibility to a third party.



# Challenges

**Elderly person's right to choose.**

*Even if it may not seem like the right choice.*

**Communication and building consensus.**

**Knowing where to start.**

**Time, effort, cost** – monitoring, delivering, coordinating, researching.

**Making decisions** you feel confident about.



# Strategies

**Discuss** elder care concerns and preferences in advance.  
Ensure legal documents are in order.

**Familiarize self with signs and symptoms of change.**

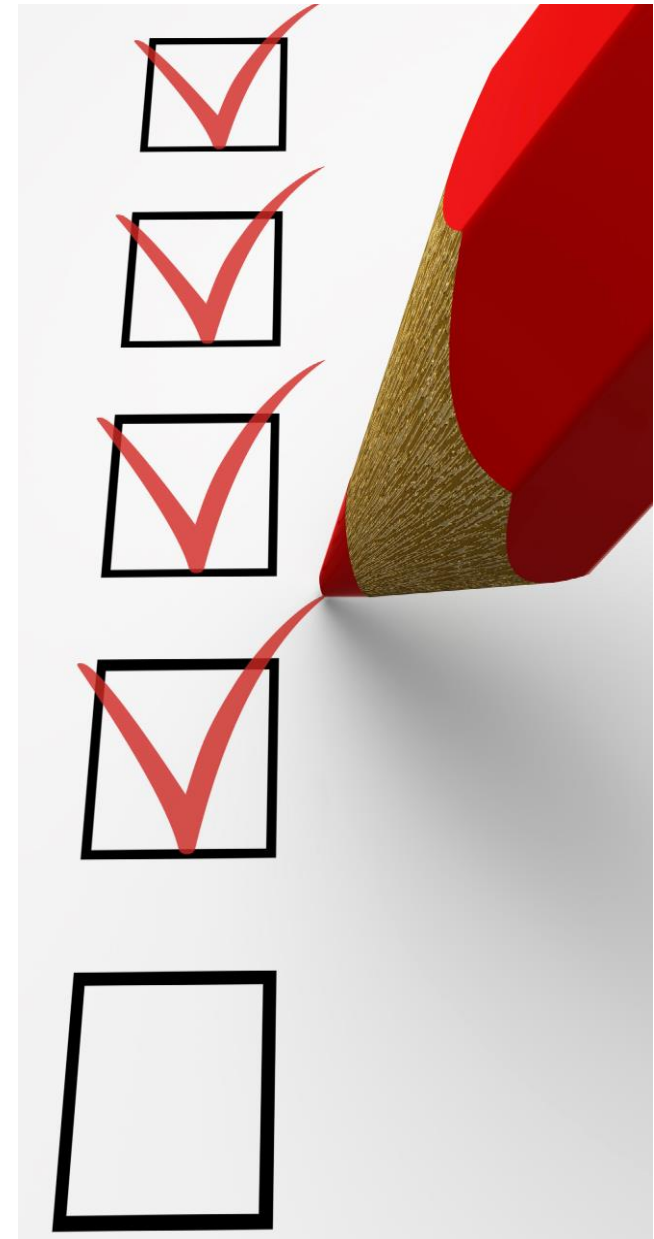
**Increase knowledge of resources.**

Who is out there? What do they offer?

When would I call them? Is there a cost?

**Make a plan:** look forward, then work backwards.

**Embrace a healthy and active lifestyle.**



# Frailty Scale: measure of physical function



**Kenneth Rockwood**  
MD FRCPC, FRCP

- 1 **Very fit** - robust, active, energetic, motivated, exercises regularly
- 2 **Well** - no active disease symptoms, active occasionally (seasonally)
- 3 **Managing well** - medical problems are controlled, no exercise beyond routines
- 4 **Vulnerable** - not dependent on others but symptoms limit activities: <slowing> <tired>
- 5 **Mildly frail** - more evident slowing, help with higher order IADLs, may use assistive devices
- 6 **Moderately frail** - need help with all outside activities, housekeeping, inside stairs difficult, personal hygiene
- 7 **Severely frail** - completely dependent for personal care due to physical or cognitive symptoms
- 8 **Very severely frail** - completely dependent, approaching end of life; could recover from minor illness
- 9 **Terminally ill** - approaching end of life, life expectancy < 6 months.



# Isolation – the invisible risk

Is someone  
you know becoming  
invisible?



Source

[rise-cisa.ca](http://rise-cisa.ca) / [www.helpagecanada.ca](http://www.helpagecanada.ca)

## Risk Factors

- **Personal:** age, partner/not, education, childless
- **Health:** chronic illness, mental health, vision, hearing, dementia, disabilities, mobility, substance abuse
- **Living situation:** stable, caregiver present proximity to support network, access to social network and transportation
- **Changes in...** physical health, mental/emotional health, personal hygiene, personality/routines, home management
- **Barriers:** lack of transportation, loss of driver's license, lack of awareness of services, technology, limited help available

# Resources

CCAC.....613.745.5525 / via Champlain Healthline

[Champlain Healthline](http://champlainhealthline.ca)..... [champlainhealthline.ca](http://champlainhealthline.ca) > a resource database

Regional Geriatric Program .....Geriatric Assessment Outreach Teams  
East: 613.562.6362 / West: 613.721.0041

[Alzheimer Society, Ottawa Renfrew County](http://alzheimerottawa.ca).....[alzheimerottawa.ca](http://alzheimerottawa.ca) / 613.523.4004

NICE: National Initiative for the Care of the Elderly.....[nicenet.ca](http://nicenet.ca)

[Family Physician, Pharmacists](#)

[Community Health Care Centres](#)

[Community / Senior Resource Centres](#).....Olde Forge, Nepeans Seniors Centre, OWCC, EORC

Your EAP Program! Elder Care Consultants.....Age Well Solutions

[Private care services](#).....refer to the Champlain Healthline



# Thank you

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## Other topics

**Aging parents and cognitive change**

**Aging parents and housing**

**Aging parents and isolation**

