



Caregiving Breakout Session:
Understanding and meeting the needs...today and tomorrow.

Facilitator: Karen Knutson, Director of Clinical Services, SeniorBridge

Council on Aging Vision for Caregiving: Supportive services that provide caregivers access to resources, readily available quality assistance and respite to enable them to continue to provide quality care for their older loved ones. Choices would include:

- Easy access to health services meeting the needs of older adults that accept Medicare/Medicaid;
- Adult day care and respite opportunities;
- Choices of specialists in geriatric care;
- Affordable home health care services;
- Support groups;
- Senior registry available that accounts for frail and/or homebound older adults who may need assistance in the event of an emergency.
- Socialization;
- Mental health services.

Current Situation in Charlotte-Mecklenburg: A large number of fee-based home health care agencies are available to provide in-home medical and non-medical aid. Mecklenburg County Department of Social Services (DSS) provides in-home aid for qualified individuals as well as caregiver services. Adult day care programs do exist but additional funding is needed to provide more facilities and programs necessary to meet the increasing needs of caregivers. Support groups are available through community organizations. Mecklenburg County Department of Social Services (DSS) and Western Carolina Alzheimer's Association are offering a pilot program for caregivers, Project CARE (Caregiver Alternatives to Running on Empty). Caregiver support services are also offered through Mecklenburg County DSS.



Annual Conference 2008 Caregiving Breakout Session...Notes

Baby Boomers and Caregiving Issues

The current generation of baby boomers:

- Are more likely to seek and accept help than their parents;
- Will seek quality options for care when the need arises;

- Are aware that health care insurance does not cover long-term care;
- Will not be able to rely solely on their children to be caregivers;
- Will likely overload the current healthcare system;
- Desire to age in place.

New Developments in Caregiving

- There is a need for more training/education for informal and formal caregivers;
- Most people receiving care are suffering from co-morbidities, which means the experience of multiple illnesses at one time. For example, living with dementia and hypertension;
- There are many new developments in drug therapy;
- Many new prescription drug trials testing medication for respiratory disease, diabetes, Alzheimer's and other dementias are ongoing;
- Increased numbers of prescription medications, over-the-counter medicine and herbal supplements will result in the need for Senior Care Pharmacists;
- People are more aware of illnesses, and are becoming more health conscious. This is seen through an increased use of health screenings, over-the-counter medicines, and alternative medicines, such as vitamins and herbal supplements;
- There will likely be an increase of EAP's (Employee Assistance Programs), and care management in corporations. Corporations are beginning to recognize the impact that caregiving issues has on their employees;
- There are more long distance caregivers today and this trend is expected to continue;
- Use of online caregiver support groups is also expected to increase;
- The possibility of paid caregiving may become an issue of the future;
- New developments in technology might include:
 - Medication reminders
 - GPS tracking devices
 - Home security
- Many care models will be adding Care Management to their services
 - A recent study showed that working with a Care Manager decreased caregiving time by 11 hours per week for the family member providing care.

Additional Caregiving Breakout Session Resources:

- To view Karen Knutson's PowerPoint, click [here](#).