

Caring for the Caregiver

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Dr. *Amy*

Four Kinds of People



**Those who have...
BEEN a Caregiver
ARE a Caregiver
will BE a Caregiver
will NEED a Caregiver**



Implications for Your Clients



PRACTICAL



EMOTIONAL



FAMILY



FINANCIAL / LEGAL

Implications for Your Clients



PRACTICAL



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Practical Implications



Personal Care

- Dressing
- Bathing
- Meals
- Exercise



Home Care

- House cleaning
- Grocery shopping
- Yard work
- Maintenance
- Financial management



Medical Care

- In-home support
- Medication management
- Doctor's appointments
- Physio / Occupational Therapy



Emotional Care

- Social support
- Entertainment
- Spiritual support



Other Care

- Legal/insurance matters
- Communications / Patient Advocacy

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Cost of Care



Province	In-home / Community-based Care			Retirement Homes / Residences		Nursing Homes	
	Non-medical Care per hour	Skilled Nursing per hour	Day Program daily rate	Minimum per year	Maximum	Minimum per year	Maximum
AB	\$25 – 30	\$38 – 75	\$8	\$12,000	\$65,000	\$18,100	\$22,100
BC	\$15 – 37	\$35 – 97.50	\$8 – 10	\$13,000	\$70,000	\$11,650	\$37,100
MB	\$18.50 – 28	\$43 – 75	\$8	\$15,000	\$42,000	\$12,400	\$28,900
NB	\$12 – 20.50	\$30 – 71	\$10 – 35	\$9,600	\$54,000	NA	\$41,250
NL	\$17 – 22	\$35 – 70	\$5 – 30	\$20,100	\$50,000	NA	\$33,600
NT	subsidized	subsidized	\$10	NA	NA	NA	\$9,150
NS	\$12 – 26	\$34 – 80	\$5 – 25	\$23,000	\$72,000	\$22,500	\$38,000
NU	subsidized	subsidized	subsidized	NA	NA	subsidized	subsidized
ON	\$13 – 32	\$30 – 100	\$6 – 90	\$14,000	\$132,000	\$20,800	\$29,300
PE	\$17.25 – 23.50	\$30 – 50	\$6	\$7,200	\$63,000	NA	\$28,300
QC	\$3 – 27.50	\$16 – 66	\$6 – 8	\$6,000	\$42,000	\$13,200	\$21,100
SK	\$18 – 34	\$42 – 65	\$8.50	\$16,600	\$60,000	\$12,400	\$24,000
YT	subsidized	subsidized	\$5	NA	NA	\$480	\$12,800

* There is no Canada-wide standardization with respect to either retirement or nursing homes.

DISCLAIMER: These numbers are directional only and should not be used for planning or budgeting.

Source:



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Source:  seniorcareaccess.com
a division of Lifestyle55+Network Inc.

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Emotional Implications



Experiencing a myriad of conflicting emotions is normal

- > Guilt
- > Feeling trapped
- > Grief
- > Anger/resentment
- > Frustration
- > Love, connection, joy

Try not to make assumptions –
every person/family unique



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Family Implications

There are often issues with siblings when caring for an aging parent.

- > Not everyone will feel the same sense of responsibility – or share values
- > Nor will they have the same skillsets and availability
- > People often do more than they need to, they don't think they should have to ask family members for help
- > Managing all of this can be difficult families can be destroyed when caregiving



Your Role as a Professional

- Listen attentively. Which of the 4 implications need to be addressed now, soon, later?
- Empathy first! Goal: I see, hear, and understand you
- Normalize all emotions and emphasize they are often complicated and conflicting
- Suggest skill development to prevent some difficult emotions, especially with persons with dementia and high acuity physical care.
- Provide guidance about where to get info/support for difficult emotions
 - Friends, support groups, professional support



Your Role as a Professional

- Provide tips for working more effectively with family members
 - > Encourage framing of “primary caregiver in a caregiving family”
 - > Provide tips on communication with older adult **
 - > Stress early and ongoing communication and realistic expectations **
 - > Encourage caregivers to ask for help in effective ways: concrete and time-limited





“It’s not what you say, but how you say it.”

- **Respect the older adult. Treat them as competent adults, not difficult teenagers**
- **Teach caregivers to convey empathy first, solutions second**
 - > **Acknowledge losses and allow for grieving**
 - > **Examples: driving, housing**

Family

- Talk early and often
- Be realistic and consider
 - > Geography
 - > Life stage
 - > Personalities and abilities
 - > Relationships
 - > Financial resources
- Get professional guidance, if needed





**Thank
You**

