

17. Caregiver Burden

Tasks	Resources
Transfer - Do you provide this assistance? (for all categories; if yes, ask following follow up questions) - Are you aware of the potential risks? (explain) - Are you aware of the supports and services available? (explain)	- Hoyer - Seat lifts - Grab bars - Powered recliner - Chair/stair lifts
Dressing, bathing, grooming Meal preparation/presentation	- AT aids in general - Long handle brush - Shower bench - Non-slip mats - Low tech: towels - Meals delivered - Meal Train - Faith or civic based - Congregate meals
Transportation	- Swivel seat - Handy bar - Public transportation - Paratransit - Faith-based / civic group / ride share
Healthcare management - Doctor's appointments - Daily tasks (routine)	- Calendars - Reminder Rosie - AT solutions
Medication management	- Reminder Rosie - Pill box - Magnifier - Alarms
Household chores	- Homemaker services - Roomba - Long handled cleaning tools - Swiffer - Maid services
Financial management	- Apps - Software - Automatic payments - Designated rep (Hands-Off Family Member, etc.)
Support	- Options counseling - Ombudsman (for CR in nursing home) - HFR – NH/ACS concerns
Care for Self / Social for Self	- Caregiver support groups - Respite care
Socialization, if able, for CR	- ADH - Senior center - Congregate meals

Issues:

- Attention to place
- Depression
- Guilt
- Potential abuse
- Sense of isolation
- Overwhelmed
- Lack of physical ability, but still have to do
- No payment typically, so financial burden
- Lack of training – danger to CR
- Awareness of support systems and community resources
- Respect
- Neglect of self
- Intent to place CR
- Quality of life
- Resentment
- Gradual involvement
- Anxiety
- Respite care
- Role reversal

Things to ponder:

- What they are doing
- What needs to be done
- Awareness of support and resources
- Awareness
- Information and referral
- Options counseling
- Danger to own health and safety