Caregiver Connections
An Educational Webinar Series With The Experts

The presentation will begin shortly.
Thank you for your patience!

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919-660-7510
Stories from the Trenches

Practical Advice for Those Caring for Aging Loved Ones

Liisa Ogburn
WRAL Aging Well
Aging Advisors NC
How to recognize the moods of an Irish setter
Build an inner sanctuary
Determine what kind of ending you want.
Building Your Team

- Healthcare Providers
- Mobile providers
- Home caregivers
- Family
- Healthcare Power of Attorney

Special considerations for Elder orphans
Making the Most of Doctor Visits

• What background information would help your doctor make the best use of his/her time?
• Who should go with you to the appointment?
• What questions do you want answered before you leave?
• Any paperwork filled out (handicap placard app., FL2, medical orders for PT/OT, durable medical equipment, palliative care, etc.)
Navigating the Hospital

- Create your one-pager (meds, primary conditions, health insur. #)
- Hospital preference
- Better times of day to go
- Who will go with you?
- What to take with you
- Short medical history/timeline of symptoms, if not in the system
- Kindness to staff goes a long way
Is this a bump in the road or is this ‘the road?’
Three Patterns of Decline

The Dive

The Rollercoaster

The Fade
Discharge Home or Facility?

- Medical needs?
- Available family members?
- Equipment?
- Private home care aides?
- Picking a temporary or permanent facility.
Palliative care and hospice

• Palliative care – support significant chronic conditions (RN visit every 4-6 weeks)

• Hospice care – support for last 6 months of life (RN home visit as often as needed, medical equipment, 24/7 phone line, social worker, chaplain, certified nurse assistant 2x/week for bathing)
Tools for home
Support for caregivers

- Burnout
- Physical health
- Mental health
- Extended family
- Hiring help
- Support groups
- Virtual therapist

- If the caregiver goes down, the whole ship goes down
Although the world is full of suffering, it is also full of the overcoming of it.

- Helen Keller
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Thank you for joining us today!

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