

Winning Strategies for Family Caregiving: Lessons from Family Game Night

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Certified Senior Advisors (CSAs) have supplemented their individual professional licenses,
credentials and education with knowledge about aging and working with seniors.

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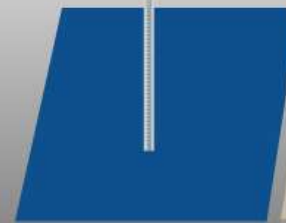
The Goal of the Family Caregiving Game
is to finish with the best quality of life possible
and with family relationships and resources intact



Play nice
on the
Playground



Avoid
Family
Demons



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Playing the Game



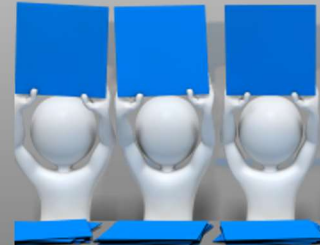
Choose
Your Team



Develop the
Game Plan



Keeping
Track



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WINNING STRATEGIES FOR FAMILY CAREGIVING

1

Choosing your Team

There is no “should” when building the team

- Select a Team Manager to coordinate the team activities
- Choose Team Members based on their talents, capabilities, availability, and motivation
- Add Professionals and Advisors, as needed



Choosing Your Team

Team Member Worksheet

YOU & Your Closest Family & Friends

- _____
- _____
- _____
- _____
- _____

WHO IS ON YOUR CARE TEAM?



Medical Team Members

- _____
- _____
- _____
- _____
- _____

Non Medical Professionals

- _____



2

Develop Your Game Plan

- ✚ Complete a needs assessment
- ✚ Determine how responsibilities will be divided or shared
- ✚ Align on a communication plan including who, when, what & how
- ✚ Assess and develop a care plan
- ✚ Re-evaluate your care plan regularly as needs change



Develop Your Game Plan

Needs Assessment

Activities of Daily Living (ADL)

- Bathing
- Dressing
- Feeding
- Grooming
- Mobility / Stairs
- Transfer
- Toilet Use
- Continence (Bladder/Bowel)

Independent Activities of Daily Living (IADL)

- Telephone
- Shopping
- Food Preparation
- Housekeeping
- Laundry
- Transportation
- Medications
- Finances

CARE PLAN FOR _____

AREA NEEDING ATTENTION	GOAL	ACTION ITEM/OUTCOME	ASSIGNED TO & STATUS

WINNING STRATEGIES FOR FAMILY CAREGIVING



KEEPING TRACK

- ✚ Monitor and balance the individual impacts of caregiving (effort and hours)
- ✚ Keep track of the economic impact of caregiving
- ✚ Create agreements to balance economic impacts, as needed
- ✚ Reward and recognize the caregivers for their efforts

Agree on metrics to track

- ✚ Out of pocket expenses
- ✚ Time by category
- ✚ Personal care
- ✚ Finances
- ✚ Medical
- ✚ Shopping/errands
- ✚ Administrative
- ✚ Companionship
- ✚ Travel
- ✚ Maintenance
- ✚ Typical routine
- ✚ Hours involved
- ✚ Time away
- ✚ Shared relationship time

Agree on those benefits awarded to Caregivers

- ✚ Houseing?
- ✚ Utilities?
- ✚ Monthly stipend
- ✚ Hourly rate?
- ✚ Use of . . . ?



The Caregiving Games We Play

The Harsh Reality

- ✚ Blind Mans Bluff
- ✚ Would You Rather
- ✚ Taboo
- ✚ Jeopardy

Talking it Though

- ✚ Charades
- ✚ Telephone
- ✚ Scavenger Hunt
- ✚ Solitary

Family Dynamics

- ✚ Trouble
- ✚ Family Feud
- ✚ Tug of War
- ✚ Hide and Seek

WINNING STRATEGIES FOR FAMILY CAREGIVING

Blind Man Bluff – If I don't know about it, it can't hurt me.

- ✚ Recognize and ask for Help!
- ✚ Sometimes the closer you are, the harder it is to see.
- ✚ Examine your justifications and excuses

Would you rather - Sometimes you will not like the choices you have to make.

- ✚ Evaluate your values and preferences for care
- ✚ Research Options
- ✚ Create plans and back-up plans

Taboo – It is important to talk about the difficult topics!

- ✚ It is a mistake to assume that people don't want to talk about these issues
- ✚ Leverage tools and resources to ease into difficult topics and conversations
- ✚ Honesty is critical for successful caregiving with those who are not burdened with cognitive decline

Jeopardy – Avoid the trap of Expectation Bias.

- ✚ We plan for what we expect to happen
- ✚ Life has a way of thought the unexpected at us
- ✚ Develop a plan and an alternate plan

Charades – Clear and Effective Communication

- ✚ Candid and honest
- ✚ Clear and Complete

QUALITY OF LIFE

WINNING STRATEGIES FOR FAMILY CAREGIVING

- + Confirm understanding with reflective Understanding
- + Check-in and update frequently

Telephone – Implement Winning Communication Strategies

- + Listen to understand
- + Assume positive intent
- + Know when it is important to be right (and when it is not)
- + Avoid anger, fear and blame

Scavenger Hunt – Avoid urgent searches for information and documents

- + Gather and organize information and documents
 - Personal
 - Household
 - Medical
 - Legal
 - Financial

Solitaire – Don't try to do it all alone!

- + Include the care recipient
- + Build a support network
- + Family
- + Friends
- + Neighbors
- + Professionals
- + Service Organizations
- + Health professionals
- + Share responsibilities
- + Recognize signs of Caregiver Burnout

QUALITY OF LIFE

Trouble – Added stress and responsibilities can impact family relationships

- + Even the strongest relationships can be tested by caregiver responsibilities

WINNING STRATEGIES FOR FAMILY CAREGIVING

- ✚ Maintain open and honest communication
- ✚ Assume positive Intent
- ✚ Seek help if you need it

Family Feud – You may need help to solve some family disagreements

- ✚ Seek assistants to resolve challenging disputes
- ✚ Industry professionals
- ✚ Counselors
- ✚ Mediators
- ✚ Lawyers

Tug of War – Prioritize the best interest of the care recipient!

- ✚ Never withhold access unless a safety issue
- ✚ Avoid presenting impossible choices
- ✚ Give and take with the care recipient at the heart of all decisions

Hide and Seek – Family contribution are often not equal

- ✚ OUT OF SIGHT – OUT OF MIND
- ✚ Distance and circumstances make it difficult for everyone to participate
- ✚ Accept that not everyone may be willing to help
- ✚ Focus on individual strengths
- ✚ Assign administrative support tasks to those who can and will help

QUALITY OF LIFE

Finishing the Game

Needs
Are
Met



Relationships
Are
Maintained



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