

Caregiving: Oh So Rewarding And Oh, So Stressful!



Hortensia Rossman-Guerrero



“There are only four kinds of people in the world— those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

**~ Rosalyn Carter, Former First Lady and Founder ,
Rosalyn Carter Institute for Caregivers**

Take Care of You!

“If you are a spouse or partner, you are 63% more likely to die within four years, than a non-caregiving spouse/partner, unless you get adequate caregiving support.”

My Story of Caregiving Descent

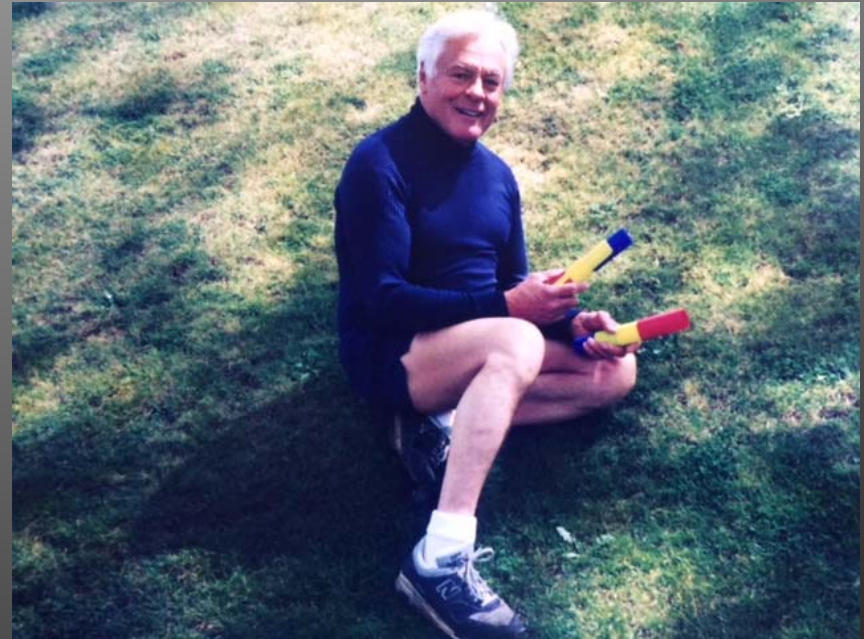


Casa Latina Caregiving Training



Life is to be gulped, not sipped

~ Hans Kristian Nielsen



The Capacity to Care and Receive Care

*I feel the capacity to care
is the thing
which gives life
its deepest significance*

~ Pablo Casals

Take Care of Yourself

- Get caregiver help (King County Caregiver Support Network)
- Develop a support system
- Meditation, Mindfulness
- Exercise—bicycling anyone?
- Find ways to bring more joy into your life





REVISED AND EXPANDED

TAKING CARE OF AGING FAMILY MEMBERS

A
Practical Guide

WENDY LUSTBADER
NANCY R. HOOYMAN

What can the City of Seattle do to expand their role in serving caregivers?

- Cast a broad net of awareness about the needs of caregivers
- Advocate for more funding from the State of Washington for caregiver assessment and planning (TCARE), for counseling and support services for caregivers

What can the City of Seattle do to expand their role in serving caregivers?

- Create strategies to increase the pool of respite providers who temporarily relieve caregivers of their responsibilities in order to support caregivers' health and quality of life.
- Develop new City programs to reduce social isolation for both caregivers and care, which could be offered through Parks, Human Services, and City-funded senior centers.

What can the City of Seattle do to expand their role in serving caregivers?

- Increase focus on older adults, individuals with disabilities, and those who care for them in existing City of Seattle neighborhood programs such as:
 - Block Watch (Police Department)
 - Neighbor Appreciation Day (Department of Neighborhoods)
 - Night Out Against Crime (Police Department)
 - SNAP—Seattle Neighborhoods Actively Prepare (Office of Emergency Management)
 - Neighborhood Matching Fund projects

Collaboration

- Increase collaboration with private enterprise, businesses and non-profit organizations to better serve caregivers and care receivers.
- Advocate for Universal Design, ensuring that more homes and buildings are designed well for all ages and all abilities, all the time.

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The State of Washington



Proclamation

WHEREAS, during the month of November, Washington State honors unpaid family and kinship caregivers for providing countless hours of assistance to loved ones, friends, and neighbors with chronic illness, disabilities, or other special needs; and

WHEREAS, approximately 830,000 family caregivers in Washington State are the backbone of our long-term services and supports system, and are estimated to provide nearly 770,000,000 hours and \$11 billion annually in unpaid essential services; and

WHEREAS, Washington State is recognized nationally for its unique approach to providing services to support family caregivers and is ranked by the American Association of Retired Persons (AARP) as first in the nation for long-term care services and supports, including programs carried out by Washington's Department of Social and Health Services' Aging and Long-Term Support Administration and thirteen Area Agencies on Aging; and

WHEREAS, Washington is currently able to provide support to a small portion of unpaid family caregivers through the state's Family Caregiver Support Program, which encourages these heroes to utilize respite and other self-care strategies to provide exceptional care to loved ones; and

WHEREAS, Washington's new, innovative Medicaid Demonstration programs, Medicaid Alternative Care, and Tailored Support for Older Adults will expand the reach of supports and services for Washington's unpaid family caregivers and older adults without a caregiver; and

WHEREAS, hundreds of thousands of family members across the state are caring for a person with memory loss or dementia, and the *Washington State Plan to Address Alzheimer's Disease and Other Dementias* recognizes the impact of providing such care and is calling on public and private partners to work collectively to improve services and supports for this growing area of need; and

WHEREAS, the theme for this year's observance is "Caregiving Around the Clock," acknowledging that caregiving can be a rewarding experience but is one that requires significant sacrifices and can cause burdens and stress for the caregiver, making it imperative that caregivers recognize that they must take care of themselves before they can effectively care for someone else;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim November 2017 as

Family Caregiver Month

in Washington, and I encourage all people in our state to join me in this special observance.



Signed this 20th day of October, 2017

Governor Jay Inslee

The Greatest Generation



*Como te ves, me vi.
Como me ves, te verás*

*As you see yourself
now, so I saw
myself.*

*As you see me now,
so you will see
yourself.*

(Spanish Proverb)



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