



# Counselling and Training Caregivers of Elderly

## For MO





# CARE GIVERS - THE PILLARS OF COMPREHENSIVE GERIATRIC CARE

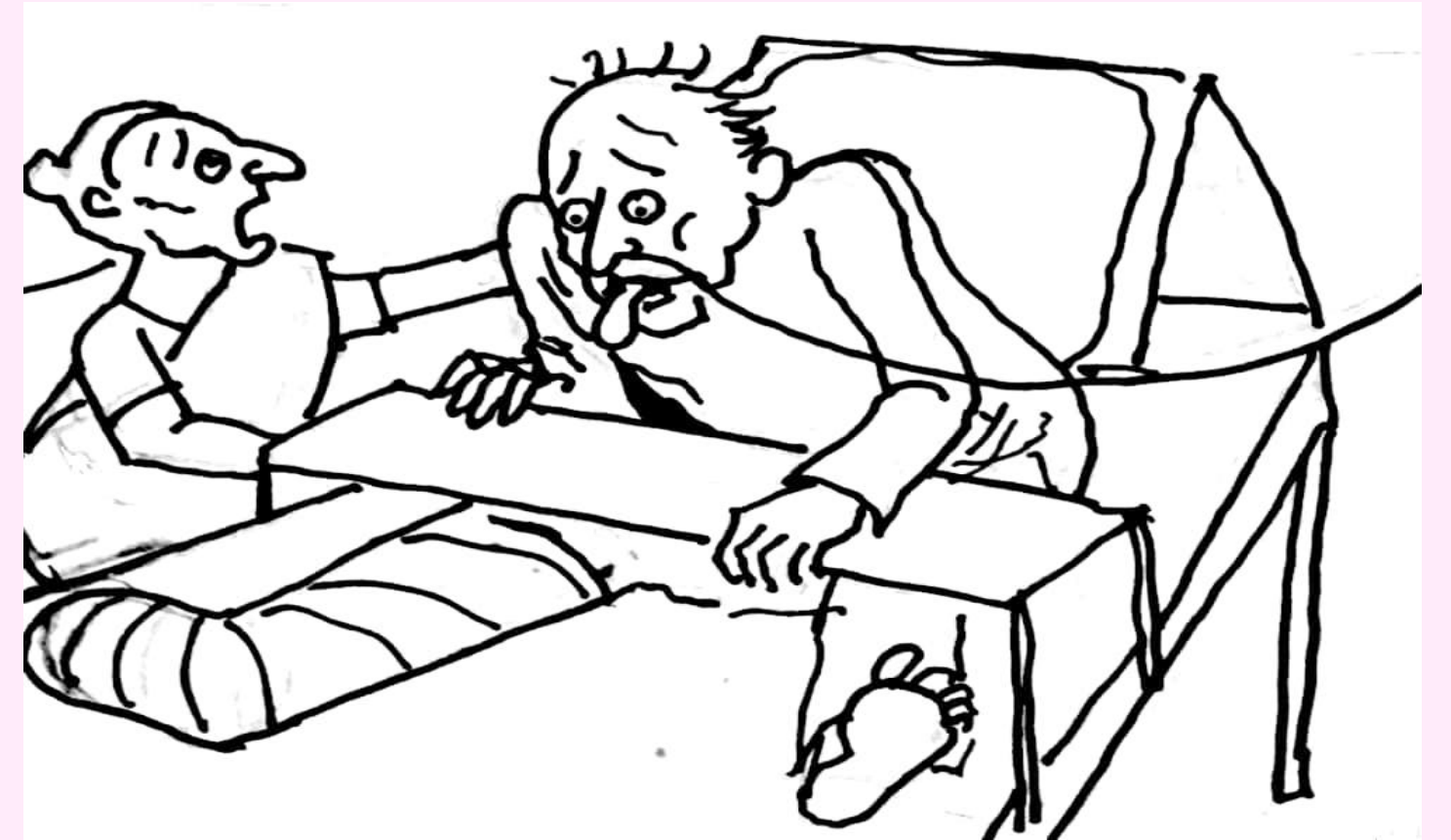


# THE ELDERLY MAY BE

Fit and independent



Unfit and dependent





## The elderly may have:

- A spouse
- No spouse
- Children
- No children (including migration, not getting along, married daughters only)
- Other care givers
- No other care givers





## Money is vital:

- For medical care, nutritious food & comforts
- For hiring caregivers



Financially well off



Poor



# NATURE AND ATTITUDE OF ELDERLY

- Contented/ Discontented
- Few expectations/ demanding
- High maintenance type
- Exacting
- Non adjusting



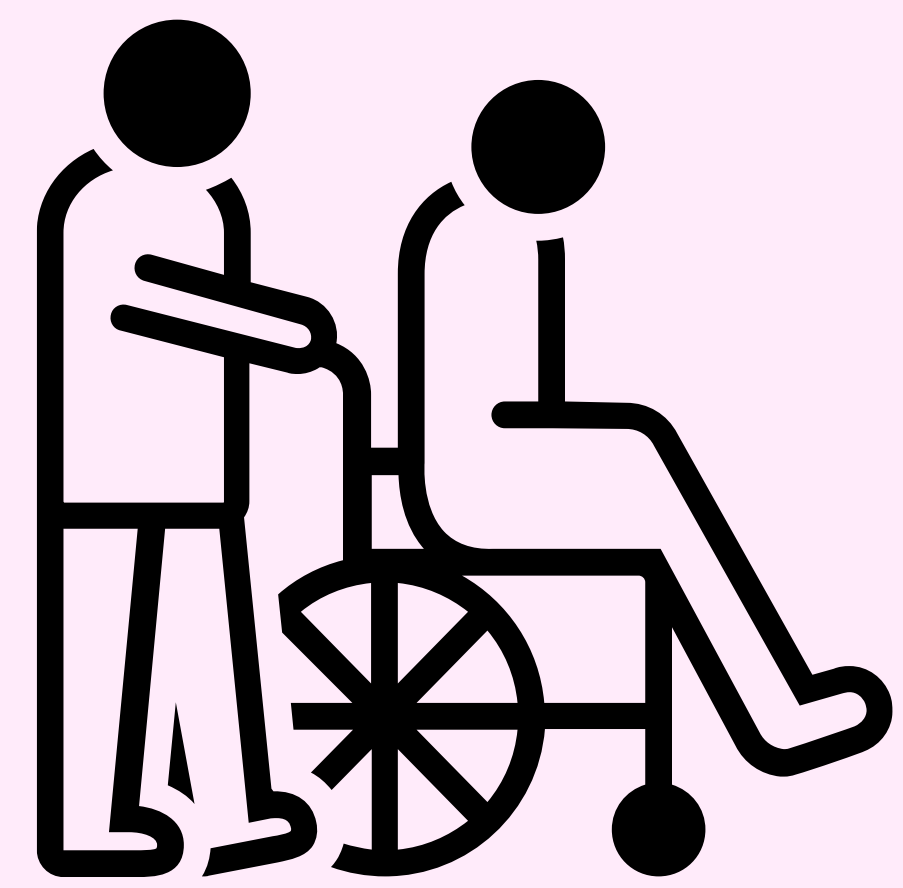
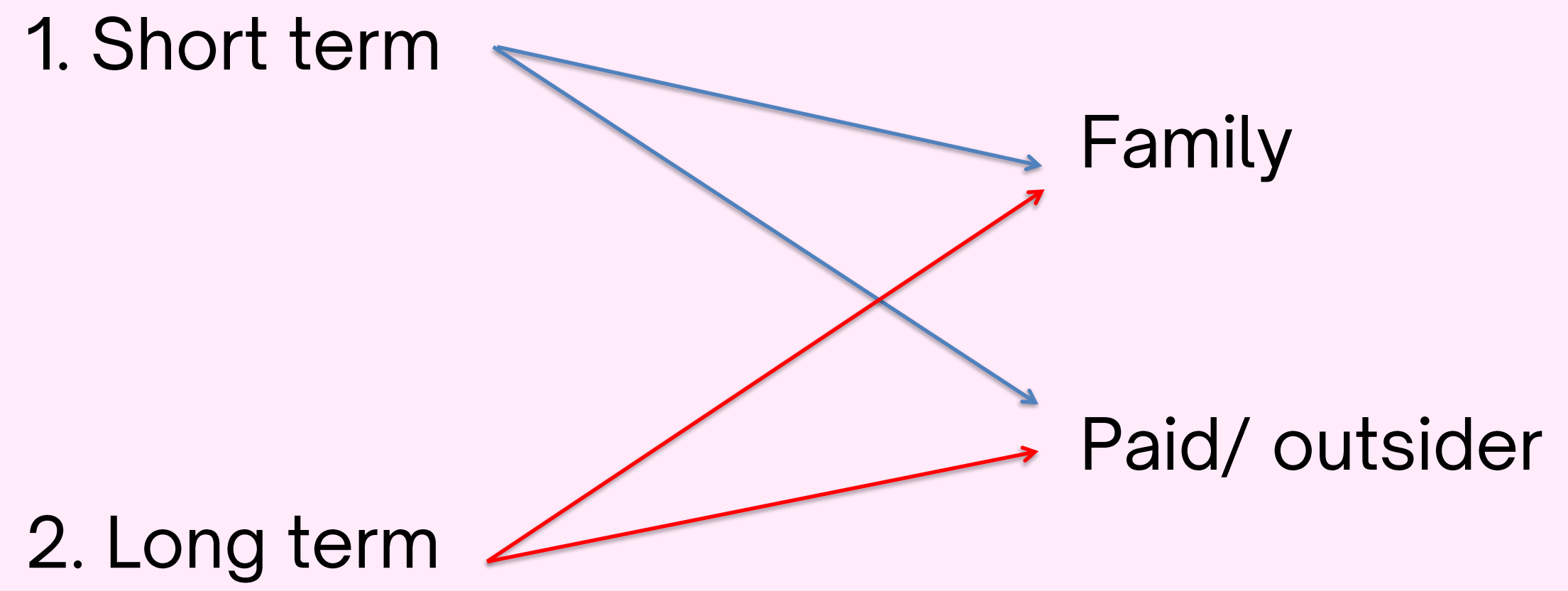
# ISSUES RELATED TO THE ELDERLY

- Abusive
- Uncooperative
- Manipulative
- Violent
- Depressed/Psychotic
- Demented
- Physically difficult to manage
- Financial problems
- Addiction



# CAREGIVERS

A dynamic relationship-





# CAREGIVERS' ROLE

- Basic ADL (Activities of daily living)
- Instrumental ADL
- Food, clothes, shelter
- Accompanying to hospital/social
- Physiotherapy, tube feeding, catheter, back care
- Medicines
- Finance
- Emotional & recreational support



# WHEN ARE CARE GIVERS NEEDED ?

- Immobility due to stroke, fracture femur
- Balance and gait problems
- Vision impairment



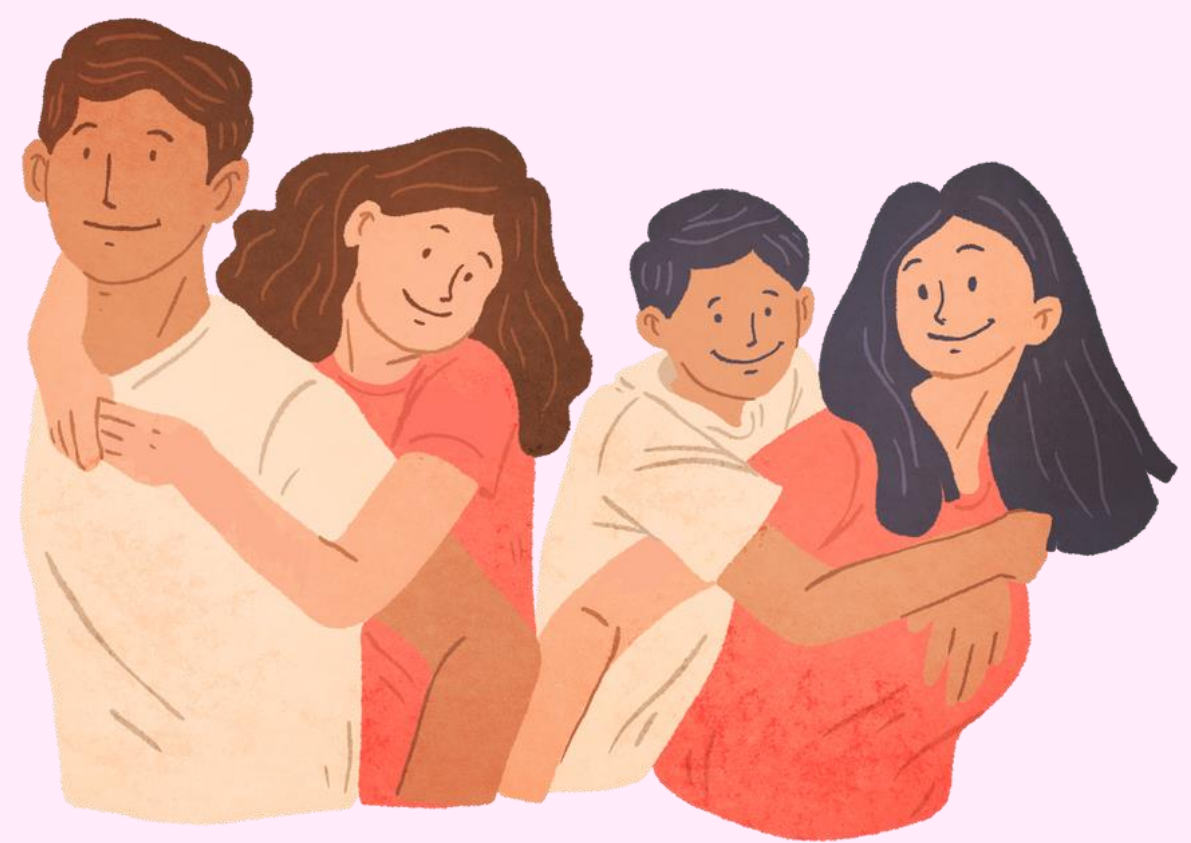


# MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZENS ACT, 2007



Family- joint

Nuclear- small (all out of the house)



# CHANGES IN RECENT YEARS

- Sibling issues
- By default, looking after parents/grandparents is the duty of their children
- Traditions, values, priorities, attitudes have changed
- Migration for education/job
- More women are working



# CHARACTERISTICS OF CAREGIVER

- Nature, attitude, sense of responsibility, values, personal life
- Care giving being forced or imposed
- Previous bad relationship with patient
- Time required to be spent on the elder
- How much restriction of activities?
- Social isolation
- May be ill/addict/depressed

# ISSUES RELATED TO CAREGIVERS

- Poverty
  - Transport to hospital
  - Medicines
  - Investigations
  - Nutritious food
  - Comfortable living conditions
- Other priorities (small children, loans)
- We go all out for our kids, but neglect those who brought us up





- Caregiver stress/ Burnout

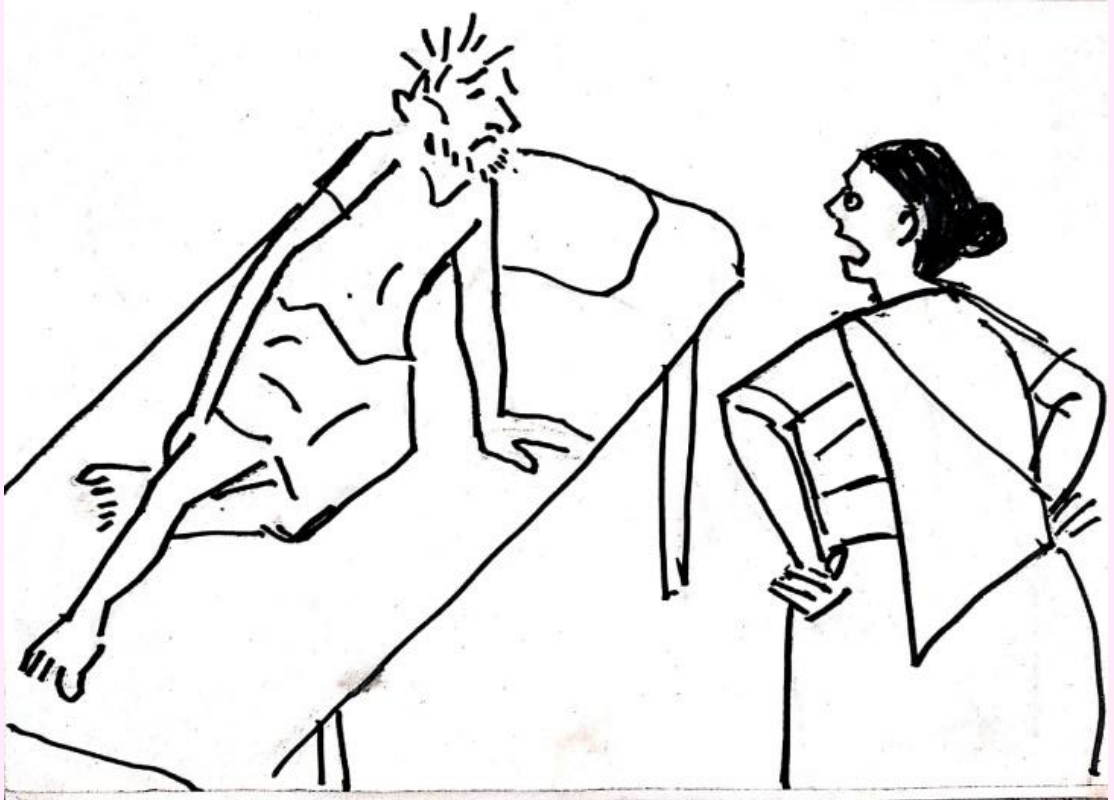
- May lead to abuse, neglect or abandonment of the elder.

- Depression

- Anger, irritability

- Lack of sleep

- Financial problems



# ABUSE BY CARE GIVERS

- Verbal
- Physical
- Neglect
- Abandonment
- Financial







# SUPPORTING THE CARE GIVER

- Involving family, others – for sharing the load
- Financial assistance including govt. schemes, hospital, NGOs
- Do not blame, shout, over demand
- Training, counseling caregiver
- Encouraging, motivating, appreciating efforts.
- Incentive, respite, meditation, yoga
- Time management, music, social media, Internet, hobbies





# CONTINUOUS PROCESS

- Inform
- Inspire
- Educate
- Encourage
- Motivate
- Train



# COUNSELING THE IS KEY - ONE TO ONE



# COUNSELING IS THE KEY - GROUP





# COUNSELING IS THE KEY - MOTIVATE



# COUNSELING IS THE KEY - APPRECIATE



# ABUSE BY CARE GIVERS

- Wellness
  - Well-Being
  - Welfare
- } of geriatric group depends on caregivers





# Thank You

