

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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WINNING STRATEGIES FOR FAMILY CAREGIVING

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



Build Bridges Not Walls



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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

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

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

The Caregiving Games We Play

THE CATEGORIES

Harsh Reality	Talk the Talk	Family Dynamics	Health Matters	Money Matters	Taking Care
Taboo	Scavenger Hunt	Trouble	Dominos	I Dissent	Twister
Jeopardy	Solitaire	Tug of War	Twenty Questions	Life	Trivial Pursuit

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THE GAMES

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 through the unexpected at us
- ✚ Develop a plan and an alternate plan

Scavenger Hunt – Avoid urgent searches for information and documents

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

WINNING STRATEGIES FOR FAMILY CAREGIVING

WINNING STRATEGIES FOR FAMILY CAREGIVING	
	<p>Solitaire – Don't try to do it all alone!</p> <ul style="list-style-type: none">✚ Include the care recipient✚ Build a support network✚ Family✚ Friends✚ Neighbors✚ Professionals✚ Service Organizations✚ Health professionals✚ Share responsibilities✚ Recognize signs of Caregiver Burnout
<p>Trouble – Added stress and responsibilities can impact family relationships</p> <ul style="list-style-type: none">✚ Even the strongest relationships can be tested by caregiver responsibilities✚ Maintain open and honest communication✚ Assume positive Intent✚ Seek help if you need it	
	<p>Tug of War – Prioritize the best interest of the care recipient!</p> <ul style="list-style-type: none">✚ Never withhold access unless a safety issue✚ Avoid presenting impossible choices✚ Give and take with the care recipient at the heart of all decisions

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THE GAMES

Dominos – Many health care issues will lead to another . . . and another

- ✚ Advanced health issues can impact multiple systems and organs
- ✚ Medications can have side effects creating new problems
- ✚ Recovery from even minor issues may be challenged



Life – Understand the assets and resources available to help pay for care

- ✚ Take inventory of all assets: bank accounts, investments, properties, and insurance policies
- ✚ Consider alternatives to liquidate assets to pay for care (life settlement, reverse mortgage, etc)
- ✚ Proactively consult with your attorney, tax professionals, and financial advisors
- ✚ Ensure that current financial power of attorney documents are on record

Twister – Caregivers often defer caring for their own health and well-being

- ✚ Monitor the health and well-being of family caregivers
- ✚ Ensure that caregivers are attending to their own medical and preventive care needs
- ✚ Arrange for respite and self-care

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THE GAMES



Trivial Pursuit – Use your network of knowledgeable friends and trusted professionals to find information and answers

- ✚ Understand you may not have all of the information and answers you need
- ✚ Access community resources for assistance
- ✚ Engage with trusted advisors, consultants, and other professionals

Enter into the chat window the title of one Family Game shared today that you will use to transform your approach to caregiving



Finishing the Game

Needs
Are
Met



Relationships
Are
Maintained



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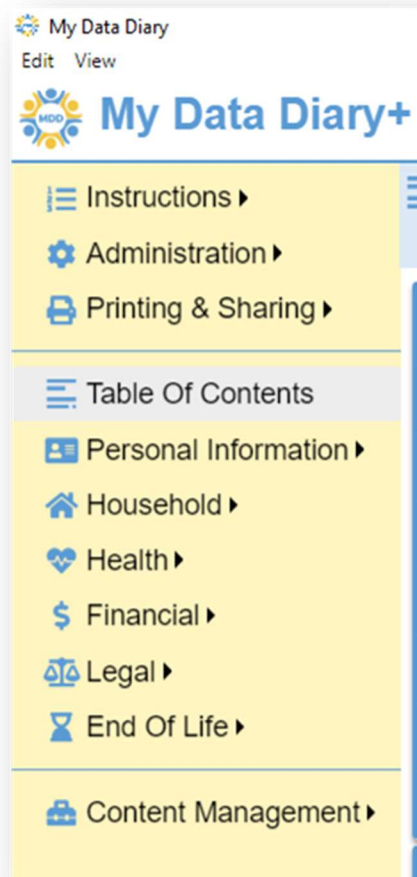
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