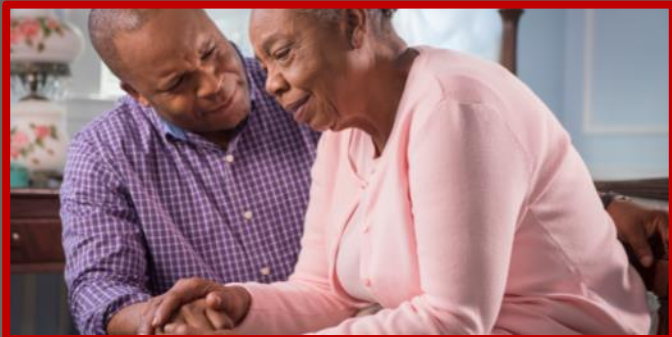


Prepare to Care

Creating a Plan



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Real Possibilities

Disclaimer

This session is intended to be informational and educational and DOES NOT constitute medical advice, diagnosis or treatment.

You should always seek the advice of a physician or other qualified health care provider for diagnosis and treatment of your specific medical needs, for questions regarding personal health or medical conditions, and before beginning or changing any treatment, activity, program or dietary plan.

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Information for this presentation comes from the AARP booklet “Prepare To Care” and the AARP Caregiving Resource Center.

Facts about Caregiving

- The average family caregiver is a 49-year-old woman, who works 30 hours a week and provides almost 25 hours of care per week
- 75% of people who identify themselves as caregivers are women
- Men are identifying more as c.g.'ers, but the # hours are different
- 24% of Americans aged 18 to 34, say they are family caregivers.
- The average recipient is a 70 year old male.

In this session we will talk about:

- **Why we need a care plan**
- **The 5 Steps to create a plan**
- **Quality of life While caregiving**
- **Resources available to you**
- **Q & A**

5 Steps to Creating a Plan

- 1 Start the Conversation
- 2 Form Your Team
- 3 Make a Plan
- 4 Find Support
- 5 Care for Yourself

STEP ONE

Start the Conversation







To Start the Conversation:

- 1 Look for an opening
- 2 Respect your loved one's wishes
- 3 Listen carefully - Understand your loved one's priorities

Start the Conversation

Review finances:

-  Bank accounts
-  Investments
-  Insurance coverage
-  Other finances, assets or income

Start the Conversation

Counter Resistance

“I just don’t want to talk about it.”



STEP TWO

Form Your Team



Tips to Form Your Team

Look for team members who:

- Live nearby
- Can help with simple tasks
- Will share their talents

Tips to Form Your Team

Building & supporting your team:

- Determine the number of team members
- Assign roles & responsibilities
- Focus on the care recipient

STEP THREE

Make a Plan



Tips to Make a Plan

Hold a team meeting:

- Meet with your caregiving team
- Assess the goals & needs of your plan
- Delegate responsibilities - who will do what?

Tips to Make a Plan

For the team meeting:

- Include the person who will receive the care
- Keep everyone informed of the plan
- Take notes

STEP FOUR

Find Support



Tips to Find Support




Types of support:

- Community resources
- Professional help



Tips to Find Support

More support ideas:

-  Hire help
-  Secure their safety
-  Explore housing options

Care for Yourself



Share Your Tips

What has worked
for you to care for
yourself?



Quality of Life Issues

- Issues caused by the Corona Virus Pandemic:
Isolation, loneliness, distancing, quarantine
- Personal Protective Equipment (PPEs)
- Difficulty with technology

Resources

Caregiving Resource Center

aarp.org/caregiving

1-877-333-5885

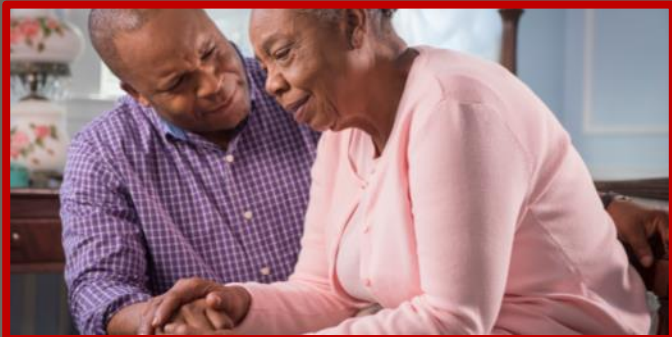
The screenshot shows the AARP Caregiving Resource Center website. At the top, it says "HOME & FAMILY Caregiving". Below that, there are navigation links: "Plan & Organize", "Benefits & Insurance", "Legal & Financial", "Care for Yourself", "Providing Care", "Senior Housing", and "End of Life Care". A search bar is present with the text "I need help with..." and a dropdown menu labeled "choose an option". Below the search bar, there is a featured article titled "Queen Latifah: A Caregiver, Too" with a photo of her and a list of topics: "The Funny Side of Caregiving" and "Health Vitals in the Palm of Your Hand". There are also navigation arrows and a "1 of 4" indicator. At the bottom, it says "The Latest in Caregiving".

AARP Learn @50+

aarp.org/learnat50plus

The screenshot shows the AARP Learn @50+ website. At the top, there is a red navigation bar with the AARP logo and links for "IN-PERSON EVENTS", "ONLINE EVENTS", and "MY LEARNING". The main header features the text "Learn@50+ SM" and "Workshops • Events • Webinars • Life Skills". Below the header, there is a search bar. At the bottom, there are three promotional cards: "KNOW YOUR SOCIAL SECURITY BENEFITS" with a "LEARN MORE" button, "FIND YOUR CAREGIVING ANSWERS" with a "SEE UPCOMING EVENTS" button, and "LEARN SOMETHING NEW" with a "MY LEARNING LIBRARY" button.

CONCLUSION



Thank You for
Joining Us!

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