

Winning Strategies for Family Caregiving: Lessons from Family Game Night

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This presentation is for informational purposes only and is not to be considered legal, financial or health advice. 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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Tell us about you!

Please use the ZOOM chat
 To share the primary caregiving role
 you would assign yourself today:

- Care Recipient
- Family Caregiver
- Professional Caregiver
- Former Caregiver
- Care Advisor
- Other

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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

A graphic titled "Rules of the Game" featuring a yellow diamond sign on the left. To its right are three numbered steps: 1. "Play nice on the Playground" with an image of three figures playing; 2. "Build Bridges Not Walls" with an image of a figure building a bridge; 3. "Avoid Family Demons" with an image of figures and labels for "Greed", "Jealousy", and "Resentment".

Rules of the Game

- 1 Play nice on the Playground
- 2 Build Bridges Not Walls
- 3 Avoid Family Demons

Jealousy
Greed
Resentment

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A graphic titled "How to Play" with a yellow header. It contains three numbered steps: 1. "Choose Your Team" with an image of figures holding a "TEAM" banner; 2. "Develop the Game Plan" with an image of a hand pointing to a strategy diagram; 3. "Keep Good Documentation" with an image of figures holding folders.

How to Play

- 1 Choose Your Team
- 2 Develop the Game Plan
- 3 Keep Good Documentation

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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

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Choosing Your Team *Team Member Worksheet*

YOU & Your Closest Family & Friends

- _____
- _____
- _____
- _____

WHO IS ON YOUR CARE TEAM?

Medical Team Members

- _____
- _____
- _____
- _____

Non Medical Professionals

- _____
- _____
- _____

Other Family & Friends

- _____
- _____
- _____
- _____

Additional Resources

- _____
- _____
- _____
- _____

WHAT ARE YOUR BARRIERS TO ASKING FOR HELP?

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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

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Develop Your Game Plan

Needs Assessment

Activities of Daily Living (ADL)	Independent Activities of Daily Living (IADL)
<ul style="list-style-type: none"> ■ Bathing ■ Dressing ■ Feeding ■ Grooming ■ Mobility / Stairs ■ Transfer ■ Toilet Use ■ Continence (Bladder/Bowel) 	<ul style="list-style-type: none"> ■ Telephone ■ Shopping ■ Food Preparation ■ Housekeeping ■ Laundry ■ Transportation ■ Medications ■ Finances

CARE PLAN FOR _____

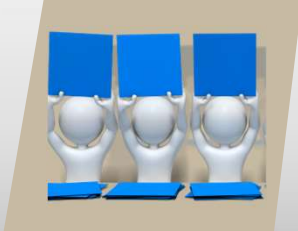
AREA NEEDING ATTENTION	GOAL	ACTION ITEM/OUTCOME	ASSIGNED TO & STATUS

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Keep Good Documentation



- 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

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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
Blind Man's Bluff	Charad	Family	Chutes &	Monopoly	Sorry
Would You Rather	Telephone	Hide and Seek	Operation	Risk	Blame Game

Caregiving Games
Part 2

Caregiving Games We Play



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Taboo

It is important to talk about the difficult topics

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Taboo

- It is a mistake to assume that people don't want to talk about these issues
- Leverage tools and resources to ease difficult topics and conversations
- Honesty is critical for successful caregiving



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Jeopardy

Avoid the trap of
Expectation Bias

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Jeopardy



- We plan for what we expect to happen
- Life has a way of throwing the unexpected at us
- Develop a plan and a backup plan

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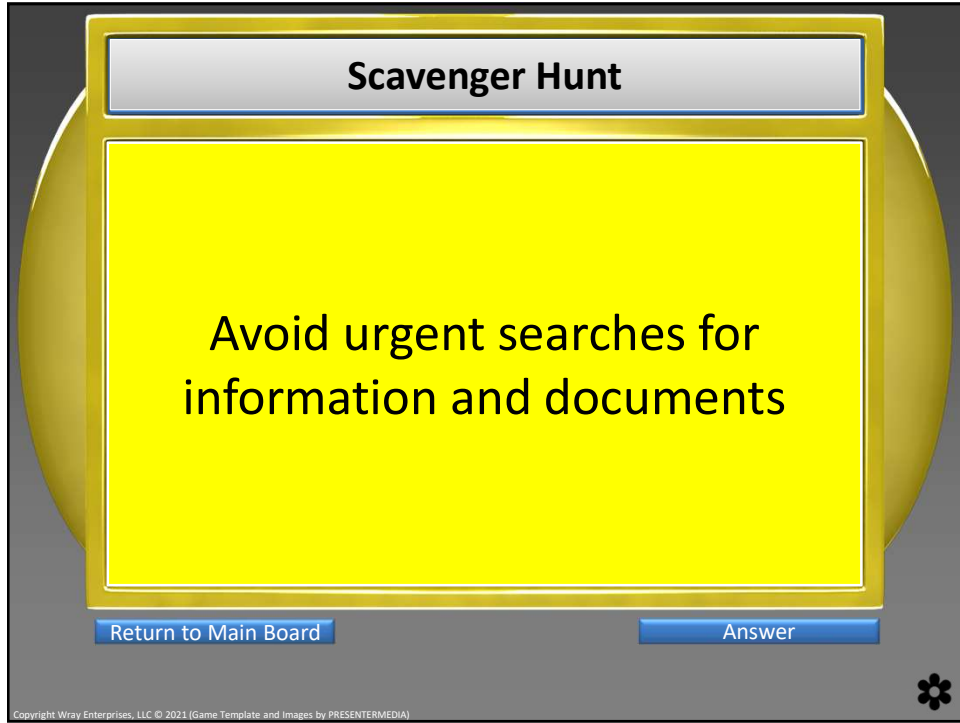
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Scavenger Hunt

Avoid urgent searches for information and documents

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A presentation slide with a yellow background and a grey border. At the top, a grey box contains the text "Scavenger Hunt". The main area of the slide is yellow and contains the text "Avoid urgent searches for information and documents". At the bottom, there are two blue buttons: "Return to Main Board" on the left and "Answer" on the right. A small black flower icon is in the bottom right corner.

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Scavenger Hunt



- Gather and organize information and documents
 - Personal
 - Household
 - Medical
 - Financial
 - Legal
- Share with care companions
- Update regularly

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A presentation slide with a yellow background and a grey border. At the top, a grey box contains the text "Scavenger Hunt". On the left side, there is a 3D illustration of a detective character wearing a black hat and coat, holding a magnifying glass. To the right of the character is a bulleted list of instructions. At the bottom right, there is a blue button labeled "Return to Main Board". A small black flower icon is in the bottom right corner.


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Solitaire

Don't try to do it all alone

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Solitaire

- Include the care recipient
- Build a support network
 - Family
 - Friends
 - Neighbors
 - Professionals
 - Service Organizations
- Share responsibilities
- Recognize signs of caregiver burnout

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Trouble

Added stress and responsibility
can impact family relationships

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Trouble

Even the strongest of
relationships can be tested by
caregiving responsibilities

- Maintain open and honest communication
- Know when it is important to be right (and when it's not)
- Seek help if you need it to resolve disputes

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Tug of War

Prioritize the best interests of the care recipient

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Tug of War

- Work together to make the best available choice for care
- Avoid presenting impossible choices to your loved one
- Don't withhold access unless a safety issue



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Dominos

Many healthcare issues will lead to another... and another

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Dominos

- 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

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Twenty Questions

The advocate needs to know
your values and preferences

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[Answer](#)


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Twenty Questions

- Make sure you know what your loved one values and prefers
- If making decisions for your loved one, make sure it reflects THEIR preferences (not yours)
- Remember that preferences can change... ask again.



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I Dissent

Develop comprehensive estate plans to minimize litigation risk

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I Dissent



- Develop comprehensive plans and document to minimize conflicts
- Consider the financial impacts of caregiving on family members and contract agreements to address
- Understand how individuals will benefit from long-term-care arrangements

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Life

**Understand the
assets and resources available
to help pay for care**

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Life

- 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



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Twister

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

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Twister

- 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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Trivial Pursuit

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

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[Answer](#)

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Trivial Pursuit

- 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



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Finishing the Game

Needs Are Met

Relationships Are Maintained

QUALITY OF LIFE!





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Refining Your Caregiving Strategies

Enter in the chat window a Family Game concept shared today that you think can help you





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Join us for Winning Strategies Part 2!


Idaho Family Caregiver Conference
Celebrating Caregivers as Care Champions


REGISTER NOW!

DATE: MARCH 9, 2024
 TIME: 9:00AM - 4:00PM (MST)
 WHERE: ZOOM (VIRTUAL)
 COST: \$25

Contact us at:
idahocaregiveralliance@gmail.com
 For more information, please visit:
<https://idahocaregiveralliance.com/caregiverconference/>





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FREE Introductory version



My Data Diary⁺

mydatadiary.com/partner

Partner ID: **SMART**

FREE Intro Version & 15% Discount on Premium Upgrade



#ThankYouCaregivers

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Winning Strategies for Family Caregiving



Darra Wray, Founder



mydatadiary.com

Dee Childers, Founder



www.lifechangeseldercare.com

Dr. Anne Kenny, MD



togetherindementia.com

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Dee Childers, MA, CMC



Dee founded Life Changes Elder Care Consulting after experiencing the challenges of helping her parents move from an independent lifestyle to assisted living due to infirmity and memory loss. She saw very clearly what many others have seen — the lack of readily available information and resources for helping a senior family member. It became clear to her that with our aging population, many others would also find themselves feeling clueless and overwhelmed with the responsibilities of senior care giving.

Her training and background in both counseling and human resources management and first-hand experience with her changing role in family inspired Dee to turn her experience into a way to help others in similar situations. Life Changes Elder Care Consulting was founded to help those needing guidance and support on senior care issues by providing professional geriatric care management that helps with planning and coordinating the care of the elderly to improve their quality of life and maintain their independence for as long as possible. Life Changes works with families around the country to assess, select and manage the specific needs of our elders while giving family caregivers the professional help you need to manage and support the needs of those they love.

Dee is a NACCM Certified Care Manager (CMC), earned a BS in Psychology from the University of Utah and a MS in Marriage and Family Therapy from the Phillips Graduate Institute. She comes to this profession from 30 years in corporate America as a Human Resources Executive with extensive experience in interpersonal dynamics, crisis management, conflict resolution, mediation, benefits, and health and safety. She worked as a Marriage and Family Therapist for six years. She has been a caregiver for many years to her parents and others, and personally understands the demands and emotional turmoil of care giving and the tolls it takes on you, your aging loved one and the family. She is a court ordered Guardian and Conservator, experience with the legal and medical system. She is a certified Elder Mediator and volunteer for the Alzheimer’s Association. Dee is currently the President of the board for the Idaho Guardians and Fiduciary Association. She previously served on the board for Friends in Action, a non-profit providing respite caregiving; JAVA, the Justice Alliance for Vulnerable Adults. She is an Advanced Professional member of the Aging Life Care Association™.

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Anne Kenny, MD



Anne Kenny, MD, author of *Making Tough Decisions about End-of-Life Care in Dementia*, is a Professor of Medicine with specialty training and board certification in Geriatric Medicine, and Palliative and Hospice care. She has been a practicing physician for over 30 years and has been recognized by her peers as a “Top Doc” in Geriatric Medicine. She has been honored with a Brookdale National Fellow and the prestigious Paul Beeson Physician Faculty Scholar awards. Dr. Kenny has worked clinically as a geriatrician in nursing homes, assisted living, rehabilitation and clinical outpatient settings. Dr. Kenny has found joy in her work with individuals and their families managing issues related to the diagnosis of dementia. Her experience in partnering in the care of these families touched close to home when her own mother was diagnosed with dementia. Dr. Kenny joined with her mother and her brothers and sister to provide the best care for her mother during the early and middle years following her mother’s diagnosis. Her expertise, coupled with her mother’s playful spirit and her sibling’s openness, support, intelligence and compassion, allowed for the highest functioning and independence of her mother for several years. Dr. Kenny’s expertise and experience in inpatient and outpatient Palliative and Hospice care were called on when her mother reached the final stages of living with dementia. The Kenny family worked together for their mother’s graceful exit from this planet.

In addition to her clinical practice, Dr. Kenny lectures to both healthcare professionals and the public on aging related issues including navigating dementia, exercise, nutrition, hormone therapy, death and dying, and frailty. She is an educator of medicine and research skills. She has over 100 scientific publications and presentations focused on improving the care and functioning of older adults.

Dr. Kenny is the author of *Making Tough Decisions about End-of-Life Care in Dementia*, published by Johns Hopkins University Press in September 2018. The book outlines care and communication issues at end-of-life in dementia. In addition, she hosts a blog focusing on issues common to Alzheimer’s and related dementias and caregiving.

togetherindementia.com



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Darra Wray, Certified Senior Advisor (CSA)®



Darra Wray is a business professional, senior care consultant and software developer from Boise, Idaho. Darra has more than 30 years of practical business and finance experience and an MBA from the Anderson School at UCLA. She also has over 30 years of personal experience as a family caregiver and patient advocate. She developed a true passion for family caregiving and elder care services through her personal life experiences.

As the CFO of a large non-profit organization, Darra saw how reliant businesses have become on immediate and secure access to information. Yet, as the CEO of her own family, she discovered that she often did not have the information she needed to manage and support her family in an increasingly digital world. An unexpected family medical crisis made her realize that her family was completely unprepared to manage the business of life in a digital world. In the wake of this family crisis, Darra set out to find a tool to help solve this digital dilemma, and when she couldn't find one... she created one.

In 2018, Darra became a Certified Senior Adviser (CSA)® and left her role as a finance executive to launch **My Care Companions**. The mission of **My Care Companions** is to provide education, tools, resources, and information management services to caregivers so they can focus more of their time and energy caring for their loved ones. In 2019, Darra developed the **My Data Diary+®** family information management software solution and set out on a mission to simplify the business of life for families everywhere. In 2020, she founded **LEARN - Lifelong Education and Aging Resources Network Inc** with a mission to help people navigate the joys and challenges of aging and caregiving.



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