



The Detroit Story

THE **SENIOR** Solution



**Strengthening Caregivers Through
Community Collaboration**

Presented by the Detroit Area Agency on Aging, Region 1-A
USAgings 49th Annual Conference - 2024

Tampa, Florida
July 9, 2024

Detroit Area Agency on Aging

Presenters



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Caregiver Support Coordinator



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Overview

Goal: To introduce attendees to the Detroit Area Agency on Aging's Caregiver Support Services model which strengthens caregivers through community collaborations.

Learning Objectives:

- Present data regarding caregiver needs in US, Michigan and Region 1-A.
- Chronicle history of the development of the Caregiver Support Services.
- Highlight outcomes resulting from the CarePartner approach including sharing a few caregiver stories and testimonials.
- Facilitate brief Question and Answer Session.

Caregiver Statistics

A Labor of Love the Community Shares

United States

- **23% of Americans say caregiving has made their health worse, up from 17% in 2015 to 21% in 2020.**
- **Nearly 20% of caregivers provide unpaid care to an adult with health or functional needs.**
- **Adults ages 46-64 are the most likely to be caregivers.**

61% Women.



39% Men.



61% Work.



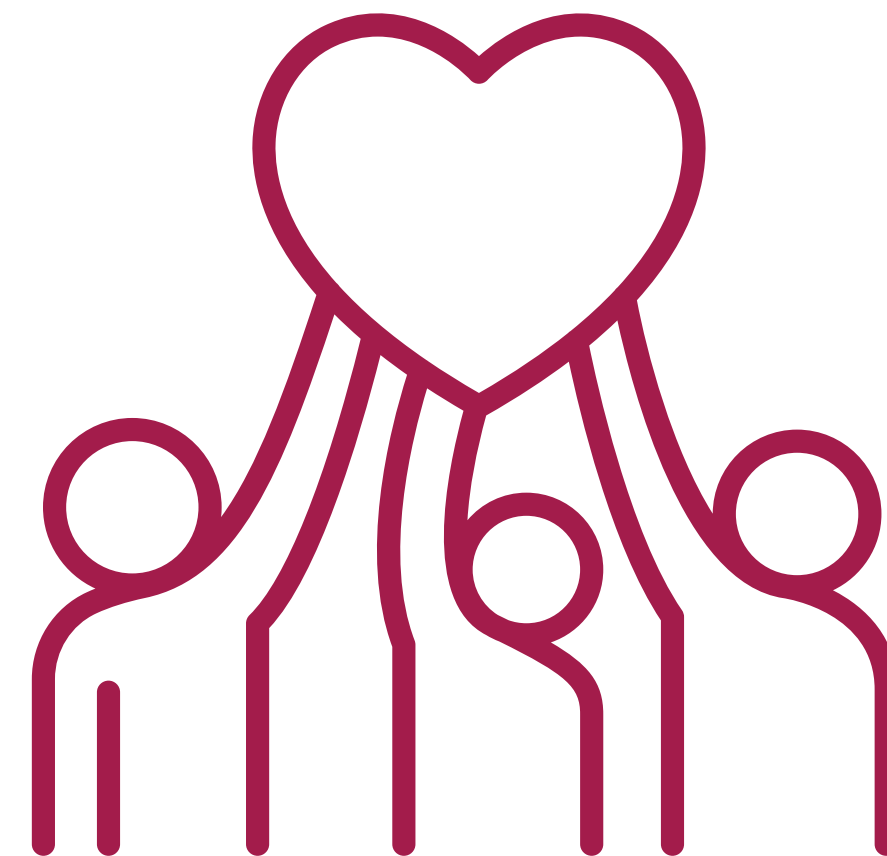
34% Boomers.



23% Millennials.



Source: National Alliance of Caregivers and AARP Michigan



Caregiver Statistics

- 1 in 5 Americans are unpaid caregivers who provide approximately 80% of the care to older adults.
- The number of Americans providing unpaid care to adults has increased by 3% from 2015 – 2018 from 43.5M to 52M.

Michigan

- Michigan has an estimated 1.3 million family caregivers who provide 1.2 billion hours of care per year which has an estimated value of \$14.5 billion.
- A 2019 State-wide Needs Assessment of Michigan AAAs conducted by Wayne State University Institute of Gerontology revealed that caregiver training ranked 9th in priority needs.

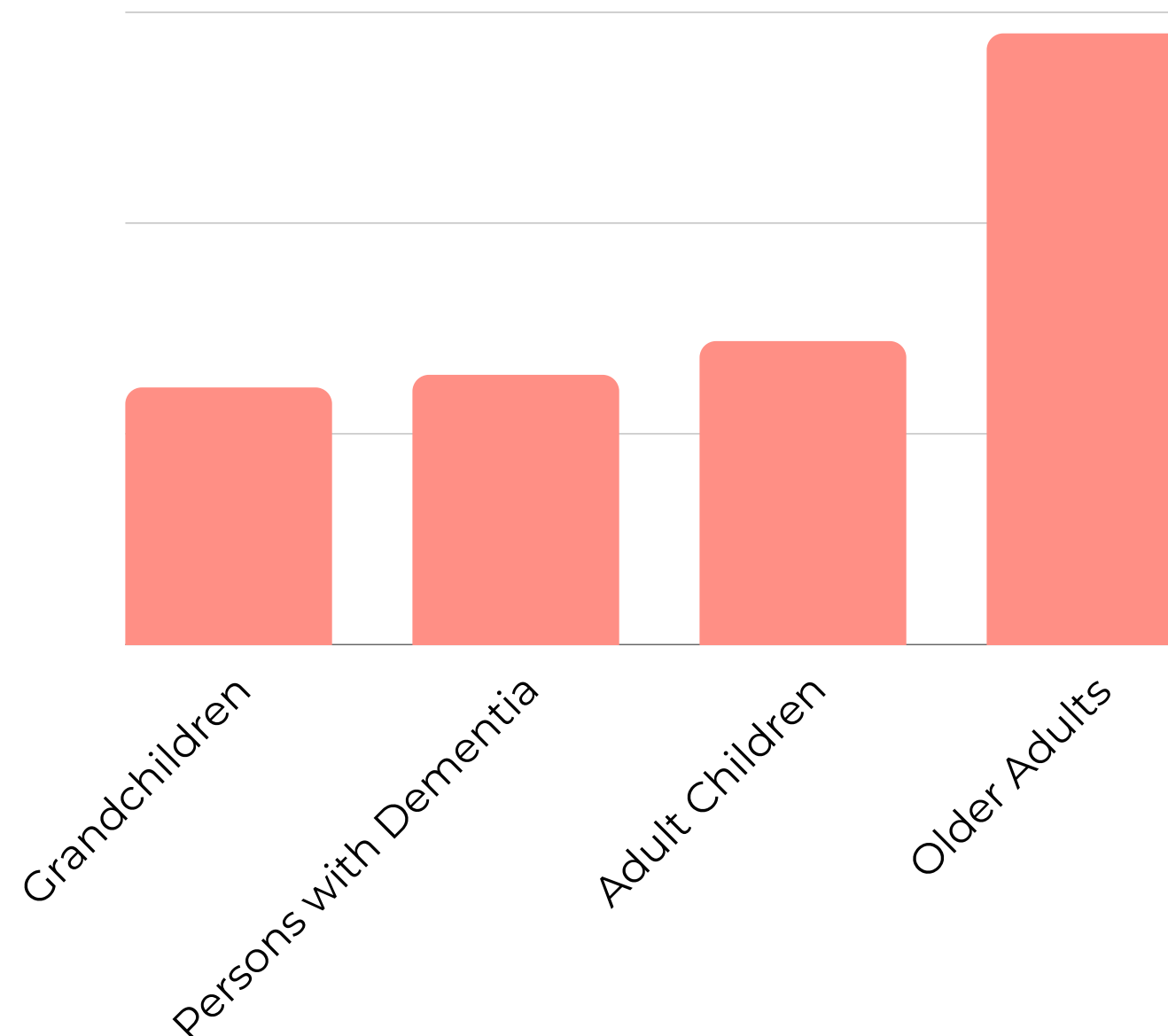
Region 1-A

- Locally, 34% of respondents in a second needs assessment conducted by WSU Center for Social Work Research in 2020 reported providing primary care to someone in their home.

Caregiver Statistics

The 2022 needs assessment found that individuals presenting as caregivers provided care to the following care recipients:

- 6.1% Grandchildren
 - 6.4% Persons with Dementia
 - 7.2% Adult Children
 - 14.5% Older Adults
- An updated Community Needs Assessment of older adults conducted by DAAA in 2022 indicates that Caregiver/Kinship Support ranked #2 out of the top 10 priority needs.



Safety Net for Caregivers

Target Population

**1. Family Caregivers
(including Male Caregivers)**

2. LGBTQ+ Caregivers

3. Diversity of Caregivers

4. Kin/Grand Families

5. Long Distance Caregivers

**6. Dementia/Alzheimer's
Caregivers**



The Genesis

(The Beginning)

2019 - 2021

- Building the Plane in Mid-Air
- Pandemic
- ZOOM Life
- Staff Training
- Building the Foundation

Partnerships & Internal Collaborations



What's In the House?!

- Information and Assistance
- Nutrition
- Long Term Care
- Information Technology
- Marketing and Communications

RUN AGING AND DISABILITY RESOURCE CENTER

Wayne State University
United Community Housing*
Elder Law & Advocacy Center*
Disability Network
American Red Cross
Hannan Center*
Matrix Human Services

Franklin Wright Settlements*
Native American Indian Association

Detroit Community Health Connection
Detroit Medical Center
United Way of SE Michigan
People's Community Services*
Greater Detroit Agency f/t Blind and Visually Impaired
Community Living Services
Urban Aging News*

Community Wellness Centers
Arab American Chaldean Council
Neighborhood Service Organization*
Rosa Parks Geriatric Senior Centers
United Way of SE Michigan
Team Wellness*
PACE Southeast MI*
AAA-1B*

American Chinese Association
The Helm Bridging Communities*
St. Patrick Senior Center*
MIGEN*
Healthier Black Elders*

CAREGIVER SUPPORT COALITION

SAFE/WSU Age Ways
Elder Law and Advocacy Center
Universal Dementia Caregivers
Team Suzy
American Heart Association
Henry Ford Health System C.A. R.E
Grandparents Raising Grandchildren
Alzheimer's Association
Virtual Dialysis Support Centers
Veterans Association
AKA Sororities-Detroit Chapters
Arab American Chaldean Council
Hannan Center
Urban Aging News
Healthier Black Elders

MAKING CAREGIVER CONNECTIONS

- TCARE
- Staff Certification
- Information & Assistance Referrals
- Connected with Caregivers in-person, phone, email, mail, and via Internet to provide resources to them.
- Care Plans



Evidence-Based Classes

Personal Action Towards Health (PATH)

Developing Dementia Dexterity

Creating Confident Caregivers

Universal Dementia Caregivers

Powerful Tools for Caregivers

Aging Mastery Program

Events

- Comedy Night- over 400 participants via ZOOM during the Pandemic (V)
- Men's Caregiver Event- 31 men in attendance (IP)
- Pamper Day- Over 65 Caregivers participated in the self-care event (IP)
- Grandparents Raising Grandchildren Committee Back to School (Annual) (IP)
- Grandparents Raising Grandchildren Black History Program (V)
- MI State Grandparents and Kinship Conference (Annual) (IP)
- Mother's Day Luncheon and Dance (Annual) (IP)
- Diversity in Caregiving (V)
- Caring For Yourself During the Holidays (V)
- Advocacy at Older Michiganians Day (IP)






THE SENIOR Solution
 Detroit Area Agency on Aging

Serving Detroit, Hamtramck, Harper Woods, Highland Park, and the Five Grosse Pointes

Caregiver Support Services • (313) 446-4444, Ext. 5288
 1333 Brewery Park Boulevard Suite 200 Detroit, MI 48207

www.DetroitSeniorSolution.org

*“One person **Caring** about another represents life’s greatest value.”*
 ~ John Rohn

Thinking of you on your **Caregiving** journey.
 If we can support you in any way, please give us a call.



We Care Because You Care



STRESS IMPACT ON CAREGIVERS

While rewarding, the stress from caregiving takes a toll on your relationships. Stress can also affect your physical, spiritual, and mental health and can lead to “Burnout.” Self-care is essential, and if you experience the stresses below, *seek help.*

CAREGIVER STRESS LOOKS LIKE...

- ♥ Gaining or losing weight.
- ♥ Feeling tired often.
- ♥ Too much / not enough sleep.
- ♥ Trouble concentrating.
- ♥ Neglecting responsibilities.
- ♥ Loss of interest in things you used to enjoy.
- ♥ Feeling sad.
- ♥ Frequent headaches and other physical problems.
- ♥ Abusing alcohol or other drugs, including prescription medications.



CAREGIVER EMPOWERMENT TIPS

- ♥ Practice acceptance.
- ♥ Don't take it personally.
- ♥ Embrace your caregiving role.
- ♥ Look for the silver lining.
- ♥ Don't let caregiving take over your life.
- ♥ Focus on the things you can control, not on things you can't control.
- ♥ Celebrate the small victories.
- ♥ Applaud your own efforts.
- ♥ Talk to a supportive family member or friend.
- ♥ Look into respite care.
- ♥ Speak up.
- ♥ Spread the responsibility.
- ♥ Set up a regular check-in support person.
- ♥ Say “yes” when offered assistance.

CAREGIVER SUPPORT SERVICES

(313) 446-4444, ext. 5340

- ♥ Caregiver stress assessments.
- ♥ Dementia strategies, changes and care.
- ♥ Support groups.
- ♥ Classes, webinars, training.
- ♥ Self-care training and advocacy.
- ♥ Special Events.

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SIGNS OF CAREGIVER STRESS? GET HELP FROM US

GENUINE EMPOWERING RESILIENT
 AMAZING SELFLESS
 COMPASSIONATE
DEDICATED CARING
 COMMITTED
 INSPIRING STRONG VITAL

We Care Because... You Care!



WHO ARE CAREGIVERS?

A caregiver is anyone who provides help to another person in need, including:

- Family Members.
- Spouses or Partners.
- Disabled Children (youth or adult).
- Aging Relatives.
- Grandparents.
- A Sibling, Neighbor or Friend.

A LABOR OF LOVE THE COMMUNITY SHARES

- 23% of Americans say caregiving has made their health worse, up from 17% in 2015 to 21% in 2020.
- Nearly 20% of caregivers provide unpaid care to an adult with health or functional needs.
- Adults ages 45-64 are the most likely to be caregivers.

61% Women.	39% Men.
61% Work.	34% Boomers.
23% Millennials.	

OUR PORTFOLIO OF FREE SERVICES

The Detroit Area Agency on Aging connects compassionate and expertly trained Caregiver Support Coordinators to support unpaid caregivers with the following:

- ♥ Tailored Caregiver Assessment (TCARE):
 - Identify burnout and solutions.
 - Provide and compare self and clinician assessments with later follow up.
 - Create a care plan including supports.
- ♥ Caregiver Resource Support includes referrals to respite and adult day services.
- ♥ Classes and webinars to assist unpaid caregivers:
 - Aging Mastery: Six two-hour sessions provide tools for staying healthy.
 - Dementia Caregiving Series: three webinars teaching the basics of dementia, changes in thinking, communication strategies and self-care.
 - Dementia Friends: Dementia Friends is a one-hour information session to the community. The session is designed to provide participants with an introductory awareness about dementia so they can take actions to effectively interact with and support persons living with dementia throughout our community.
 - Powerful Tools for Caregivers: Provides six weeks of strategies on self-care.
 - Truaita: Practical advice to care for your loved one. This Caregiver Portal shows you how to manage aging at home. Explore options for challenging behaviors, discover ways to connect with your loved one. Share and learn with fellow caregivers. All at your fingertips.
 - Universal Dementia Caregivers: Understanding dementia symptoms and care strategies.
- ♥ Caregiver Support Groups led by vetted, expert staff and volunteers.
- ♥ Caregiver Training: Skills development for paid caregivers.
- ♥ Personal Advocacy Training.

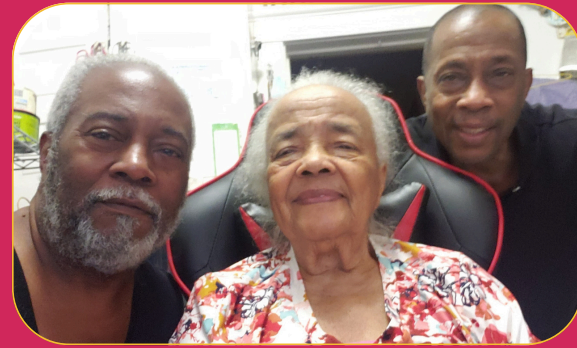
NEGATIVE IMPACT ON FAMILY CAREGIVERS

Family caregivers report negative effects, including:

- Anxiety.
- Experiencing social isolation.
- Feeling overwhelmed / constantly worried.
- Feeling increasingly resentful.
- Easily irritated or angry.
- Financial hardship.
- Food insecurity.
- Caregivers report an increase in each of these negative effects in non-caregivers since the outbreak of COVID-19.



53 million people in the U.S. are unpaid family caregivers, up 21% since 2015.
 Source: National Alliance of Family Caregivers and AARP, 2020



Caregiver Support Services



Our Story Our Caregivers

Caregiving is the hardest job you'll ever love." - Paula Duren, Ph.D

Caregiver Support Services



Our Story Our Caregivers

Hear stories on how DAAA has
benefitted the lives of caregivers
in Michigan Region 1-A





The Middle Passage



The Nuts & Bolts

GROWTH & EXPANSION OF CAREGIVER SUPPORT SERVICES

The expansion of the Caregiver Support Services began to take off in **January 2022.**

New team member assists in developing strategies to serve caregivers through skills-building and data reporting.

Certification in TCARE- caregiver assessment afforded the opportunity to reach more caregivers. Over 1,491 caregivers received resources, counseling, evidence-based classes and for those care receivers with Dementia over 5,000 dollars were granted for respite with from some of our community partners.

Caregiver Support Services secured \$100,000 in Caregiver Intensity Index Grant from the Henry Ford Health System.

Sponsored 9 Caregiver events

Participated in 18 outreach events and opportunities.

TRUALTA



Launch date January 2023.

DAAA is placed 4th in the State of Michigan with registered caregivers using and accessing the Trualta portal.

120 Caregivers registered to date.

Over 1,082 Content views to date.

Available 24 hr/ 7 days a week for caregivers.

Caregivers able to view 3-5minute videos pertaining to topics of their interest.

CAREGIVER EDUCATION



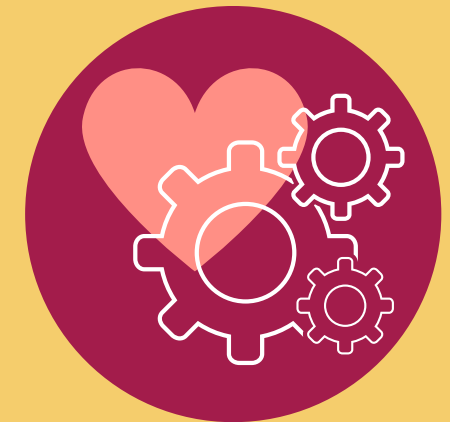
**Evidence-based
Classes**



**Caregiver Support Services
started out with Creating
Confident Caregivers.**



**Aging Mastery
Program**



**Powerful Tools for
Caregivers**



**Dementia
Caregivers Series**



Dementia Friends



Outreach Events & Presentations

Over 274 caregivers attended the outreach, presentations or events the Caregiver Support Services department provided through evidence-based classes, respite opportunities, Caregiver Support Services events and outreach during FY 2023-24.



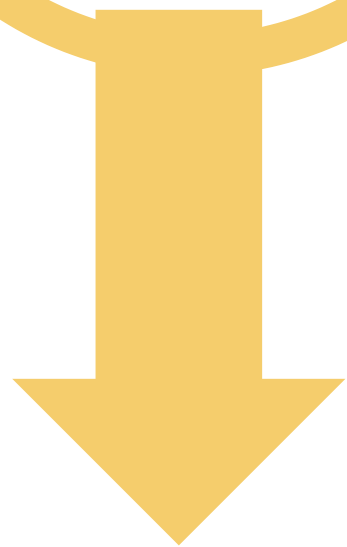
Strategies for Building Caregiver Collaboration

- **Senior Regional Collaborative** has partnered with us in reaching out to our caregivers that we serve to be a part of a conversation of the needs they express is important to them. This group is called Changing the Caregiver Conversation.
- **Alzheimer's Association** has provided the opportunity with our caregivers that we serve to fund them with scholarships and grants to lessen their stress burdens to care for their loved one.
- **Universal Dementia Caregivers** has partnered with us to teach our caregivers we serve through evidence-based classes, Lunch and Learns, and other areas to build them up while providing up to \$ 1,000 dollar grants to caregivers that attend a class or event they sponsor.



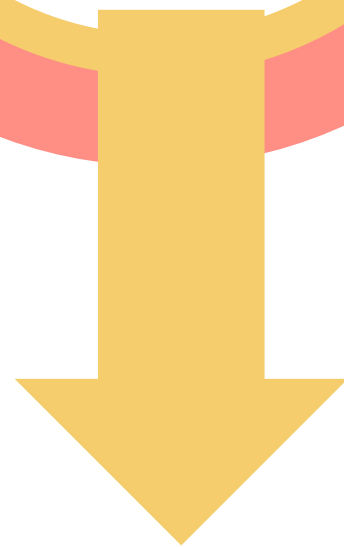


P



Prepare yourself to be the best caregiver through information, education and resources on caregiving.

U



Use information, education and tools to better care for your loved one and yourself.

S



Share the information and resources you gained in caregiving with others.

H



Remain **hopeful** through your caregiving journey.



Epilogue

Evolving the Caregiver
Resource Center,
Support Groups, Etc...



Q & A



THANK YOU

*Thank you for listening to "The Detroit Story"
Strengthening Caregivers Through Community
Collaborations. We hope something shared today
will spark ideas as you create your own stories ...*



313-446-4444

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