



# PREPARE TO CARE

[Event]

[Date]

# Family Caregivers

Provide emotional support and companionship

Help with household tasks (paying bills, preparing meals)

Carry out intimate personal care (bathing, dressing)

Arrange for and provide transportation

Manage and give multiple prescriptions

Use their lunch hour to run errands for relative or friend

Coordinate care after a hospitalization

Communicate with health professionals

Serve as "advocate" during medical appointments and hospitalizations

# There are 4 Kinds of People in the World

1. Those who have been caregivers
2. Those who currently are caregivers
3. Those who will be caregivers
4. Those who will need caregivers ... *Rosalynn Carter*



# Family Caregiving in the “Old Days”



# Caregiving Is the New Normal



# Today's Caregivers

- Juggle a job and caregiving
- Care, on average, 4 years
- Often have children living in their home
- Undertake medical tasks





**Are You  
Prepared  
to Care?**



# Five Steps to a Caregiving Plan

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





# Step 1: Start the Conversation

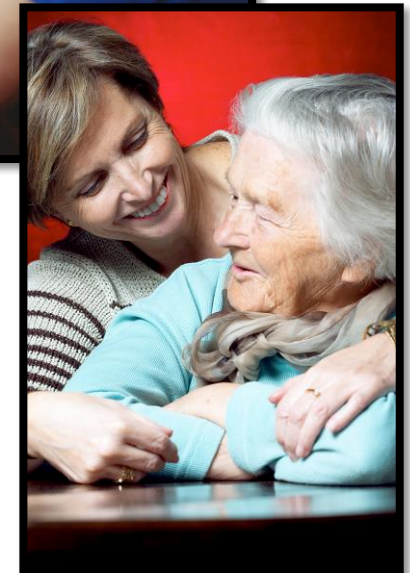




*“Every time I try to bring up the future, my mom just shuts down. She tells me the important papers are in the cabinet, but the conversation never seems to go beyond that.”*

# Tips for Beginning the Conversation

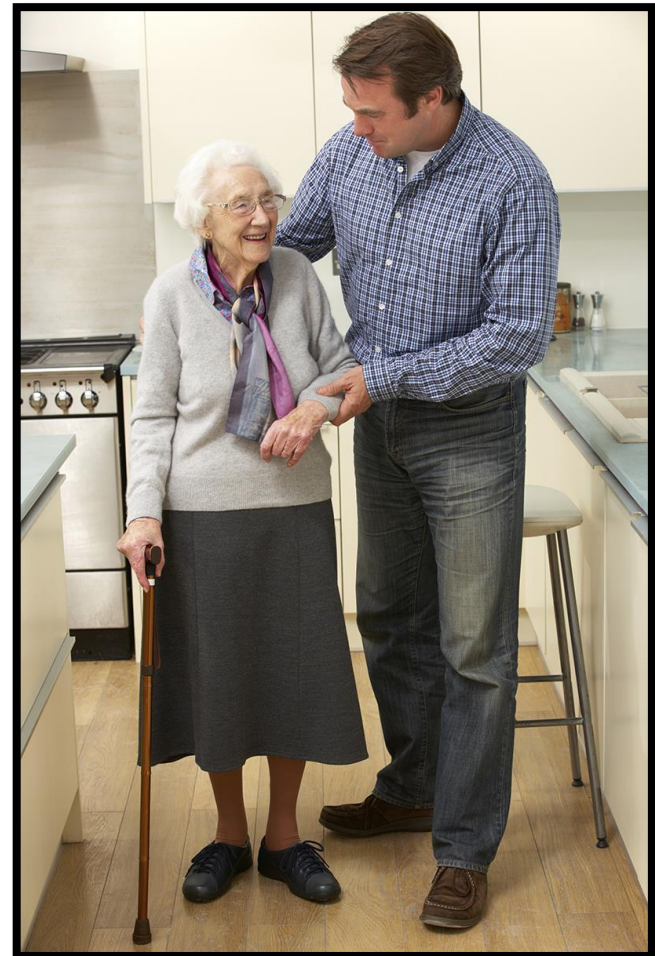
- **When is the right time?**
- **Raise the Issues Indirectly**
- **Show Your Concern**
- **Consider pushing the issue to overcome resistance**





# Overcoming Resistance

- **Consider Pushing The Issue**
- **Involve Others**



## Step 2: Form Your Team

- List everyone
- Include “difficult” family members
- Designate a family team leader



# Family Conflicts





# Step 3: Make a Plan



# Hold a Family Meeting

- **Host a family meeting**
- **Involve the person receiving care**
- **Take notes**
- **Summarize next steps**



# Plans Change





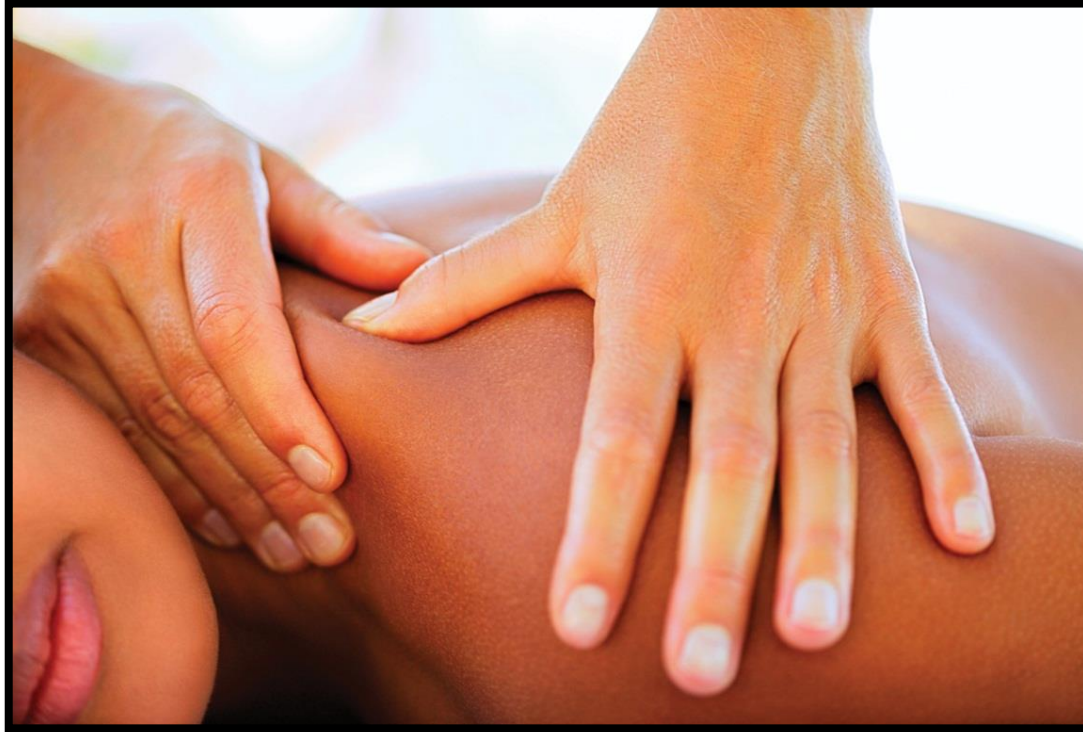
# Step 4: Find Support

## Types of Support:

- Locate community resources
- Consult professionals (healthcare, social service, financial)
- Home and health aides



## Step 5: Care for Yourself



# Resources

[www.aarp.org/caregiving](http://www.aarp.org/caregiving) or  
try our support line 1-877-333-5885

**CAREGIVING RESOURCE CENTER**

## CONNECT WITH CAREGIVERS

■ **HAVE A CAREGIVING QUESTION?**

**Ask Our Advisers**  
Our panel of experts can answer your caregiving questions. Submit your query here. [Do](#)

**Caregiving Q-and-A**  
Read the transcript of a recent online chat with clinical psychologist Dr. Barry Jacobs about the emotional side of caregiving. [Do](#)

■ **TOOLS**

**Care Provider Locator**  
Find local home health, assisted living and other care options. [Go](#)

**Many Strong**  
Manage a loved one's care by building an online community. [Go](#)

[See All Caregiving Tools »](#)

## TAKE CARE BLOG

**Now Showing: Alzheimer's Comes to Capitol Hill**  
September 13, 2012 12:30 AM

**A Twist on Elder Abuse: Violent Care Recipients**  
September 6, 2012 12:00 AM

[More From the Take Care Blog »](#)

## caregiving SUPPORT LINE

Contact our call center with questions about where to find resources, services and support groups, both nationally and locally.

**AARP Caregiving Support: 1-877-333-5885**  
Monday through Friday, 9 a.m. to 5 p.m. E.T.

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**THANK YOU**