



# Caregiver Support

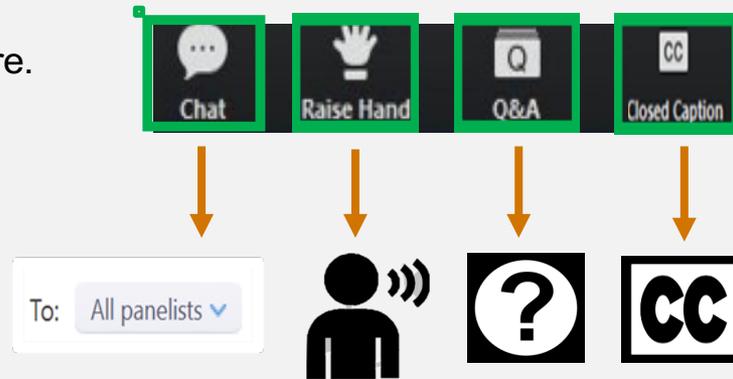
April 27, 2022

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Enjoy the session!





## Disclaimer

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# Caregiver Support



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# Opening in a Good Way



Photo by William Snell (Photographer), (2021). *Lighting of the Teepees, Symbol of Hope*. Billings, Montana

# Webinar Description

- Caregiving can be physically, emotionally, mentally, and spiritually exhausting
- All caregivers require support, regardless of who they care for and whether they are paid for that work
- This webinar will help us better understand how to ensure caregivers' needs are met

# Long-Term Services and Supports



LTSS make it possible for elders and people with disabilities to live at home or in the community

# Key Points About Caregivers

- A caregiver is a paid or unpaid member of a person's network who helps with activities of daily living
- Caregivers with no specific professional training are often described as *informal caregivers*
- Caregivers most commonly assist with impairments related to old age, disability, a disease, or a mental health condition



# Typical Caregiver Responsibilities

## At home

- Transport a client to and from appointments
- Serve as a companion
- Manage medication
- Prepare menu and meals
- Support in completing difficult tasks
- Help a client bathe or get dressed
- Follow a client's prescribed health care plan

## In a care facility

- Help a resident shower, bathe, or wash their hair
- Tend to grooming needs like hair styling and nail care
- Help a resident get dressed
- Transport a resident to and from the dining room
- Help with toileting needs or continence care
- Encourage a resident to attend a wellness program or other activities
- Notify the nurse of any changes in a resident that might indicate a problem
- Helps a resident get restful sleep

# Caring for the Caregiver

- Caregiving is a difficult task
- Stress is a serious issue for caregivers
- Stress is caused by emotional and physical strain of caregiving
- Stress can lead to depression

# What Makes a Strong Caregiver?

- Strong caregivers are compassionate and friendly, as they regularly work with clients to provide a positive and encouraging atmosphere
- Caregivers play a vital role in the well-being of care recipients



# Caring for the Caregiver

- Burnout
- Compassion fatigue
- Grief

# Caring for the Caregiver: Burnout

- For family members, caregiving can lead to pressures, such as financial strain, family conflict, and social withdrawal
- Over time, caregiver stress can lead to burnout, a condition marked by:
  - Irritability
  - Fatigue
  - Problems sleeping
  - Weight gain
  - Feelings of helplessness or hopelessness
  - Social isolation

# Caring for the Caregiver: Burnout (*cont.*)

- Caregiver burnout is an example of how repeated exposure to stress harms mental and physical health
- Chronic stress triggers the release of stress hormones in the body, which can lead to:
  - Exhaustion
  - A weakened immune system
  - Digestive distress
  - Headaches
  - Pains

# Caring for the Caregiver: Compassion Fatigue

- The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events
- It differs from, but can coexist, with burnout
- It can occur as the result of a single exposure or a cumulative level of trauma

# Compassion Fatigue is a Process

- Compassion fatigue develops over time – taking weeks, sometimes years, to surface
- “It’s not one day, you’re living your life with a great deal of energy and enjoyment, and the next, you wake up exhausted and devoid of any energy – both physical and emotional”

- The American Institute of Stress

# Compassion Fatigue



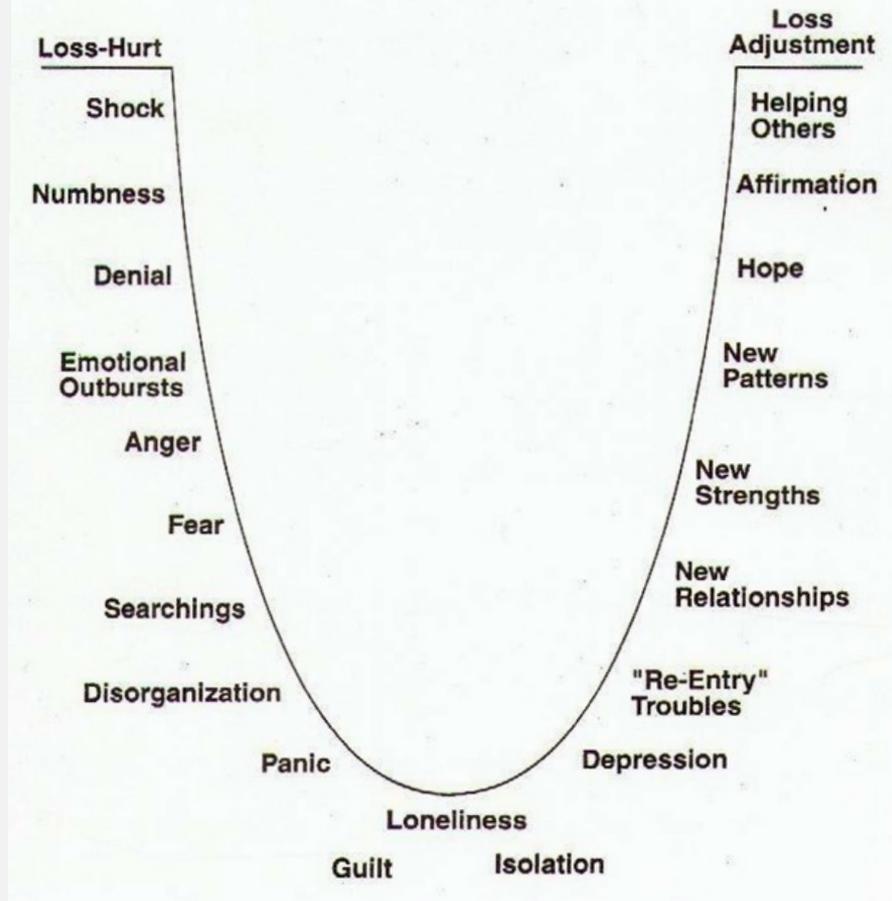
“Compassion fatigue is to heal from the effects of caregiving work.”

- Mother Teresa

# What Is Grief?

- Grief is our response to loss
- Our cultural backgrounds, experiences, and religious or spiritual beliefs determine how we respond to loss

# STAGES OF GRIEF



# Stages of Grief



# Grief Due to COVID-19

- Native Americans have been impacted by the pandemic at a devastating rate
- How the pandemic has disrupted grieving:
  - Closing of traditional places used for funeral ceremonies
  - Funeral gatherings reduced to 10 people
  - Gatherings causing additional deaths due to COVID-19
  - Families choosing cremation over burial
  - No feasts to celebrate life or share stories with family
  - Isolation during times of grief = disconnection

# Unprocessed Grief

## Grief

- Guilt
- Regrets (“I wish I would/wouldn’t have...”)
- Sadness
- Pain related to the loss
- Non-destructive expression of anger
- Openness

## Trauma

- Intense feelings of shame
- “It is my fault ...” or “It should’ve been me”
- Fear or terror
- Helplessness, powerlessness, fear for one’s safety
- Anger that is assaultive or self-destructive
- Being closed off or secretive

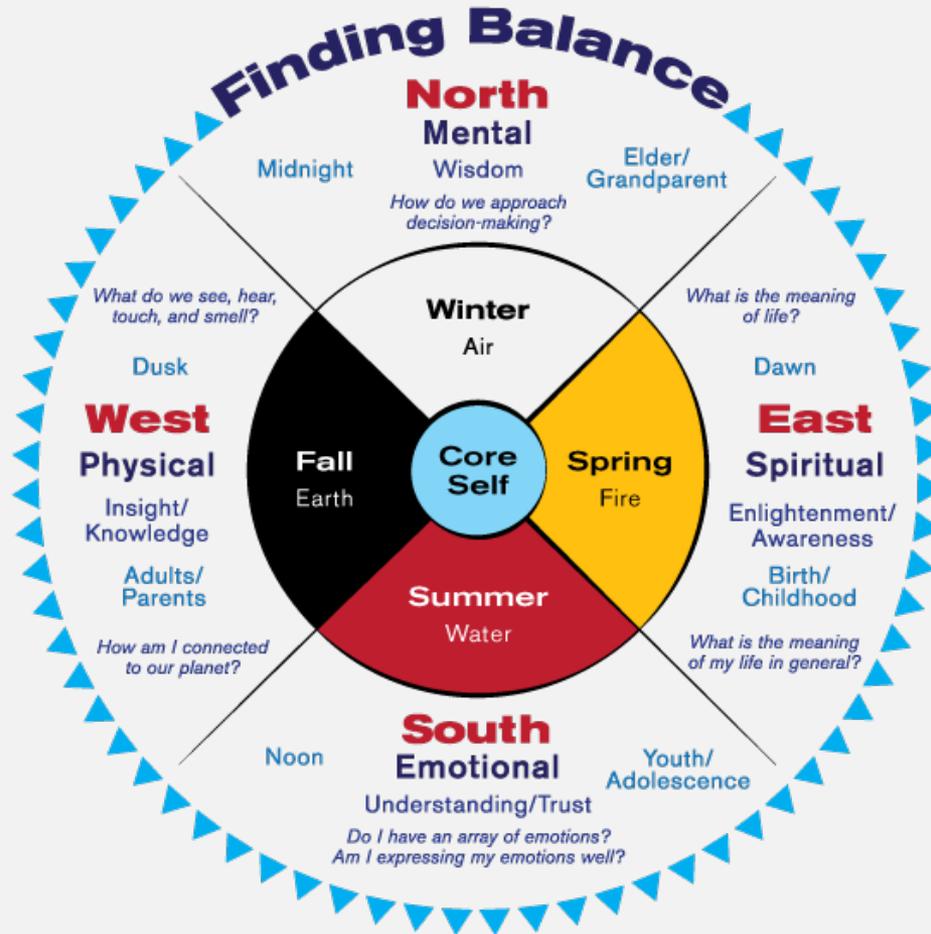
# Finding Your Balance for Self-Care



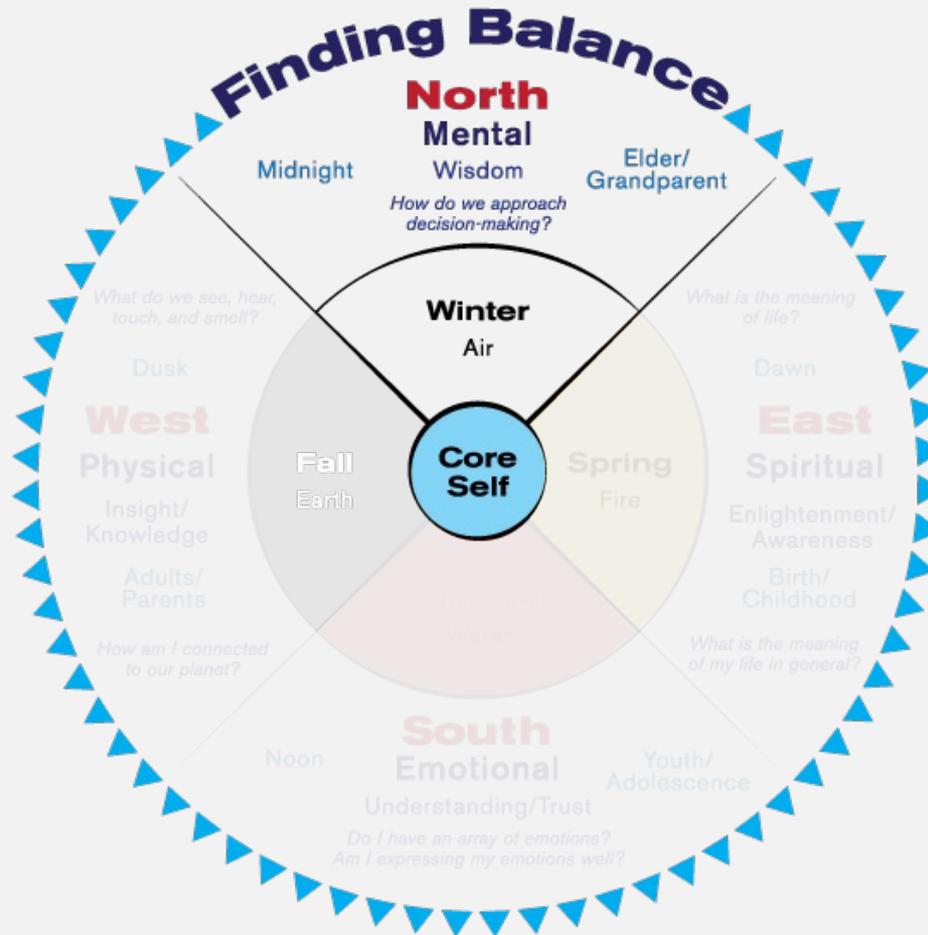
# Caring for the Caregiver: Finding Balance for Self-Care

- Remember: Self-compassion is essential for self-care
- Practice self-care exercises, such as deep breathing and meditation
- Eat well and sleep well
- Remain socially connected
- Find support through other caregivers

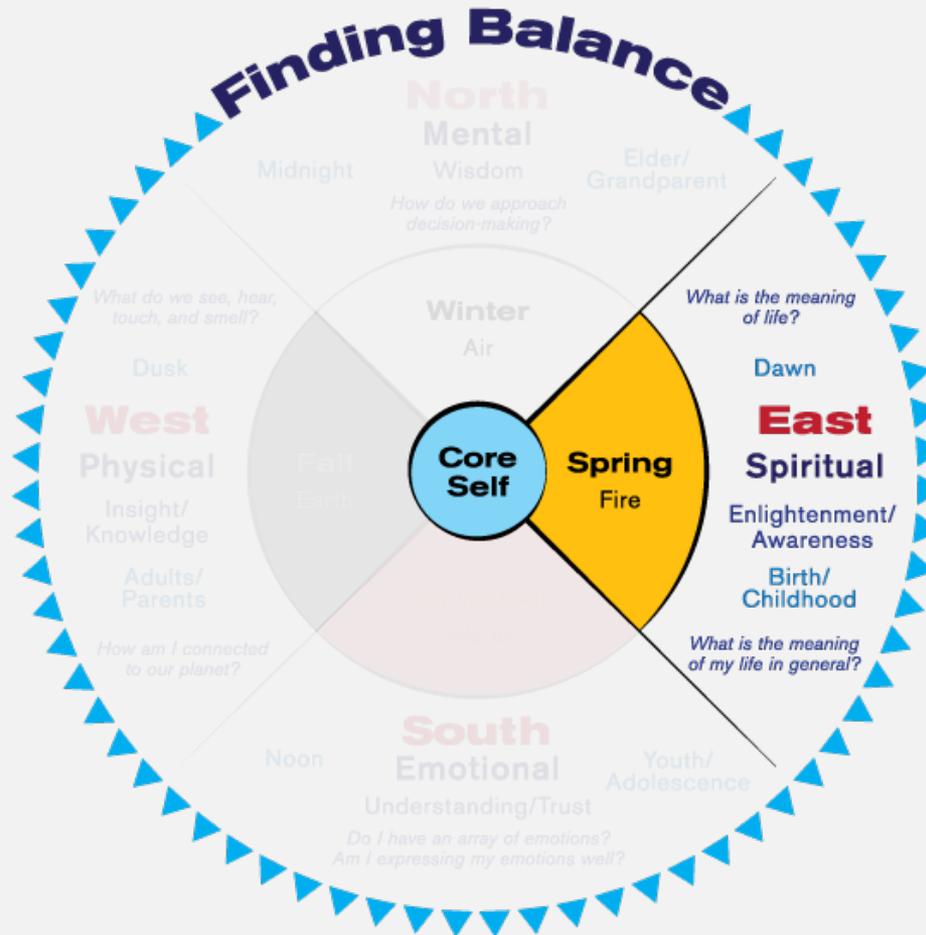
# Finding Balance



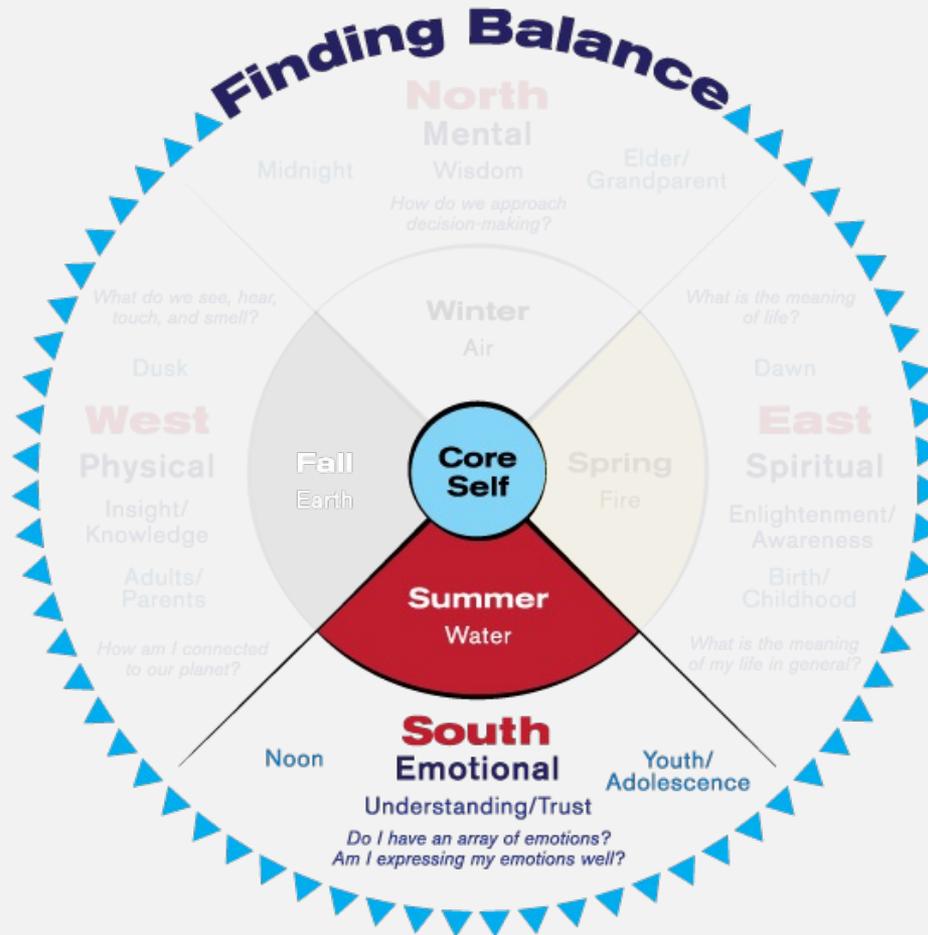
# Finding Balance (North)



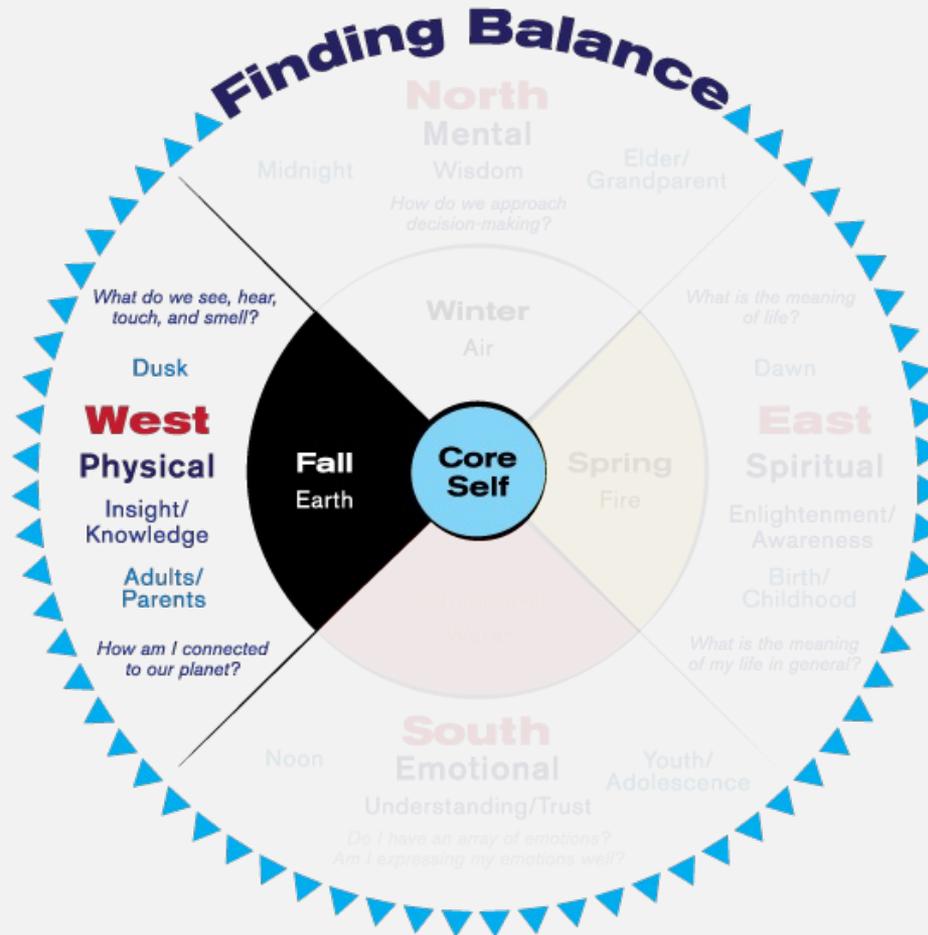
# Finding Balance (*East*)



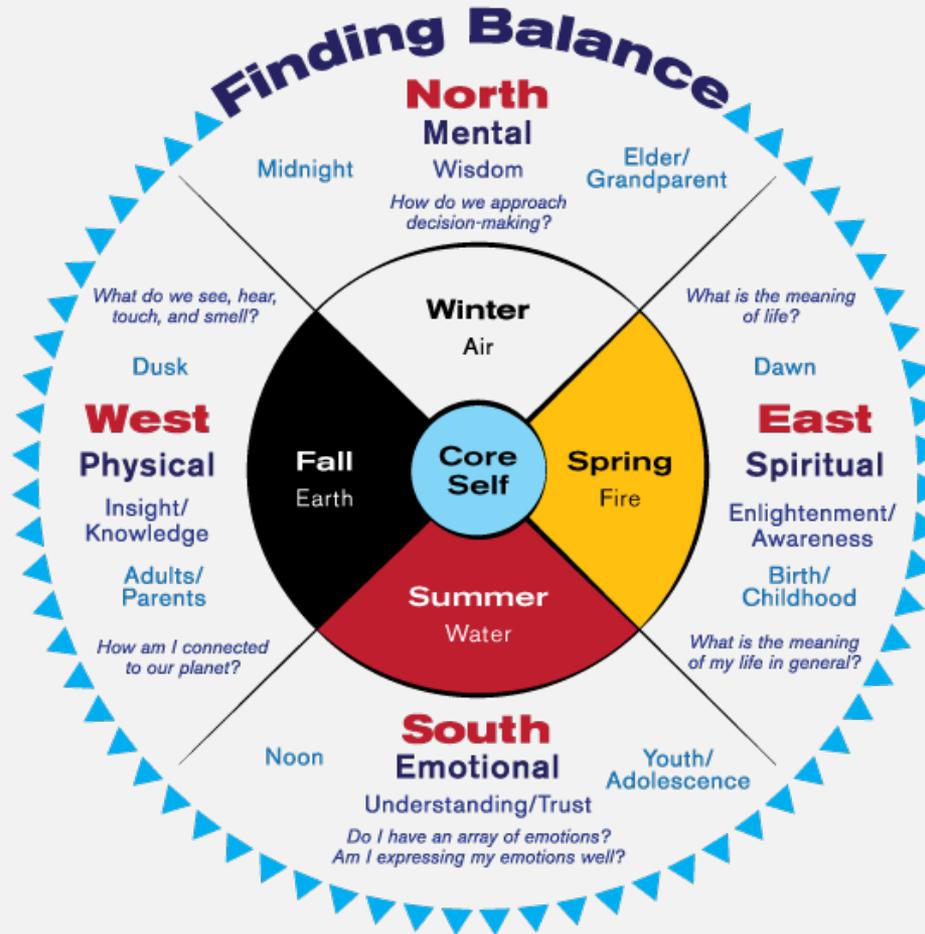
# Finding Balance (South)



# Finding Balance (West)



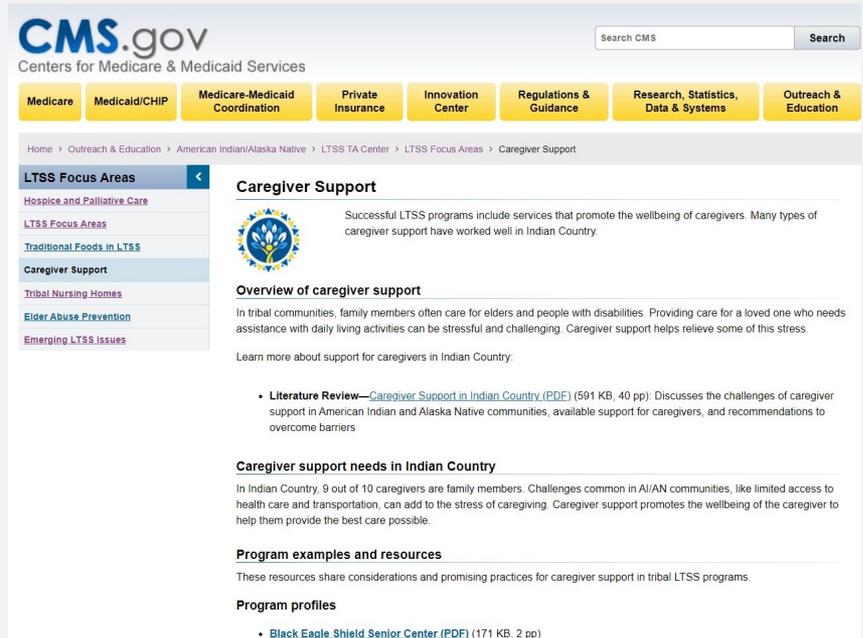
# Finding Balance (cont.)



# CMS LTSS TA Center

Visit the LTSS Technical Assistance (TA) Center's webpage for:

- Literature reviews and reports
- Profiles of LTSS programs
- Videos and webinars
- LTSS newsletters



The screenshot displays the CMS.gov website interface. At the top, the CMS.gov logo is visible, along with a search bar and navigation tabs for Medicare, Medicaid/CHIP, Medicare-Medicaid Coordination, Private Insurance, Innovation Center, Regulations & Guidance, Research, Statistics, Data & Systems, and Outreach & Education. The breadcrumb trail indicates the path: Home > Outreach & Education > American Indian/Alaska Native > LTSS TA Center > LTSS Focus Areas > Caregiver Support. The main content area is titled "Caregiver Support" and features a blue circular icon with a person and a globe. The text describes successful LTSS programs that promote caregiver wellbeing, particularly in Indian Country. It includes an "Overview of caregiver support" section, which notes that in tribal communities, family members often provide care, and that caregiver support helps relieve stress. A "Literature Review" link is provided, pointing to a PDF document titled "Caregiver Support in Indian Country" (591 KB, 40 pp). Below this, a "Caregiver support needs in Indian Country" section discusses challenges like limited access to health care and transportation. A "Program examples and resources" section lists a "Black Eagle Shield Senior Center" PDF (171 KB, 2 pp).

**Source:** CMS. *Long-Term Services and Supports Technical Assistance Center webpage on caregiver support.* Retrieved April 25, 2022, from <https://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-TA-Center/ltss-focus-areas/caregiver-support>



**Questions?**



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