



SUPPORT. EDUCATION. RESOURCES.
State Director Bobbie Jo Leggett

Who Are Family Caregivers?



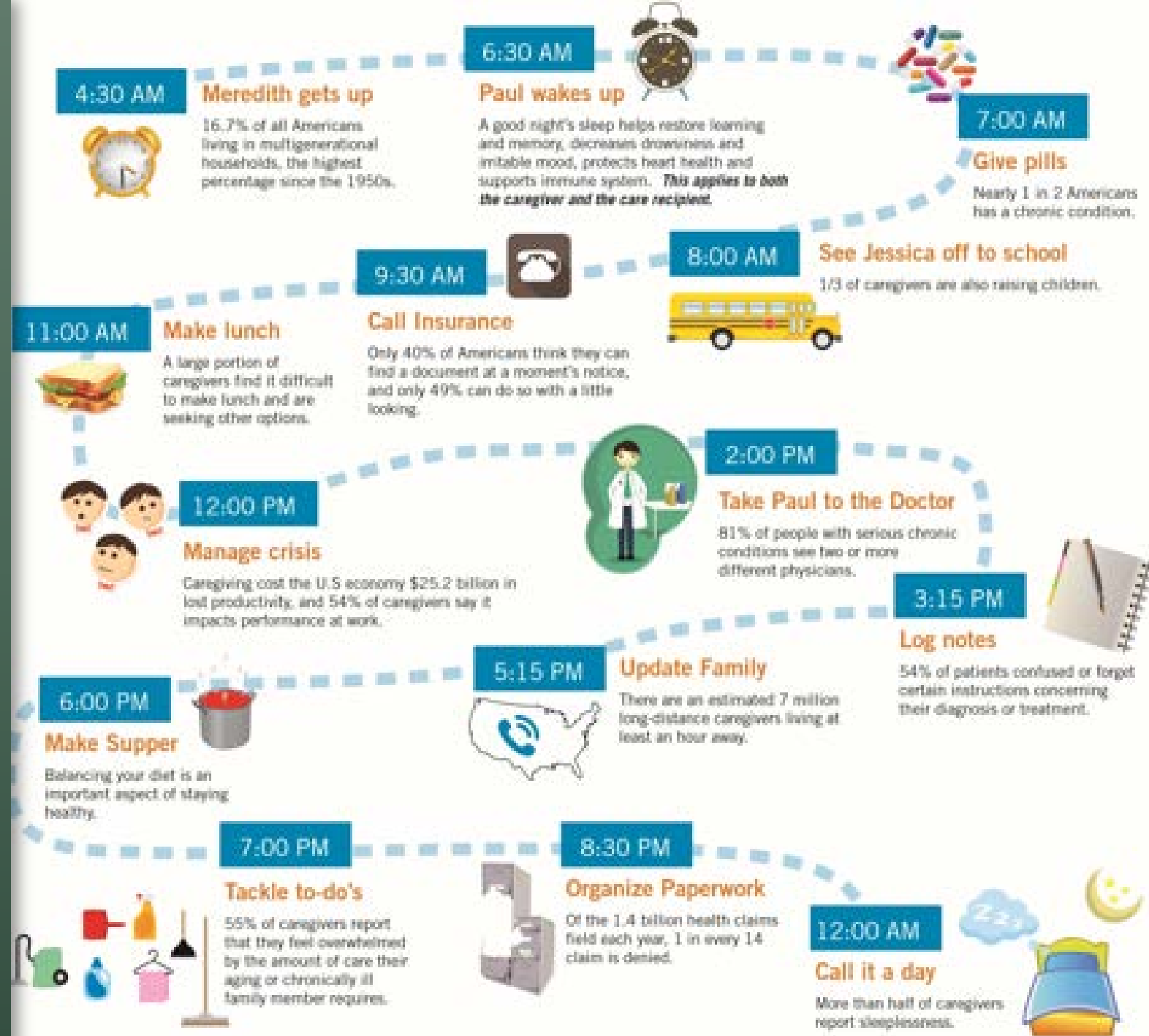
- Spouse
- Children
- Grandchildren
- Friends
- Neighbors

Why Do We Need to Support Family Caregivers?



•	57%	reported being stressed emotionally due to caregiving responsibilities
•	52%	reported being stressed in trying to balance work and family
•	45% to	reported finding it difficult to get enough rest
•	38% to	reported finding it difficult to exercise regularly
•	37% to	reported finding it difficult to take care of household responsibilities
•	26% to	reported finding it difficult to keep a healthy diet
•	26%	reported experiencing health problems
•	22%	reported feeling financially strained
•	17% to	reported finding it difficult to visit the doctor

A Family Caregivers Day



CAREGIVERS Statewide:





Caregiver Case Management

- Evidenced-Based Assessment
- Problem Solving
- Resources
- Relaxation Techniques



CAREGIVER CASE MANAGEMENT
HELPS FIND BALANCE



Stress-Busting for Family Caregivers

- Chronic Illness
- Dementia
- 9-Week Class
- Stress- reducing Techniques

SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

RELAX

GO
OUTSIDE



MEDITATE

Who Gets Grandma's Yellow Pie Plate

- Distribution of Possessions Class
- Downsizing
- Demining What is Fair
- 2 hour Class



Who Gets What?

- Where do we start?
- When do we start?
- What happens if nobody wants our things?



