

Asking the Right Questions and Finding the Right Resources for Rural Caregivers

Ohio AgrAbility, Virtual National Training Workshop, May 25, 2021

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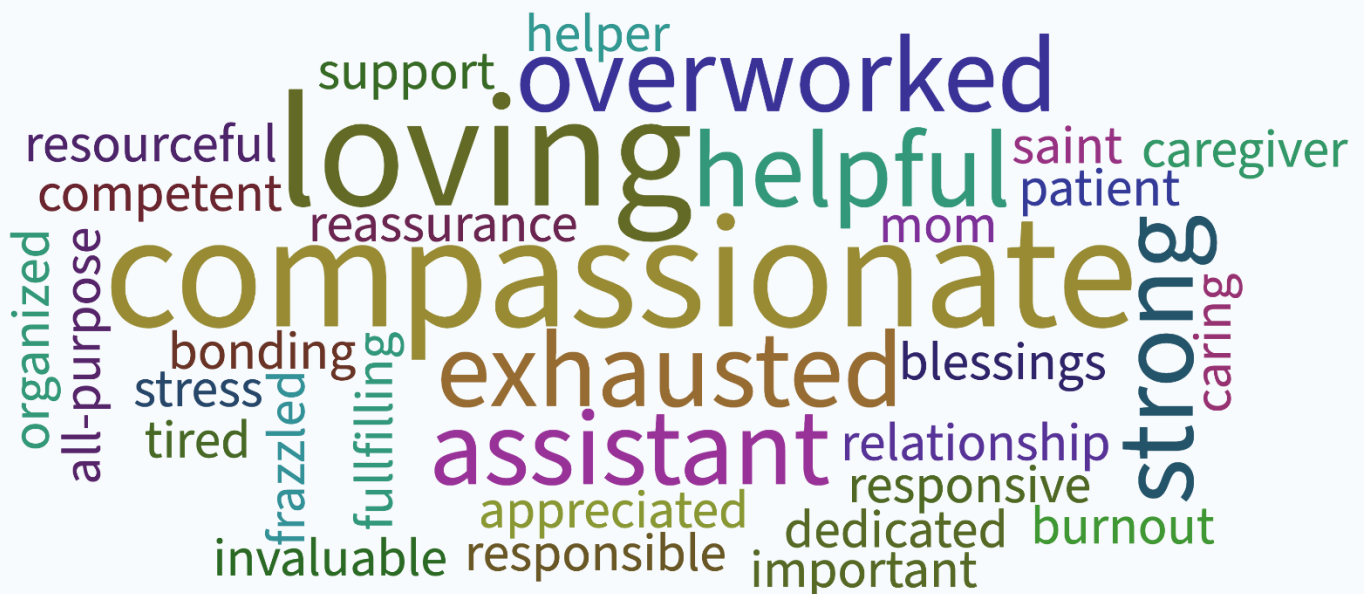
Resources and handouts available at the Ohio AgrAbility website agrability.osu.edu/caregiver-support-network

Poll question 1: How do you currently work with caregivers? (from webinar - 49 responses)

| | |
|---|-------------|
| I do not work with this audience. | 31% (15/49) |
| I help identify resources when someone requests them. | 43% (21/49) |
| I have worked informally with caregivers. | 24% (12/49) |
| I have coordinated programs for caregivers. | 2% (1/49) |

What adjectives would you use to describe caregivers? What are the benefits of caregiving?

Word cloud created by attendees during webinar



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Who is a caregiver?

- Caregivers provide assistance to another individual who has a disability, other limiting condition, or is suffering from an illness
- Rural caregivers face additional challenges such as geographical isolation, gaps in rural service delivery systems, and the unique needs of agricultural workers with disabilities

“There are only four kinds of people in the world

*- those who **have been** caregivers, those who **are currently** caregivers, those who **will be** caregivers, and those who **will need** caregivers.”*

- Former First Lady, Rosalynn Carter

Caregiving in the U.S. 2020 infographic, [click here to view](#)

Poll question 2: Are you prepared to coordinate a program, webinar or conference for caregiver? (from webinar - 39 responses)

| | |
|---|-------------|
| Yes | 2% (2/39) |
| Yes, but I need some more ideas | 26% (10/39) |
| Yes, I am planning a future program for this audience | 8% (3/39) |
| No | 18% (7/39) |
| No, I am not in a programming role to offer programs on this topic. | 44% (17/39) |

How can you help caregivers?

- Have a list of resources to offer
- Ask what they need
- Hold webinars, workshops or local events
 - Share resources
 - Invite local service providers and vendors
 - Caregivers get to meet each other
 - Comments from workshop evaluations
 - “I am not the only one going through this”
 - “Other caregivers struggle”

Why is Ohio AgrAbility interested in caregivers?

- Farming is a dangerous occupation, may lead to disabling conditions and limitations earlier than general population
- Farmers/rural populations may have less providers, infrastructure/support compared to urban

- We take a holistic approach to working with farmers and their families, and caregiving may be part of their story

Ohio AgrAbility peer support network

- Meets 2 – 3 times a year
- Educational presentations
- Health, wellness and caregiving topics
- Difficult to have meaningful conversations about caregiving issues and concerns
- Needed to supply local resources

Caregiver Support Network

- Collaboration between Ohio AgrAbility, Ohio State University College of Nursing, OSU Extension, Ohio Department of Developmental Disabilities, other advocacy groups and service providers
- Focus on rural caregivers
- Local resources – multiple sites across the state
- Engaging with community partners, stakeholders, Extension, social services, advocacy organizations
- Identify expert speakers

First CSN workshop February 2020 was in person across the state

- Central location (on OSU campus, Columbus)
 - Hosted speakers, Zoomed from this site
- 6 satellite sites around the state
 - Extension, county social services and a county NAMI office
- 140+ registrants
- 25+ exhibitors

First workshop – lessons learned

- Technology is great.... usually
- Have a set schedule for breakout rooms (with satellite sites)
- More time with the exhibitors
- More time for attendees meet and greet
- Have a Mindful Wellness activity

Caregiver workshop evaluation

- Questions about logistics, speakers, topics, what did they learn
- List of topics they would like for future workshops (*very helpful for planning*)
- Opinions about local sites (very positive feedback)

- Evaluation available from Ohio AgrAbility upon request – Akgerman.4@osu.edu

2021 Workshops – all virtual

February 17: *Respite! Respite? Respite...*

1st session (90 minutes) Finding respite, creating a respite care plan

2nd session (90 minutes) Expert panel – Sharing respite experiences and resources, where do I start?

All handouts and webinar videos available on the Ohio AgrAbility website, [click here to view](#)

Upcoming webinar:

June 9 - *GenerationRx: Safe Medication Practices for Better Health for Older Adults*

[Registration link here](#)

[Videos and resources will be posted here after the webinar](#)

Resources and handouts available at the Ohio AgrAbility website agrability.osu.edu/caregiver-support-network

Poll questions 3: Are you prepared to coordinate a program, webinar or conference for caregiver? Results from webinar - 39 respondents

| | |
|---|-------------|
| Yes | 2% (2/39) |
| Yes, but I need some more ideas | 26% (10/39) |
| Yes, I am planning a future program for this audience | 8% (3/39) |
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Poll question 4: What have you learned today? Select all that apply. Results from webinar - 30 respondents

| | |
|---|-------------|
| I learned more about possible topics important for caregivers. | 80% (24/30) |
| I learned where to find resources for this topic. | 77% (23/30) |
| I thought about new collaborators to work with. | 33% (10/30) |
| I'm hoping someone here will join me to collaborate on a caregiver program. | 17% (5/30) |
| I learned that I'm totally in over my head if I try to offer a program. | 17% (5/30) |
| I feel totally ready to offer programs to caregivers. | 10% (3/30) |

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