

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

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Agenda

Caregiver Support Network overview

Ohio and national resources,
handouts and workshop evaluation

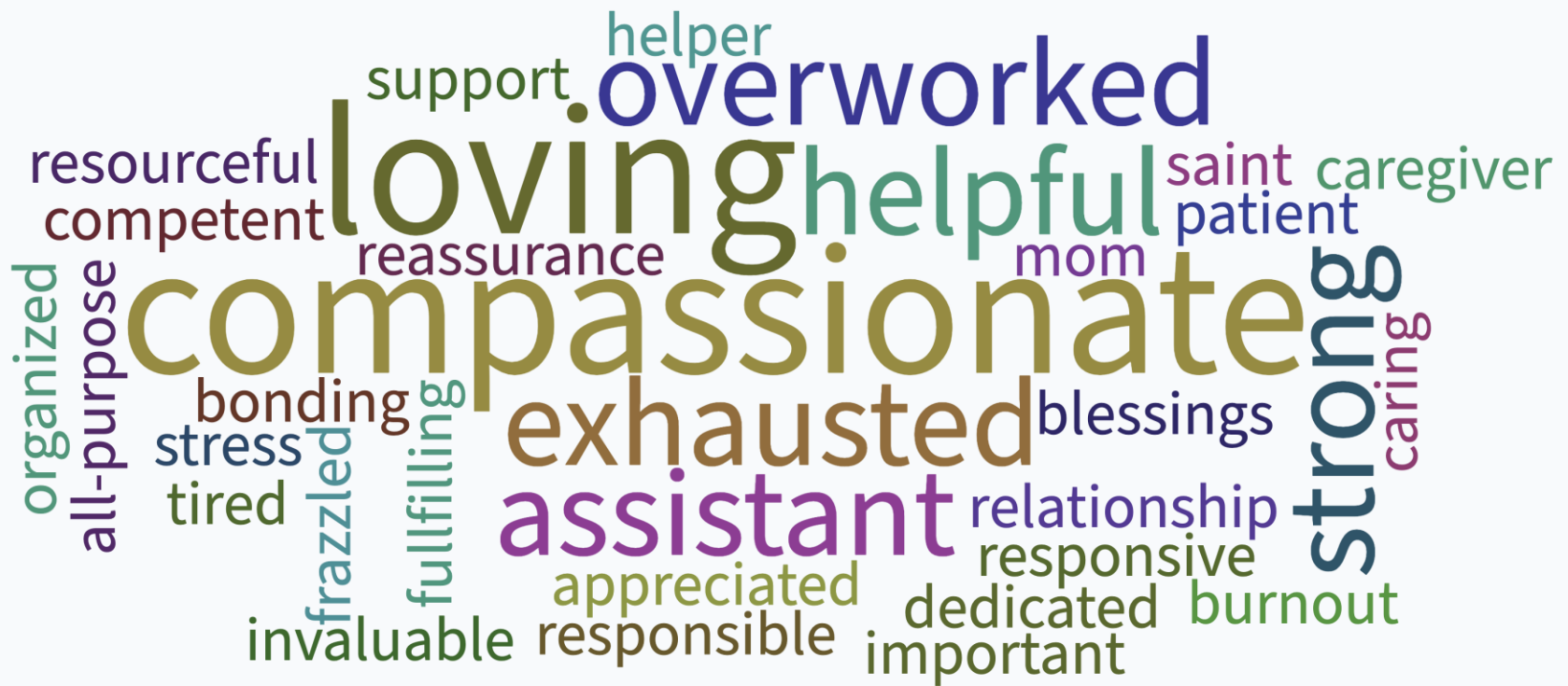
Poll question 1 (results from webinar)

How do you currently work with caregivers?	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 when I say caregiver?

What are the benefits of being a caregiver?

Word cloud created by attendees during webinar



All resources and handouts shared in this webinar are available on the Ohio AgrAbility website

<https://agrability.osu.edu/caregiver-support-network>

- Caregiver Support Network Pages
 - Fact sheets and statistics
 - Caregiver videos and handouts
 - Caregiver resources

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

Who are the caregivers?

“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

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015



53 million
2020



18%
2015



21%
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING
UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for
more than one person.



18%
2015



24%
2020

More family caregivers have
difficulty coordinating care.

19%
2015



26%
2020



More Americans caring for someone with
Alzheimer's disease or dementia.



22%
2015



26%
2020

More family caregivers report their
own health is fair to poor.

17%
2015



21%
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

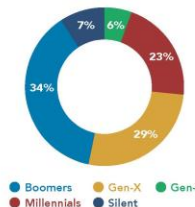
Who are today's family caregivers?



39%
MEN



61%
WOMEN



45%
HAVE HAD AT
LEAST ONE
FINANCIAL IMPACT



61%
WORK

AARP
Family Caregiving™

*Provided care to an adult or child with special needs.

**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>

naac
National Alliance for Caregiving

Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org

Poll question 2 (results from webinar)

Are you prepared to coordinate a program, webinar or conference for caregiver?	39 responses
Yes	2% (2/39)
Yes, but I still need some more ideas or collaborators	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

- 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 (CSN)

- 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 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*

Caregiver Support Network: Workshop Evaluation



Thank you for attending our workshop. We hope you enjoyed the workshop, learned about resources and organizations that support caregivers, and made a few new connections.

We want to hear your feedback so we can keep improving the Caregiver Support Network. Please fill out this quick survey and let us know your thoughts.

	Great	Good	Fair	Poor	Very poor
What did you think of the workshop?					
Registration process					
Workshop site (building)					
Workshop location					
Presentation: Managing caregiver burnout					
Presentation: Telemedicine					
Presentation: Helpful gadgets and technology for caregivers					
Local discussions (led by site facilitators)					
Learning stress-management and relaxation techniques					
Exhibitors					

What did you learn from the workshop? _____

What did you like most about the workshop? _____

How could we have made the workshop better? _____

How did the location work for you in terms of ease of attending? _____

Did you like the local site discussions? Was it easy to participate in the conversation?



Please select any topics you would like to learn about at a future workshop or webinar:

- ☐ Nutrition & meal planning
- ☐ Tips for giving care (feeding, bathing, dressing, toileting, lifting, etc...)
- ☐ Recreation activities for your care recipient, adult day centers
- ☐ Community engagement with a chronic illness or disability
- ☐ How to connect with other caregivers
- ☐ Respite (taking a break) – how to find respite, how to ask for help from family and friends
- ☐ How to involve family in caregiving
- ☐ Setting boundaries for care giver/recipient/family
- ☐ Caregiving for those who have experienced trauma
- ☐ Anticipatory grief and preparing for loss of a loved one
- ☐ Decision making & transitions (ex: when stop driving, managing personal finances, living arrangements)
- ☐ Finances, managing bills and decision making (legal requirements)
- ☐ Medicare, Medicaid, Disability benefits

Any other topics you would like to learn about at future workshops?

How did you hear about his workshop? _____

Any other feedback for the event? _____

This information is voluntary:

I am:	Female	Male	Prefer not to answer
What is your age?			
Race:	American Indian or Alaskan Native	Black or African American	White
	Asian	Native Hawaiian or Pacific Islander	Two or more races
Ethnicity:	Latino/Hispanic	Non-Latino/Non-Hispanic	
Are you a Veteran?	Yes	No	Prefer not to answer
Do you have a disability?	Yes	No	Prefer not to answer

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?

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

Resources on the Ohio AgrAbility website:

Agrability.osu.edu

Also linked to the National AgrAbility Project website, resources page, Caregivers

Caregiver fact sheets,
infographics and
statistics

2021 Caregiver
workshops

Caregiver videos and
handouts

Caregiver resources

Who should attend the
workshop?

Health and COVID-19
resources and
information

Caregiver Workshop
Sponsors

Workshop Exhibitors -
February 22, 2020

Past workshops

Caregiver fact sheets, infographics and statistics

“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

Link to the National Alliance for Caregiving (NAC) factsheets, reports and resources

AARP Caregiving in the US 2020 Infographic

Ohio AgrAbility Fact Sheet - Primary Caregiver for a Farm Family Member

Rural Caregiver fact sheet

"Typical, Feeling Alone" Caregiver fact sheet

Ohio Department of Aging Caregiver Fact Sheet

Ohio Department of Aging Support Working Caregivers infographic



[website](#)

Poll question 3 (results from webinar)

Are you prepared to coordinate a program, webinar or conference for caregiver?	28 responses
Yes	7% (2/28)
Yes, but I still need some more ideas or collaborators	32% (9/28)
Yes, I am planning a future program for this audience	21% (6/28)
No	11% (3/28)
No, I am not in a programming role to offer programs on this topic.	29% (8/28)

Poll question 4 (results from webinar)

What have you learned today? Select all that apply.	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)

Questions?

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Thanks for joining us today!