

Mental Health and Healing For Dementia Caregivers

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America of Hawai'i

Jan. 13, 2022 for Catholic Charities
Circle of Care for Dementia



Sponsored by



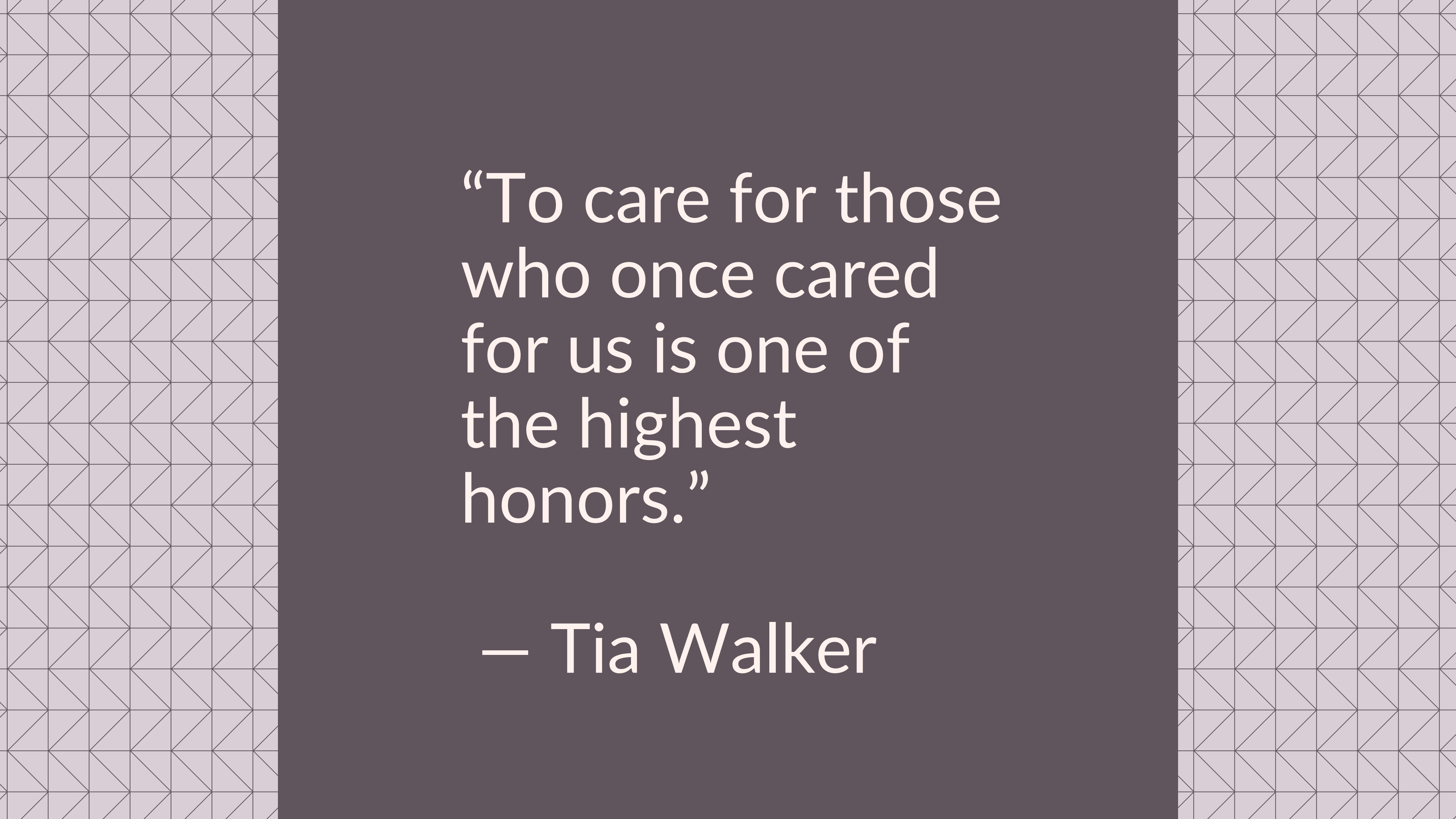
CATHOLIC CHARITIES
HAWAI'I
CIRCLE OF CARE FOR DEMENTIA



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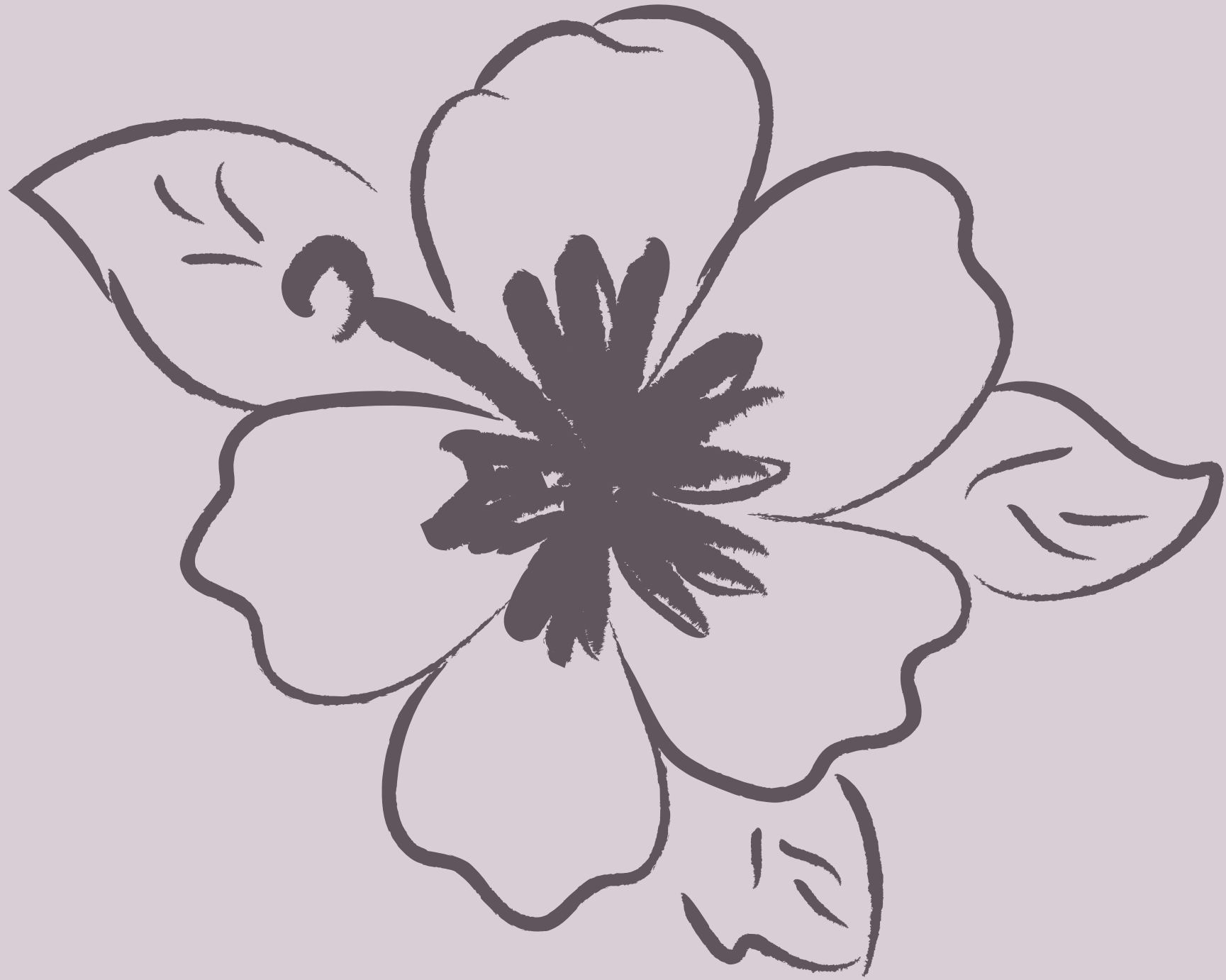
Core Concepts

- Brief review of statistics on dementia caregivers
- Importance of Self-Care as a dementia caregiver
- The role of grief in dementia caregiving
- Mental health strategies to address stress, burnout, and anxiety
- The Covid pandemic: mental and emotional challenges
- Resources for dementia caregivers



“To care for those
who once cared
for us is one of
the highest
honors.”

— Tia Walker



Hawai'i State Facts

of people 65+ and older with Alzheimer's

In 2020: 29,000

In 2025: 35,000

20.7% Increase



10.5%
of caregivers
in poor physical
health

51,000
caregivers
(2020)

65.3% of
caregivers w/
chronic health
conditions

14.9%
of caregivers
w/depression

81,000,000
hrs of unpaid
care

[https://www.alz.org
/media/Documents
/hawaii-alzheimers-
facts-figures-
2021.pdf](https://www.alz.org/media/Documents/hawaii-alzheimers-facts-figures-2021.pdf)

Self-Care Myths

- "I need to be productive."
- "I shouldn't feel ____ (grief , sadness, anger, confusion)."
- "I don't need self-care."
- "I will only feel this way once."
- "We shouldn't tell the kids anything."



Self-Care Tips

Validate your emotions

Stay connected

Use social media responsibly

Don't overcheck

Focus on the helpers

Check on the essential workers and vulnerable in your circle

Follow a schedule and add in self-care

Practice coping skills and mindfulness

Social Media

- Use reputable sites to decrease misinformation and disinformation
- Practice social media sandwich making
- Ask before you post, "Does this help inform or support others?"
- Share helpful resources
- Limit your time



Stay Present

- Past, Present, Future: Choose the present focus
- Radical acceptance*
- Meditation/Prayer
- Single task vs Multi task
- Accessible, responsive, engaged
- Be a good listener



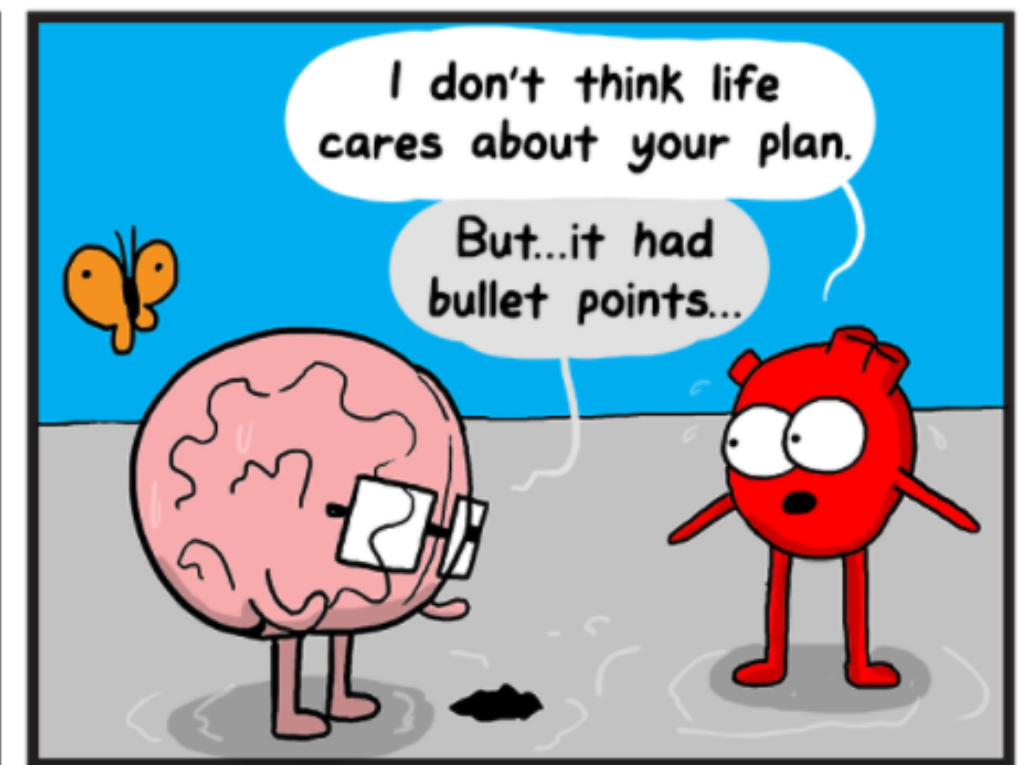
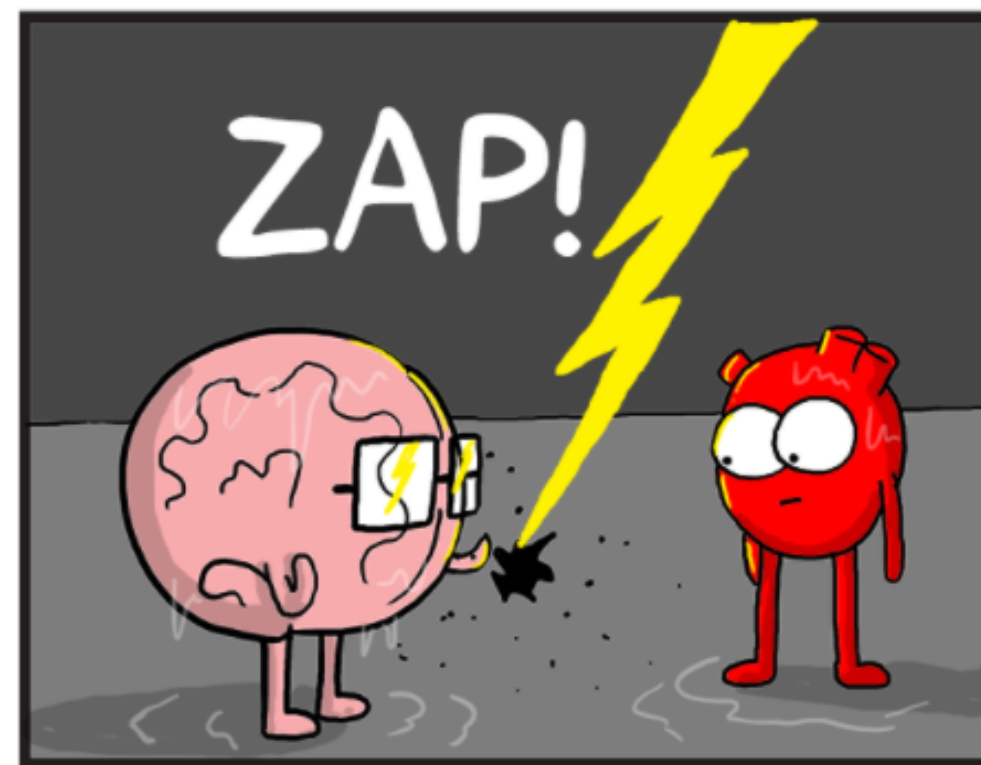
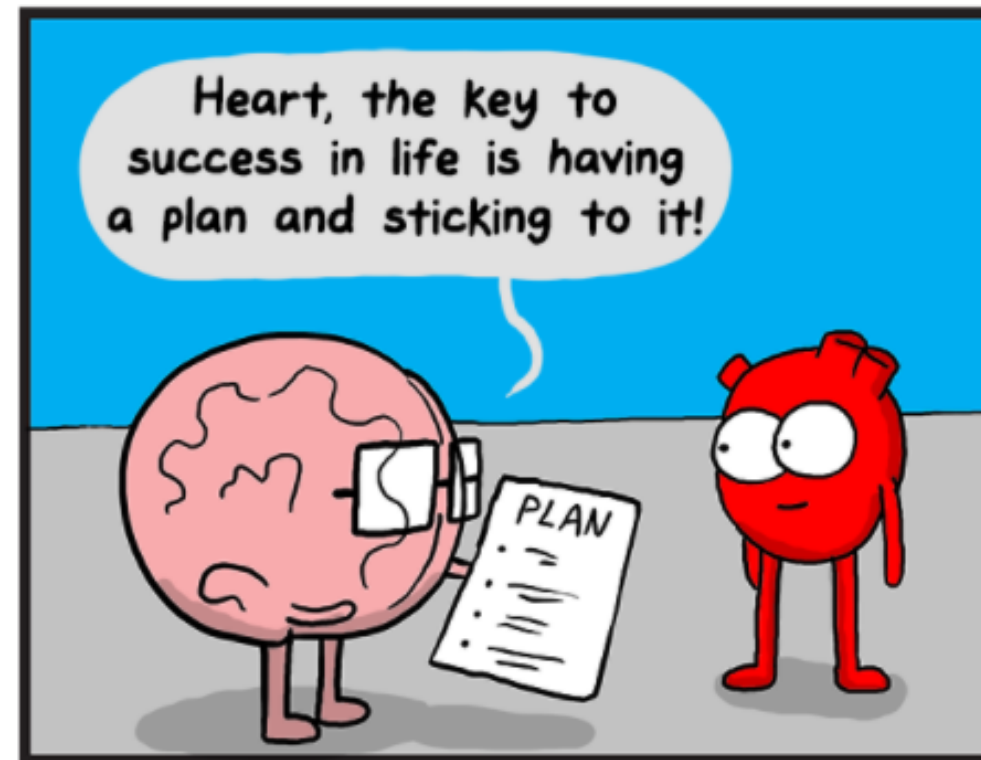
Radical Acceptance

- Accept reality
- Move away from "it isn't fair" and "it shouldn't be this way"
- Acceptance is not agreement
- Daily choice. Requires practice
- Pain avoidance through denial
- Fighting reality takes the energy you may need to make change
- Alternative to forgiveness



Radical Acceptance

Life Plan



theAwkwardYeti.com

Grief

- Loss of something or someone
- Pre-existing history of trauma
- Existing self-care & coping skills
- We all cope differently
- We all grieve differently
- Honor the process





Grief: Kubler-Ross Model

- Denial: "Not here. Not me." Shock.
- Anger (Anxiety): Feelings of loss of control or helplessness
- Bargaining: If I do ___, then ___
- Depression: Increased in sadness and/or grief
- Acceptance: Radical acceptance, settling into the new "new"

The COVID Challenge

- Increased stress for caregiver and loved one
- Decrease in access to supportive therapies
- Closed adult day programs
- Caregiver fear for late stage loved ones contracting COVID-19 during essential activities
- Anxiety over missing work
- Increase depression, anxiety, and sleep issues
- Limited resources and support
- Languishing and Re-entry anxiety
- Multiple roles

Cohen, G., Russo, M.,
Campos, J., & Allegri, R.
(2020). *Living with dementia:
Increased level of caregiver
stress in times of COVID-19.*
*International
Psychogeriatrics*, 32(11),
1377-1381.
doi:10.1017/S1041610220
001593

Vaitheswaran, S,
Lakshminarayanan, M,
Ramanujam, V, Sargunan,
S, Venkatesan, S.
*Experiences and needs of
caregivers of persons with
dementia in India during
the covid-19 pandemic—a
qualitative study.* *Am J
Geriatr Psychiatry.*
2020;28(11):1185–1194.

Brodaty H, Donkin M. Family caregivers of people with dementia. *Dialogues Clin Neurosci* 2009;11:217–28.

Chiao, C. Y., Wu, H. S., and Hsiao, C. Y. (2015). Caregiver burden for informal caregivers of patients with dementia: a systematic review. *Int. Nurs. Rev.* 62, 340–350. doi: 10.1111/inr.12194

Cohen, G., Russo, M. J., Campos, J. A., and Allegri, R. F. (2020). Living with dementia: increased level of caregiver stress in times of COVID-19. *Int. Psychogeriatr.* 32, 1377–1381. doi: 10.1017/S1041610220001593

"The Invisible Second Patient"

- Physical: pain, fatigue, sleep issues
- Emotional: Irritability, mood swings
- Behavioral: withdrawal from support, unhealthy coping skills
- Cognitive: racing thoughts, difficulty focusing

Top 3 Interventions:

- Evidence-based Interventions- Resources for Enhancing Alzheimer's Caregiver Health (REACH)*
 - Individual therapy
 - Peer support groups
- + Leisure and physical activities

Cheng, ST., Au, A., Losada, A. et al. Psychological Interventions for Dementia Caregivers: What We Have Achieved, What We Have Learned. Curr Psychiatry Rep 21, 59 (2019). <https://doi.org/10.1007/s11920-019-1045-9>






Wiegelmann, H., Speller, S., Verhaert, LM. et al. Psychosocial interventions to support the mental health of informal caregivers of persons living with dementia – a systematic literature review. BMC Geriatr 21, 94 (2021). <https://doi.org/10.1186/s12877-021-02020-4>

Type of Support

- Instrumental: Help with loved one or housework
- Emotional: Friends, family, mental health professional*
- Informational: knowledge from health professionals or support peer groups
- Unwelcome: Adds additional stress

Brodaty H., Hadzi-Pavlovic D. Psychosocial effects on carers of living with persons with dementia. Aust NZJ Psychiatry. 1990;24:351–361.

REACH Community is a highly successful evidence-based caregiver training & support program that has been proven to:

-  **Improve overall caregiver self-care, confidence, health, and emotional well-being**
-  **Reduce feelings of stress and burden from caregiving**
-  **Improve caregiver management of problem behaviors related to dementia**
-  **Empower the caregiver with self-care and self-efficacy techniques and strategies**
-  **Ensure the highest quality of care & safety possible for the person with memory loss**

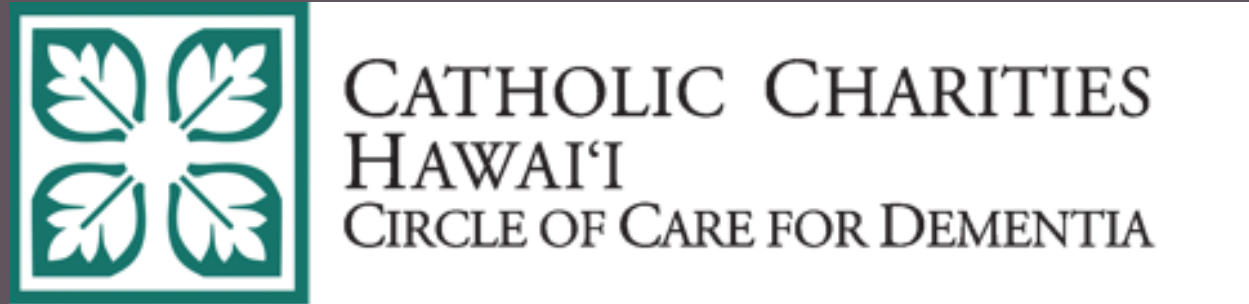
The 4- session training is FREE and personalized to your needs.

Sessions are offered on a one-to-one basis by a Certified Hawaii REACH Community Coach in your home, by telephone, or using a telehealth virtual connection – whatever is agreed upon by you and your assigned Coach. You will receive a Caregiver Manual as part of the program. REACH increases caregivers' knowledge of dementia and the caregiving role and teaches them skills to help themselves and their loved one.

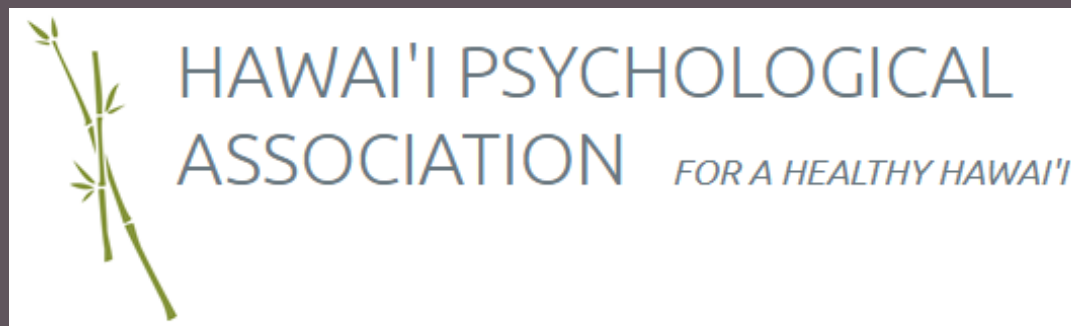
For more information, call Catholic Charities Hawaii Senior Intake Line at 527-4777
Or email info@catholiccharitieshawaii.org



Where to find professional help



The Counseling Center Hawaii
<https://www.counselingcenterhawaii.com>
Openings for tele-therapy (video or phone)
Call for appointment: (808) 527-4470



Find a Psychologist
<https://hawaiipsychology.org/page-1828511>



Find a Therapist
<https://www.psychologytoday.com/us>

What We Gain

- Enjoying togetherness
- Sharing activities
- Feeling a reciprocal bond
- Spiritual and personal growth
- Increased faith*
- Feelings of accomplishments and mastery

**55-90% of
dementia
caregivers report
positive
experiences**

Family Caregivers of People with Dementia; Henry Brodaty, MD, Dialogues in Clinical Neuroscience, 2009

Sanders S. Is the glass half empty or half full? Reflections on strain and gain in caregivers of individuals with Alzheimer's disease. Soc Work Health Care. 2005;40:57-73.

Crisis Resources



Mental Health America of Hawai'i
Education and Advocacy Organization
O'ahu: (808) 521-1846 | Maui: (808) 242-6461
mentalhealthhawaii.org

**Hawai'i Coordinated
Access Resource Entry
System (CARES)**

Hawai'i's 24/7 crisis
and referral line
O'ahu: (808) 832-3100
Toll Free: 1-800-753-6879



**National Suicide
Prevention Lifeline**
24/7, free and confidential
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

Crisis Text Line of Hawai'i
Free 24/7 support at your fingertips
Text ALOHA to 741741
crisistextline.org



National Disaster Distress Helpline
24/7 emotional support related to any
natural or human-caused disaster
Call: 1-800-985-5990 or Text: TalkWithUs to 66746

The TREVOR Project
National 24/7 hotline for
LGBTQ Youth
Call: 1-866-488-7386
Text: START to 678-678
thetrevorproject.org



Kokua Life
Free suicide prevention
app for Hawaii



Child Welfare Services
Child Abuse or Neglect
O'ahu: (808) 832-5300 | Toll Free: 1-888-380-3088
Child Trafficking
O'ahu: (808) 832-1999 | Toll Free: 1-888-398-1188



**Domestic Violence
Action Center**
O'ahu: (808) 531-3771
Toll Free: 1-800-690-6200
Text: (605) 956-5680
domesticviolenceactioncenter.org



Sex Abuse Treatment Center
Kapiolani Medical Center for Women & Children
27/7 Hotline: (808) 524-7273
satchawaii.org/contact

Resources

Catholic Charities Hawaii Website:

<https://www.catholiccharitieshawaii.org/dementia/dementia-trainings-workshops/>

Alzheimer's Association: www.alz.org

Alzheimers.gov: <https://www.alzheimers.gov/life-with-dementia/tips-caregivers#tips-for-caregivers-taking-care-of-yourself-->

National Alzheimer's and Dementia Resource Center: <http://nadrc.acl.gov>

National Institute on Aging, Dept. of Health & Human Services:

<https://www.nia.nih.gov/health/alzheimers-caregiving-caring-yourself>

Support Groups, Education Sessions
Alzheimer's Association – Hawaii

24/7 Helpline:

Hawai'i (808) 591-2771

National (800) 272-3900

Virtual support groups for Hawai'i available

<https://www.alz.org/hawaii>

COVID Apps



COVID CoACH

VA | U.S. Department of Veterans Affairs | National Center for PTSD

The COVID Coach app was created to support self-care and mental health during the COVID-19 pandemic.



It is available on iTunes and Google Play.

MLHA
Mental Health America of Hawai'i



Positive Imagery

Make yourself comfortable, so that your thoughts are on the image and nothing else.

NEW TOOL




MANAGE STRESS

LEARN

MOOD CHECK

FIND RESOURCES



CBT-i

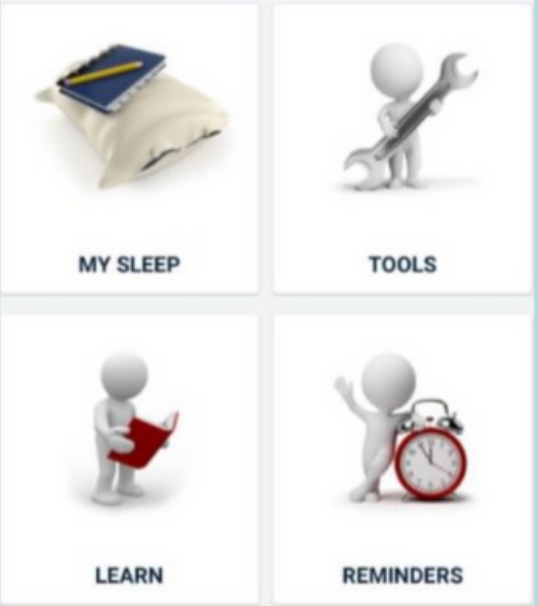
The CBT-i Coach app is designed to help people experiencing symptoms of insomnia, who would like to improve their sleep.

MLHA
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STANFORD SCHOOL OF MEDICINE

It is available on iTunes and Google Play.

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Mental Health America of Hawai'i

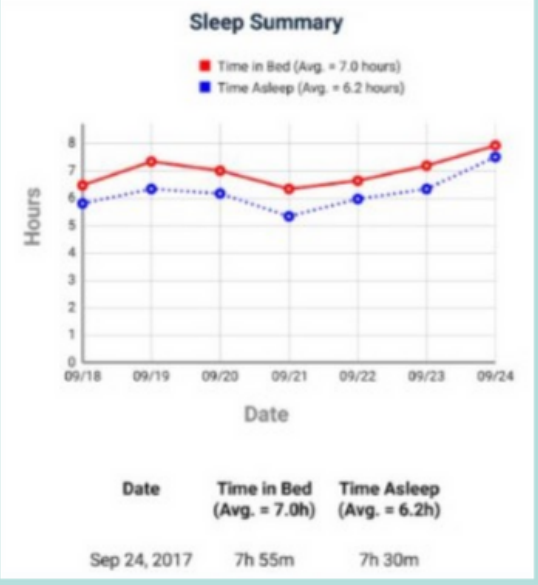


MY SLEEP

TOOLS

LEARN

REMINDERS



Sleep Summary

Time in Bed (Avg. = 7.0 hours)

Time Asleep (Avg. = 6.2 hours)

Hours

Date

Date	Time in Bed (Avg. = 7.0h)	Time Asleep (Avg. = 6.2h)
Sep 24, 2017	7h 55m	7h 30m

"Sometimes I feel lost,"
said the boy.



"Me too," said the mole,
"but we love you, and
love brings you home."

1. Caregivers are often referred to as the “invisible second patient”. **True**
2. The Five Stages of Grief, listed in the Kubler-Ross model, are denial, anger, bargaining, depression, and acceptance. **True**
3. Self-care has little to no impact on a caregiver’s day-to-day mental health. **False**
4. Radical acceptance is not an effective coping strategy for dementia caregivers. **False**
5. The top 3 interventions of support for dementia caregivers are evidence-based programs/treatment, individual therapy, and peer support groups. **True**

Self-care has a significant impact on our day-to-day mental wellness when we do it consistently.

Radical acceptance is a form of mindfulness that helps us cope.



mentalhealthhawaii.org

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