



# **THE "HOW TO'S" OF A RESPITE AND RELAXATION RETREAT FOR FAMILY CAREGIVERS/ PARTNERS**

NOVEMBER 9, 2021  
PAT BAKER, PRESENTER

# CAREGIVERS

A **caregiver**—sometimes called an **informal caregiver**—is an unpaid individual (for example, a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks. **Formal caregivers** are paid care providers providing care in one's home or in a care setting (day care, residential facility, long-term care facility).

# CAREGIVER FACTS AND FIGURES

- Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months.
- About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months.
- The majority of caregivers (82%) care for one other adult, while 15% care for 2 adults, and 3% for 3 or more adults.

# MORE...CAREGIVER FACTS AND FIGURES

- Approximately 39.8 million caregivers provide care to adults (aged 18+) with a disability or illness or 16.6% of Americans.
- About 15.7 million adult family caregivers care for someone who has Alzheimer's disease or other dementia.
- Average age: 49.2 years old
- 48% of caregivers are 18-49 years old
- 34% of caregivers are 65+ years old

# MORE...CAREGIVER FACTS AND FIGURES

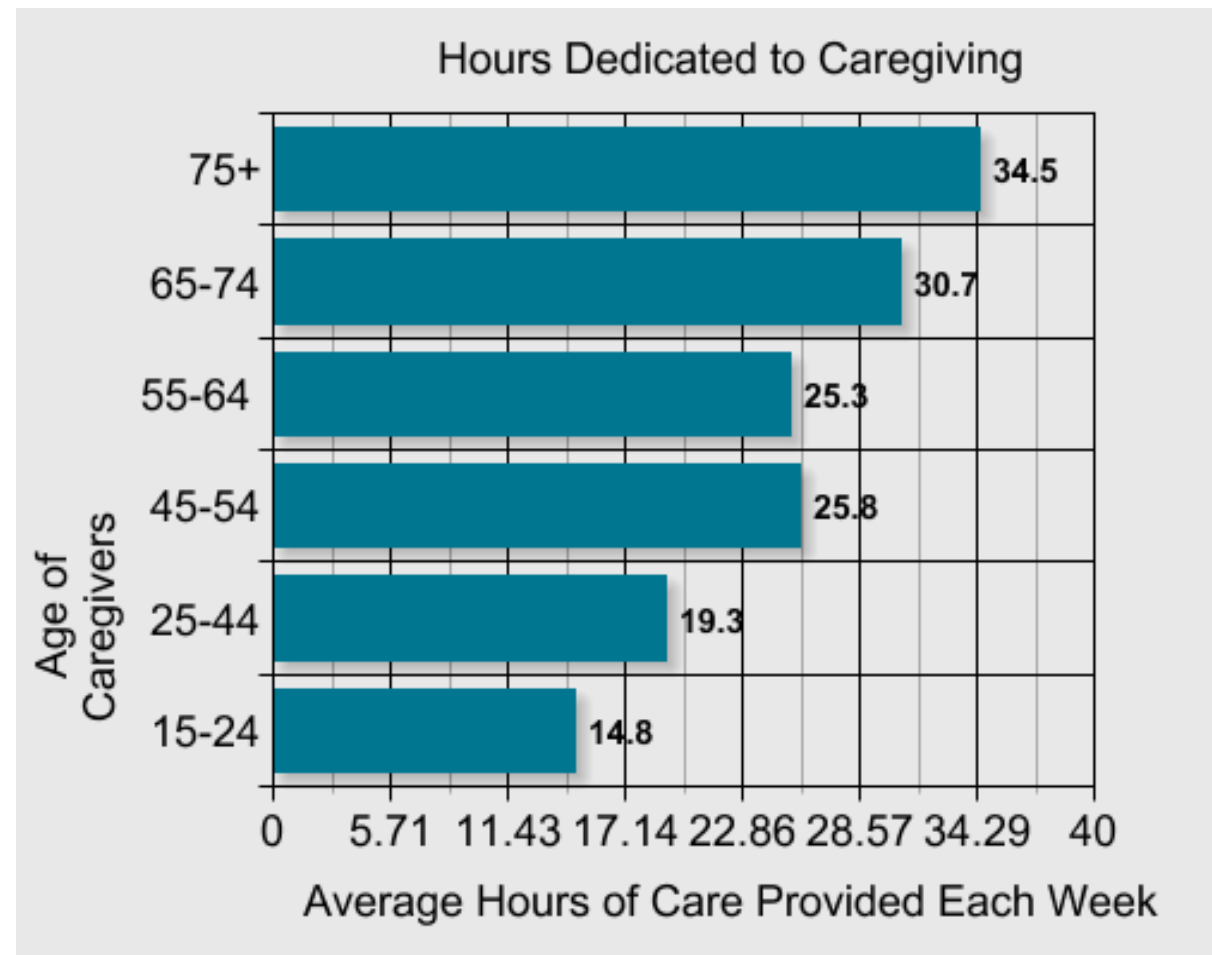
- 65% of care recipients are female, with an average age of 69.4. The younger the care recipient, the more likely the recipient is to be male. 45% of recipients aged 18-45 are male, while 33% of recipients aged 50 or higher are male.
- Upwards of 75% of all caregivers are female, and may spend as much as 50% more time providing care than males.

## MORE...CAREGIVER FACTS AND FIGURES

- Male caregivers are less likely to provide personal care, but 24% helped a loved one get dressed compared to 28% of female caregivers. 16% of male caregivers help with bathing versus 30% of females. 40% of male caregivers use paid assistance for a loved one's personal care. About 14.5 million caregivers are males out of the 43.4% who care for an older family member.
- 47% of care recipients are 75+ years old



# NUMBER OF HOURS DEDICATED TO CAREGIVING BY AGE OF FAMILY CAREGIVER





# CAREGIVER STRESS AND BURNOUT

- Anxiety and irritability
- Depression
- Difficulty sleeping
- Overreacting to minor nuisances
- New or worsening health problems





# CAREGIVER JOURNEY

Caregivers deal with:

- Frustration
- Hope
- Guilt
- Happiness
- Sadness

everyday of their journey!

# TYPES OF CAREGIVER RETREATS

## A FEW IDEAS:

1. A Day Away- Day retreats- not over night- participants come from a 100 miles radius.
2. A Day Away with care-partner- separate program agendas- over 100 miles away
3. 2-Day retreats- over night- caregivers only, participants come from over 100 miles away.
4. 2-Day retreats- over night with care partner and programs together and separate. Sleep together.

## MORE...TYPES OF CAREGIVER RETREATS

5. Weekend retreats- 2 nights away, possibility of bringing their care-partner, separate agenda's but they would be together at night.
6. Weekend sibling (?)retreats- 2 nights away with other family members to plan care of loved one.
7. Weekend retreats- 2 nights away by themselves- but in a community of family caregivers.

# MORE... TYPES OF RETREATS

## One Day retreats:

- Mixes education along with times for relaxation, connection with other caregivers and personal/spiritual reflection.
- Educational component includes identifying and managing stress, tips to prevent caregiver burnout along with learning through connection with other caregivers and sharing experiences.
- Relaxation techniques in a peaceful environment.

## If care partner is along:

- Depending on capabilities...should not mix...fun and restful activities depending on capacity.
- Planned busy project or group activity having given the group some choices beforehand.

# MORE... TYPES OF RETREATS

## 2 Day retreats- over night

- Planned to help caregivers relax and get inspired.
- Specific theme planned-"An exploration of caregiving and family relationships," "The caregiving journey: changing relationships," "Anger, intimacy and grief: a delicate balance," "Grief and loss: creating our caregiving future," "Identifying and managing stress."
- Massages, relation techniques, journal writing, hiking trails and entertainment.

## 2 Day retreats- over night with care partner

- Same as without care partner but some separate activities, some together activities.
- Share accommodations with care partner and share morning and evening meals but lunch is separate. Creative lunches like picnics or special outings to restaurants.



# IDEAS FROM CAREGIVERS

Let's Hear From the Caregivers Themselves



# ADDITIONAL TOPICS

- Caregiving 101
- Caregiving roles and responsibilities
- Caregiver relaxation exercises
- Advanced illness: holding on and letting go
- A guide to taking care of yourself
- Caregiver depression: a silent health crisis
- Caregiving and illnesses like coronavirus: tips for caregivers
- Dementia, caregiving and controlling frustration
- Managing difficult behaviors
- A caregivers Bill of Rights
- Knowing when your loved one needs additional help
- Being care partners

# GROUP EXERCISE

Considering what caregivers are dealing with in their journey- discuss in small groups what type of activity; secular or spiritual, would you propose around these five feelings/emotions in your camp and conference center world.

Frustration

Hope

Guilt

Happiness

Sadness

Be prepared to share with everyone.

# RESOURCES FOR PROGRAMMING

- Local Area Agency on Aging: covers every county in the US. 1-800-677-1116, Eldercare Locator, [www.eldercare.acl.gov](http://www.eldercare.acl.gov)
- State Offices on Aging: [www.usaging.org](http://www.usaging.org)
- AARP: they have a great caregiver initiative and if you are lucky a caregiver specialist in your state. [www.aarp.org](http://www.aarp.org)
- Alzheimer's Association: national association with state offices in all states. A great resources for Alzheimer's and related dementias. [www.alz.org](http://www.alz.org) 1-800-272-3900 will give you state office info.
- Heart Association: [www.heart.org](http://www.heart.org)
- Local aging services, often run by counties. For and not-for-profit organizations and services for the aging population. Search for "aging services" in your county.
- Rosalynn Carter Institute for Caregiving, Dealing with Dementia

# RESOURCES FOR CAREGIVERS

- Family Caregiver Alliance- National Center on Caregiving  
800-445-8106 [www.caregiver.org](http://www.caregiver.org)
- Services by State: [www.caregiver.org/connecting-caregivers/services-by-state](http://www.caregiver.org/connecting-caregivers/services-by-state)
- FCA fact sheets: [www.caregiver.org/fact-sheets](http://www.caregiver.org/fact-sheets)
- Eldercare Locator: 800-677-1116 [www.eldercare.acl.gov](http://www.eldercare.acl.gov)
- Alzheimer's association: [www.alz.org](http://www.alz.org)
- Five Wishes Aging with Dignity: [www.agingwithdignity.org](http://www.agingwithdignity.org)
- Compassion and choices: [www.compassionandchoices.org](http://www.compassionandchoices.org)
- Today's Caregiver: [www.caregiver.com](http://www.caregiver.com)
- Caregiving 101: [www.caregiving.com](http://www.caregiving.com)



## REFERENCES

- National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.
- Alzheimer's Association. (2015). 2015 Alzheimer's Disease Facts and Figures.
- Institute on Aging. (2016)



***“THERE ARE ONLY FOUR KINDS OF PEOPLE IN THIS WORLD:***

- THOSE WHO HAVE BEEN CAREGIVERS,***
- THOSE WHO CURRENTLY ARE CAREGIVERS,***
- THOSE WHO WILL BE CAREGIVERS, AND***
- THOSE WHO WILL NEED A CAREGIVER.***

***- Rosalynn Carter***



# CONTACT INFORMATION

Pat Baker, MS  
476 Bruce Way SW  
Lilburn, GA 30047  
678-438-3673  
pcbaker22@comcast.net

President of the Presbyterian Older Adult  
Ministries Network (POAMN)- part of the  
collective under the Office of Christian  
Formation, PMA, PC(USA)

Director of Older Adult and Caregiver  
Ministries  
St. Andrews Presbyterian Church  
4882 LaVista Rd.  
Tucker, GA 30084  
770-938-2833 ext. 111  
pat@sapctucker.org