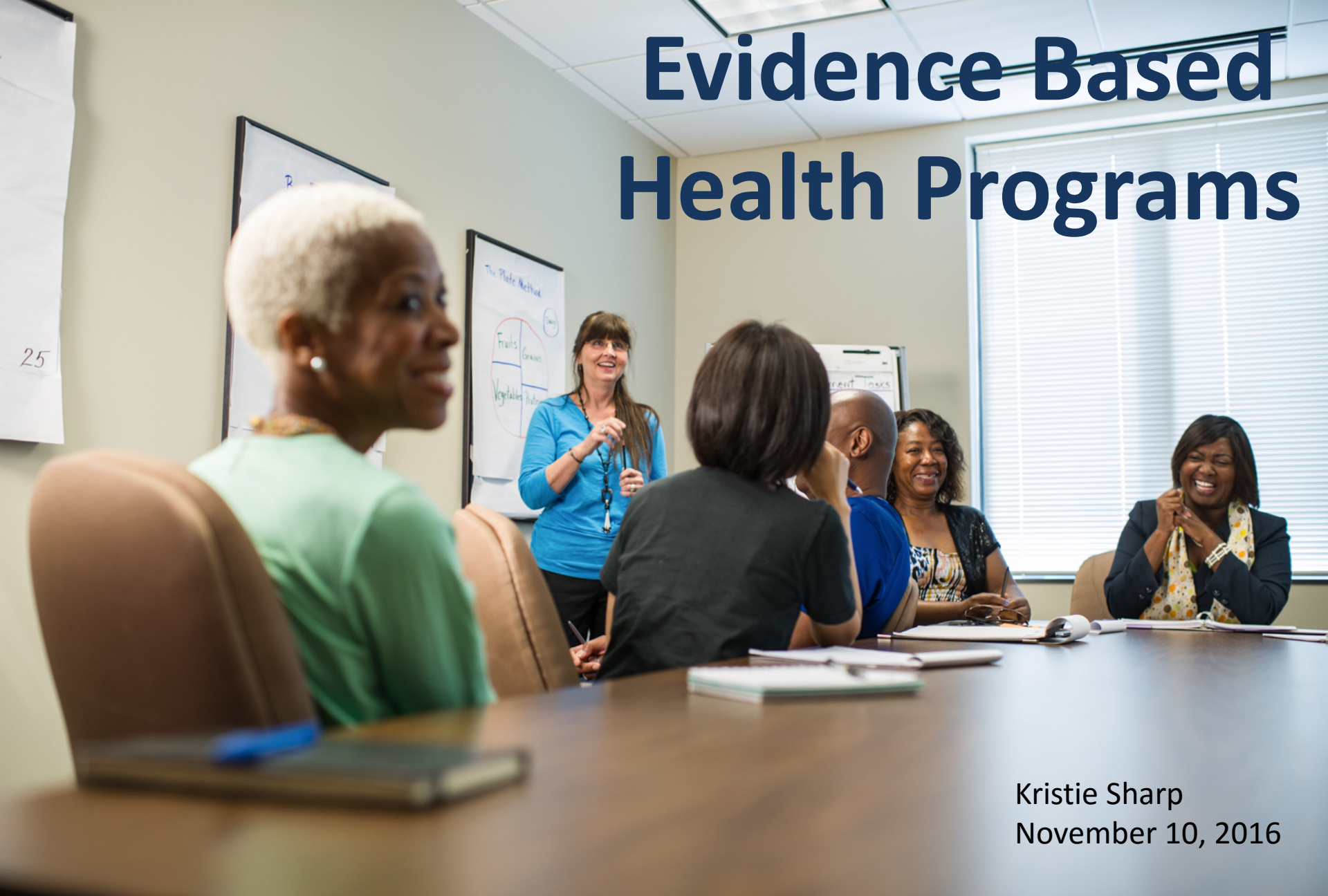


Evidence Based Health Programs



Kristie Sharp
November 10, 2016

Living well



Workshops



Self-Management

❖ Healthy Changes for Living with Chronic Conditions

- English
- Korean
- Spanish (Tomando)

❖ Healthy Changes for Living with Diabetes

Falls Prevention

❖ A Matter of Balance

❖ Tai Chi for Health



Caregiver Support

❖ Powerful Tools for Caregivers

- English
- Spanish
- Korean



National Family Caregiver Month

“Take Care to Give Care”

- ❖ 65.7 million caregivers make up 29% of the U.S. population
- ❖ 66% of caregivers are female
 - One-third take care of two or more people
 - The average age of a female caregiver is 48
- ❖ Many caregivers of older people are older adults themselves
 - Of those caring for a person older than 65, the average age of caregivers is 63
 - One-third of these caregivers in fair to poor health
- ❖ Estimated value of caregiver services was \$470 billion in 2013
- ❖ Caregiving costs employers an estimated \$13.5 billion annually

Who are Georgia's Caregivers?



- ❖ 800,000 family caregivers care for older persons and adults with disabilities
- ❖ Georgia caregivers provide 834,000,000 hours of care each year

Powerful Tools for Caregivers Helps

Participants learn to:

- ❖ Reduce stress
- ❖ Improve caregiving confidence
- ❖ Establish balance in their lives
- ❖ Communicate their needs
- ❖ Make tough decisions
- ❖ Locate helpful resources

What Sessions Cover

Session 1: Taking Care of You

Session 2: Identifying and Reducing Personal Stress

Session 3: Communicating Feelings, Needs, & Concerns

Session 4: Communicating in Challenging Situations

Session 5: Learning from our Emotions

Session 6: Mastering Caregiving Decisions

Program Outcomes

Participants who took the workshop demonstrated:

- ❖ Improved confidence in coping with the demands of caregiving
- ❖ Reduced guilt, anger and depression
- ❖ Increased use of exercise, relaxation techniques, and medical check-ups
- ❖ Increased awareness and use of community resources

Data from State Wide Evaluation

Increased participants perception of their ability to manage:

- ❖ Self-care behaviors
- ❖ Emotions
- ❖ Self-efficacy
- ❖ Community resources

Provided participants with the:

- ❖ Opportunity to learn new knowledge and skills
- ❖ Ability to assess current conditions
- ❖ Better understanding of the importance for self-care

What Participants are Saying

“I was overwhelmed by the stress of long-distance caregiving. I learned about the this class just in the nick of time. Those six weeks changed my outlook and approach. The educators were well-informed and compassionate, and the interactive sharing and support of other caregivers helped me regain my equilibrium.”

“I understand now that it is okay for me to take care of myself.”

“I encountered a stressful situation this week. Before this class I would have just given up...using the tools I was able to come up with a solution—it worked!”

“I will thrive not just survive.”

“This has changed my life, given me more confidence, and the ability to assert my needs and not feel guilty.”



