

Family Caregiver Pampering Day

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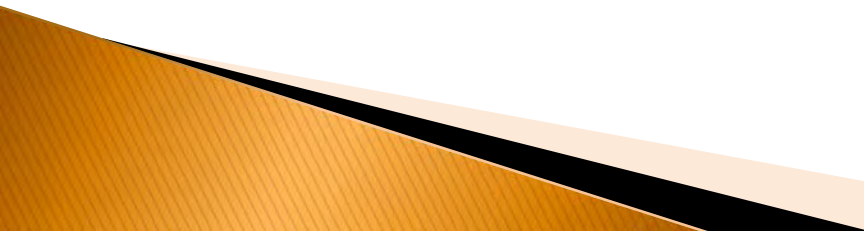
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Introduction

- ▶ “Sometimes all we need is a little pampering to help us feel better.” *Charles Schultz*
 - ▶ “Self care is not selfish. You cannot serve from an empty vessel.” *Eleanor Brownn*
 - ▶ “Taking care of yourself is the most powerful way to begin to take care of others.” *Bryant McGill*
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Purpose

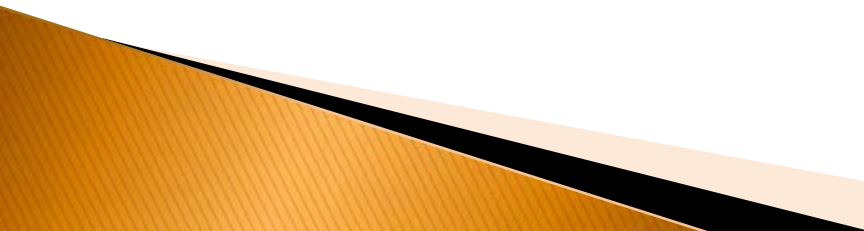
- ▶ To pamper family caregivers.
 - ▶ We accomplish this by providing caregivers with choices of activities they can do.
 - Many activities are gender neutral.
 - Caregivers have a choice between scheduled and unscheduled activities.
 - ▶ Food is provided to encourage sharing and conversation.
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History of the Event


- ▶ Started by the Family Caregiver Support Center program manager at the Pikes Peak Area Council of Governments–Area Agency on Aging.
- ▶ Held for 13 consecutive years.




History of the Event

- ▶ Planners for the event have always been from local agencies and businesses providing services to family caregivers of seniors.
 - ▶ The event is a highlight of the senior care industry in Colorado Springs.
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2016 Statistical Summary

- ▶ 93 caregivers registered.
 - ▶ 30% or 28 caregivers requested respite care.
 - 16 for in home care and 6 for day care.
 - ▶ 22 businesses/agencies provided staff, volunteers and financial support for the event.
 - ▶ 93 volunteers provided 341 hours of support on the day of the event.
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Evaluation Summary


- ▶ 76% of attendees returned evaluations.
 - ▶ 98% stated the event helped them feel more acknowledged and appreciated as a caregiver.
 - ▶ 98% stated the event helped them to realize the importance of self-care.
 - ▶ 100% stated the event was a relaxing break for them.
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Evaluation Summary


- ▶ 96% stated that being with other caregivers lessened their feeling of being alone as a caregiver.



Evaluation Summary

- ▶ 96% stated they learned something that would be helpful to them in carrying out their caregiving responsibilities.
 - ▶ 100% stated they plan to find ways to take more time for themselves in the coming year as a result of attending the event.
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Target Audience

- ▶ Our target audience are family caregivers for seniors 60+ years.
 - ▶ We promote the event to family caregivers at
 - PPACG AAA Family Caregiver Support Center, Alzheimer's Chapter, Parkinson's Association, area hospices and home care agencies.
 - ▶ What type of family caregivers do you want to pamper?
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Event Location

- ▶ The event location will determine
 - The size of your event
 - The date and times of your event
 - The type of pampering activities you will provide
- ▶ The event location must be easily accessible for the type of caregivers you plan to pamper.

Event Location

- ▶ We have utilized the the Colorado Springs Senior Center from the beginning.



Colorado Springs Senior Center

An Innovative Partnership with



Planning Team

- ▶ Should be between 8 to 12 members
- ▶ Must be a working team
 - Willing to volunteer work hours to find volunteers, presenters and resources for the event.
- ▶ Make up of our 2016 Planning Team
 - 2 men and 12 women
 - 5 from LTC facility/rehab
 - 2 from home care agencies
 - 2 from hospices
 - 1 from transport agency
 - 4 from community agencies



Planning Team

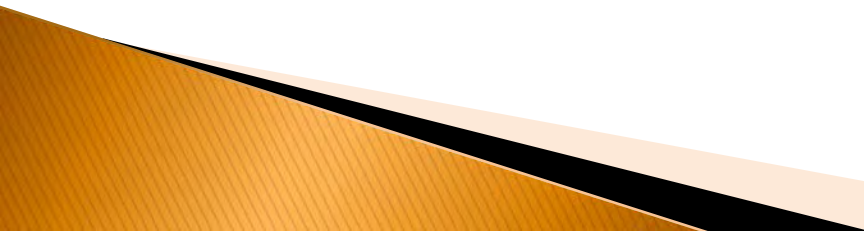
- ▶ Best qualities for Planning Team members
 - Have knowledge of resources, people and programs in the community.
 - Be good networkers in their work positions.
 - Have flexibility with their work schedule.
 - Be energetic and outgoing.

Planning Team

- ▶ Best qualities for Planning Team members
 - Have insights into the challenges your caregivers face on a daily basis.
 - Like to work with a team on projects.
 - Can make decisions regarding what type of in-kind support their company can provide.
 - Able to keep commitment to monthly planning meetings.



Planning Team

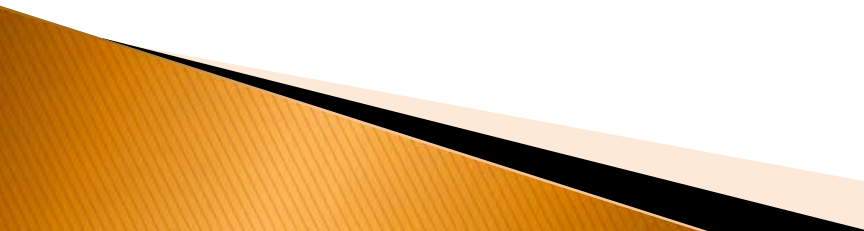
- ▶ Planning meetings are held once a month from September to February.
 - ▶ Meeting time is early–8:30 AM and 1 hour long.
 - ▶ Team members are responsible for
 - Providing ideas for pampering activities.
 - Arranging volunteers for the event.
 - Providing time and materials for the event.
 - Providing their volunteers with information about the event.
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Pampering Activities

- ▶ Best characteristics of a Pampering Activity
 - It allows caregivers to interact with each other.
 - It allows caregivers to have fun with each other.



Pampering Activities

- ▶ Best characteristics of a Pampering Activity
 - It puts the caregiver at ease.
 - It is something that can be replicated at home.
 - It provides exposure to different methods of relaxation.
 - It improves/enhances their self-care skills.
 - It allows for self-reflection/introspection.
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Pampering Activities

- ▶ Offer a mixture of activities
 - Quiet/Reflective and active
 - Individual and group
 - Unscheduled (drop in) and scheduled.
- ▶ Minimize schedule conflicts between group & Individual activities.
- ▶ Scheduling activities allows for a sense of flow and order for the event.




Pampering Activities


- ▶ Number of caregivers per activity is determined by room size and the volunteer leader for the activity.
- ▶ Examples of individual activities
 - Touch Therapy, Massage
- ▶ Examples of group activities
 - Drums Alive, Chair Yoga, Caregiving Rituals
- ▶ Examples of drop-in activities
 - Pampered Hands, Caring Conversations



Respite Care

- ▶ We offer FREE respite care to caregivers.
 - ▶ There is a place on registration form for caregivers to indicate if they desire respite.
 - ▶ History indicates about one-third of caregivers need respite support.
 - ▶ Day Care and In home care options.
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Respite Care

- ▶ One Memory Care facility and 3 Home Care companies provide the respite.
 - ▶ Respite staff are paid but the companies do not charge the event.
 - ▶ All intake procedures required by Colorado law are followed when respite is provided.
 - ▶ 2 weeks before the event registrar gives contact information to companies providing respite.
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Registration Tips


- ▶ Registrants receive confirmation phone call within 24–48 hours of receiving registration.
 - The call confirms if attending or on Waiting List.
- ▶ The week of the event attendees receive a call too confirm their attendance.
 - Caller confirms with caregiver if respite company has been in contact with them about respite.
- ▶ Callers notify registrar of caregivers not attending.
 - This allows caregivers to be moved off the Waiting List.

Pampering Activity Selection


- ▶ In early years, caregivers selected activities with their registration.
- ▶ Changed the process. Now caregivers select activities on the day of the event.
- ▶ Selection occurs in a special area with tables for each activity.




Pampering Activity Selection

- ▶ The volunteer providing the activity and a support volunteer staff each table.
 - ▶ At check in caregivers receive a “Group” ticket.
 - ▶ Instructions for the selection process are given at the opening.
 - ▶ Caregivers go the selection area when their “Group” ticket is called.
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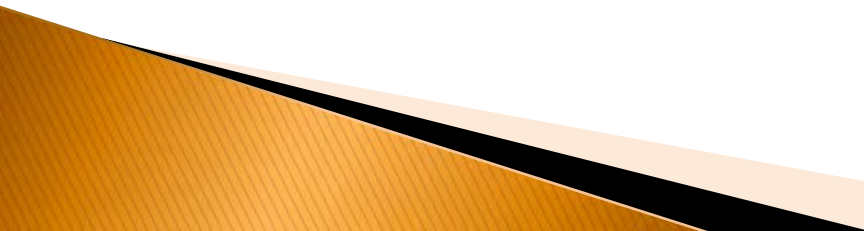
Pampering Activity Selection

- ▶ Volunteers assist caregivers in the selection of activities in a manner that allows for a scheduled flow to be experienced.
 - ▶ Once an activity reaches capacity for its time slot it is closed.
 - ▶ Once all groups have completed the selection process pampering activities begin.
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Meals

- ▶ A Free Continental Breakfast and Catered Lunch are provided.
 - 2 different care facilities provide the meals without charge.
 - ▶ Volunteers providing work at the event also eat at no charge.
 - ▶ Both meals are self-serve with lunch being a Buffet Line.
 - ▶ We offer diabetic friendly and gluten free options.
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Meals

- ▶ Service volunteers help with lunch by
 - Getting drinks and re-fills for the caregivers.
 - Cleaning up table areas when caregivers are finished eating.
 - ▶ Service volunteers are usually Girl Scouts, Boy Scouts and Air Force Cadets.
 - ▶ Volunteers who provided pampering services are encouraged to sit with the caregivers during lunch.
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Other Stuff

► Opening

- Gathers everyone into one area and allows for announcements.
- Speaker gives a 10 min. talk related to the theme and caregiving.
- Affirms the caregivers.

► Special volunteers

- AFA Cadets
 - meet, greet and give hugs.
- Coat check
- Shepherds



Other Stuff

- ▶ Check in process
 - Have a check in area for volunteers
 - Sign in and room or activity assignment given to them.
 - Have a separate check in for caregivers.
 - Sign in and provided a “Goodie” bag.
 - Instructed to take advantage of the Continental Breakfast.




Other Stuff

- ▶ Goodie Bag contents
 - Pamper Activity selection form
 - Volunteer Thank You flyer
 - Agency/Business Recognition flyer
 - Agenda for the day flyer
 - Event Evaluation form
 - Inspirational flyers

Other Stuff

▶ Closing

- Held near the end of lunch.
 - No entertainment because it interferes with bonding and conversation over food.
 - Caregivers are encouraged to complete evaluation forms before they leave.
 - All Volunteers present are acknowledged.
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Other Stuff

► Closing

- Give Aways are raffled off.
 - Gift Baskets are supplied by Planning Team members.
 - The plant/floral arrangements (Center Pieces) are also raffled off.



Other Stuff

► Resource Table

- Staffed by a volunteer with knowledge about the resources most used by caregivers at event.
- Materials for the table come from the agencies, businesses, and Pampering Activity volunteers at the event.



Other Stuff

- ▶ Theme
 - Not needed but a nice touch.
 - Examples: Breath, Sound, Touch, Laughter and....
- ▶ Decorating
 - Not needed but a nice touch.
- ▶ Number of Pampering Activities dictated by the room options of the facility you are using.

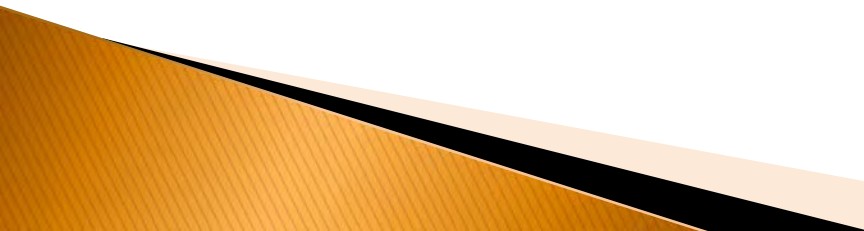


Other Stuff

▶ Set up

- It should be done the day before if possible.
- Signs identifying the activity in each room are posted.

▶ Ambiance

- Have utilized Aroma therapy diffusers throughout the building.
 - CD players in many areas playing spa like music.
 - Live music (harpist) in the Touch Therapy room
 - Infused water at the Tea Station.
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Other Stuff

► Miscellaneous

- Planning committee members and “shepherds” have special identification
 - These have included Leis, scarves, bold silk flower pins, and color coordinated shirts/blouses by the Planning Team members.



Event Materials

- ▶ You have the following handouts in your Caregiver “Goodie” bag.
 - Registration packet
 - Event Information flyer, Registration form & Pampering Activities flyer
 - Day of Event flyers Packet
 - Day’s Agenda
 - Volunteer Recognition flyer
 - Business/Agency Recognition flyer
 - Pampering Selection flyer
 - Facility Floor Plan
 - Event Evaluation

Event Materials

- ▶ You also have in your Caregiver “Goodie Bag” the Event Planning Templates document which provides samples of the following planning templates:
 - Planning Agenda Template
 - Volunteer list and Assignments
 - Volunteer letters (2)
 - Caregiver Check In sheet
 - Volunteer Sign In sheet
 - Caregiver Check In process
 - Volunteer Check In process
 - Reminder Phone call script

Conclusion

Jane Barton blog comments about 2016
Caregiver Pampering Day (in Caregiver “Goodie
Bag”)

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Questions and Answers

