

WEBVTT

NOTE duration:"00:12:25"

NOTE recognizability:0.935

NOTE language:en-us

NOTE Confidence: 0.941111

00:00:00.000 --> 00:00:02.292 I'm going to be talking about

NOTE Confidence: 0.941111

00:00:02.292 --> 00:00:04.360 family caregiving for older adults,

NOTE Confidence: 0.941111

00:00:04.360 --> 00:00:06.052 health effects, and interventions.

NOTE Confidence: 0.941111

00:00:06.052 --> 00:00:09.930 My name is Joan Monnon and I'm an associate

NOTE Confidence: 0.941111

00:00:09.930 --> 00:00:12.891 professor of Public Health in the Department

NOTE Confidence: 0.941111

00:00:12.962 --> 00:00:15.317 of Social and Behavioral Sciences.

NOTE Confidence: 0.941111

00:00:15.320 --> 00:00:18.308 My research examines how emotional processes

NOTE Confidence: 0.941111

00:00:18.308 --> 00:00:21.839 affect health and older adult relationships.

NOTE Confidence: 0.941111

00:00:21.840 --> 00:00:26.026 I examine both survey methods and laboratory

NOTE Confidence: 0.941111

00:00:26.026 --> 00:00:29.190 experiments to understand the mechanisms,

NOTE Confidence: 0.941111

00:00:29.190 --> 00:00:32.174 things like emotional contagion,

NOTE Confidence: 0.941111

00:00:32.174 --> 00:00:33.666 cardiovascular reactivity,

NOTE Confidence: 0.941111

00:00:33.670 --> 00:00:36.510 and moderators like gender and

NOTE Confidence: 0.941111

00:00:36.510 --> 00:00:38.782 individual differences and attachment
NOTE Confidence: 0.941111

00:00:38.782 --> 00:00:40.829 involved in these processes.
NOTE Confidence: 0.941111

00:00:40.830 --> 00:00:44.016 And currently my research focuses on
NOTE Confidence: 0.941111

00:00:44.016 --> 00:00:46.672 understanding how caregivers and care
NOTE Confidence: 0.941111

00:00:46.672 --> 00:00:48.942 recipients support one another in
NOTE Confidence: 0.941111

00:00:48.942 --> 00:00:51.990 the context of early stage dementia.
NOTE Confidence: 0.941111

00:00:51.990 --> 00:00:54.937 The content provided in this program does
NOTE Confidence: 0.941111

00:00:54.937 --> 00:00:57.580 not provide medical or clinical advice.
NOTE Confidence: 0.941111

00:00:57.580 --> 00:01:00.094 The content is for general informational
NOTE Confidence: 0.941111

00:01:00.094 --> 00:01:02.257 purposes only and the information
NOTE Confidence: 0.941111

00:01:02.257 --> 00:01:05.609 provided herein is not intended to be a
NOTE Confidence: 0.941111

00:01:05.609 --> 00:01:08.257 substitute for professional medical advice,
NOTE Confidence: 0.941111

00:01:08.260 --> 00:01:09.529 diagnosis, or treatment.
NOTE Confidence: 0.941111

00:01:09.529 --> 00:01:12.067 Always seek the advice of your
NOTE Confidence: 0.941111

00:01:12.067 --> 00:01:14.280 healthcare provider with any questions
NOTE Confidence: 0.941111

00:01:14.280 --> 00:01:16.860 you have regarding a medical condition.

NOTE Confidence: 0.941111
00:01:16.860 --> 00:01:19.000 Never disregard professional medical
NOTE Confidence: 0.941111
00:01:19.000 --> 00:01:22.699 advice or delay seeking it because of
NOTE Confidence: 0.941111
00:01:22.699 --> 00:01:25.534 something you have seen in this program.
NOTE Confidence: 0.941111
00:01:25.540 --> 00:01:27.460 I'll start with the definition
NOTE Confidence: 0.941111
00:01:27.460 --> 00:01:29.380 of family caregiving so broadly,
NOTE Confidence: 0.941111
00:01:29.380 --> 00:01:32.036 family caregivers are relatives,
NOTE Confidence: 0.941111
00:01:32.036 --> 00:01:33.213 friends, partners,
NOTE Confidence: 0.941111
00:01:33.213 --> 00:01:35.778 or neighbors who provide assistance,
NOTE Confidence: 0.941111
00:01:35.780 --> 00:01:36.732 typically unpaid,
NOTE Confidence: 0.941111
00:01:36.732 --> 00:01:39.112 to someone who has limitations
NOTE Confidence: 0.941111
00:01:39.112 --> 00:01:41.440 in their physical, mental,
NOTE Confidence: 0.941111
00:01:41.440 --> 00:01:44.140 or cognitive functioning.
NOTE Confidence: 0.941111
00:01:44.140 --> 00:01:46.500 And family caregiving is not a new thing.
NOTE Confidence: 0.941111
00:01:46.500 --> 00:01:48.460 It's a part of our daily lives
NOTE Confidence: 0.941111
00:01:48.460 --> 00:01:50.458 and we've been doing it since
NOTE Confidence: 0.941111

00:01:50.458 --> 00:01:51.914 the beginning of families,
NOTE Confidence: 0.941111

00:01:51.920 --> 00:01:54.398 and it's really something that is
NOTE Confidence: 0.941111

00:01:54.398 --> 00:01:58.004 a sign of love and care in our
NOTE Confidence: 0.941111

00:01:58.004 --> 00:02:00.794 families and culture across the world.
NOTE Confidence: 0.941111

00:02:00.800 --> 00:02:04.287 But caregiving in the US in terms of
NOTE Confidence: 0.941111

00:02:04.287 --> 00:02:06.450 taking care of older adults with health
NOTE Confidence: 0.941111

00:02:06.515 --> 00:02:08.759 or functional needs has really grown.
NOTE Confidence: 0.941111

00:02:08.760 --> 00:02:13.852 So in 2015 there were 43.5 million Americans
NOTE Confidence: 0.941111

00:02:13.852 --> 00:02:17.520 acting as caregivers for their loved ones,
NOTE Confidence: 0.941111

00:02:17.520 --> 00:02:21.400 and then in 2020 it went up to 53,000,000.
NOTE Confidence: 0.92880464

00:02:24.040 --> 00:02:26.840 And the caregiving journey can
NOTE Confidence: 0.92880464

00:02:26.840 --> 00:02:29.036 can have many parts to it.
NOTE Confidence: 0.92880464

00:02:29.040 --> 00:02:31.728 So from the beginning it often
NOTE Confidence: 0.92880464

00:02:31.728 --> 00:02:33.520 starts with sporadic care,
NOTE Confidence: 0.92880464

00:02:33.520 --> 00:02:36.964 like accompanying a loved one to the
NOTE Confidence: 0.92880464

00:02:36.964 --> 00:02:39.599 physician's appointments of light errands,

NOTE Confidence: 0.92880464

00:02:39.600 --> 00:02:42.000 checking in on the family member,

NOTE Confidence: 0.92880464

00:02:42.000 --> 00:02:44.960 or communicating with health providers.

NOTE Confidence: 0.92880464

00:02:44.960 --> 00:02:48.568 And then it often goes up to more

NOTE Confidence: 0.92880464

00:02:48.568 --> 00:02:51.003 household tasks or monitoring

NOTE Confidence: 0.92880464

00:02:51.003 --> 00:02:53.157 symptoms and medications,

NOTE Confidence: 0.92880464

00:02:53.160 --> 00:02:54.438 managing finances,

NOTE Confidence: 0.92880464

00:02:54.438 --> 00:02:57.633 maybe hiring care providers that

NOTE Confidence: 0.92880464

00:02:57.633 --> 00:03:00.520 are professional care providers,

NOTE Confidence: 0.92880464

00:03:00.520 --> 00:03:03.784 and then also coordinating care and

NOTE Confidence: 0.92880464

00:03:03.784 --> 00:03:05.960 providing more emotional support.

NOTE Confidence: 0.92880464

00:03:05.960 --> 00:03:08.012 And then sometimes caregivers move up

NOTE Confidence: 0.92880464

00:03:08.012 --> 00:03:10.679 to the stage of more personal care,

NOTE Confidence: 0.92880464

00:03:10.680 --> 00:03:14.316 so things like more complex medical

NOTE Confidence: 0.92880464

00:03:14.320 --> 00:03:17.778 tasks that have to be done or

NOTE Confidence: 0.92880464

00:03:17.778 --> 00:03:20.627 dealing with insurance issues or

NOTE Confidence: 0.92880464

00:03:20.627 --> 00:03:23.171 monitoring behaviors and locations
NOTE Confidence: 0.92880464

00:03:23.171 --> 00:03:25.715 of that family member.
NOTE Confidence: 0.92880464

00:03:25.720 --> 00:03:27.880 And then sometimes caregivers are
NOTE Confidence: 0.92880464

00:03:27.880 --> 00:03:31.369 there at the end of life and have to
NOTE Confidence: 0.92880464

00:03:31.369 --> 00:03:34.160 do advanced care planning or minimize
NOTE Confidence: 0.92880464

00:03:34.160 --> 00:03:37.479 suffering or symptoms of their loved one,
NOTE Confidence: 0.92880464

00:03:37.480 --> 00:03:41.365 and then all the way to bereavement
NOTE Confidence: 0.92880464

00:03:41.365 --> 00:03:44.370 when the loved one passes.
NOTE Confidence: 0.92880464

00:03:44.370 --> 00:03:47.245 So what's the impact of
NOTE Confidence: 0.92880464

00:03:47.245 --> 00:03:48.970 caregiving on caregivers?
NOTE Confidence: 0.92880464

00:03:48.970 --> 00:03:53.730 So there can often be psychological distress,
NOTE Confidence: 0.92880464

00:03:53.730 --> 00:03:57.450 physical health problems.
NOTE Confidence: 0.92880464

00:03:57.450 --> 00:04:00.048 There can be effects on biomarkers,
NOTE Confidence: 0.92880464

00:04:00.050 --> 00:04:03.212 such as cardiovascular
NOTE Confidence: 0.92880464

00:04:03.212 --> 00:04:07.428 reactivity and blood pressure,
NOTE Confidence: 0.92880464

00:04:07.430 --> 00:04:10.154 and other kinds of immune markers

NOTE Confidence: 0.92880464

00:04:10.154 --> 00:04:13.304 that are measured in studies that

NOTE Confidence: 0.92880464

00:04:13.304 --> 00:04:16.424 correlate with actual disease outcomes.

NOTE Confidence: 0.92880464

00:04:16.430 --> 00:04:19.190 It can have negative effects on

NOTE Confidence: 0.92880464

00:04:19.190 --> 00:04:22.390 social relationships, on work,

NOTE Confidence: 0.92880464

00:04:22.390 --> 00:04:25.936 and sometimes caregiving can lead to

NOTE Confidence: 0.92880464

00:04:25.936 --> 00:04:29.410 elder mistreatment or abuse situations.

NOTE Confidence: 0.92880464

00:04:29.410 --> 00:04:31.818 But what are the risk factors for

NOTE Confidence: 0.92880464

00:04:31.818 --> 00:04:34.169 some of these adverse outcomes?

NOTE Confidence: 0.92880464

00:04:34.170 --> 00:04:34.872 Well,

NOTE Confidence: 0.92880464

00:04:34.872 --> 00:04:37.680 things like sociodemographic factors

NOTE Confidence: 0.92880464

00:04:37.680 --> 00:04:40.488 like having financial problems

NOTE Confidence: 0.92880464

00:04:40.490 --> 00:04:42.762 or high intensity caregiving,

NOTE Confidence: 0.92880464

00:04:42.762 --> 00:04:46.730 such as providing more hours of care.

NOTE Confidence: 0.92880464

00:04:46.730 --> 00:04:50.132 And also things like not believing that

NOTE Confidence: 0.92880464

00:04:50.132 --> 00:04:54.868 you had a choice and becoming a caregiver.

NOTE Confidence: 0.92880464

00:04:54.870 --> 00:04:57.114 And especially important characteristic

NOTE Confidence: 0.92880464

00:04:57.114 --> 00:05:00.480 is perceiving that your care recipient

NOTE Confidence: 0.92880464

00:05:00.558 --> 00:05:02.318 is suffering and that there's

NOTE Confidence: 0.92880464

00:05:02.318 --> 00:05:04.950 not much you can do about that.

NOTE Confidence: 0.92880464

00:05:04.950 --> 00:05:07.068 And then if the caregiver also

NOTE Confidence: 0.92880464

00:05:07.068 --> 00:05:09.349 had poor health to start with.

NOTE Confidence: 0.92880464

00:05:09.350 --> 00:05:12.630 Providing care can also exacerbate

NOTE Confidence: 0.92880464

00:05:12.630 --> 00:05:16.190 the health effects on caregivers.

NOTE Confidence: 0.92880464

00:05:16.190 --> 00:05:18.775 Having limited support from ones

NOTE Confidence: 0.92880464

00:05:18.775 --> 00:05:21.360 friends and family and other

NOTE Confidence: 0.92880464

00:05:21.451 --> 00:05:24.491 people that might be professional

NOTE Confidence: 0.92880464

00:05:24.491 --> 00:05:27.860 providers can also put one at risk.

NOTE Confidence: 0.92880464

00:05:27.860 --> 00:05:31.574 And then having a physical home

NOTE Confidence: 0.92880464

00:05:31.574 --> 00:05:34.647 environment that includes stairs or

NOTE Confidence: 0.92880464

00:05:34.647 --> 00:05:38.098 the lack of things that facilitate care

NOTE Confidence: 0.92880464

00:05:38.098 --> 00:05:41.895 for that loved 1 can be risk factors.

NOTE Confidence: 0.92880464

00:05:41.900 --> 00:05:44.184 There's many interventions that

NOTE Confidence: 0.92880464

00:05:44.184 --> 00:05:45.897 we already have.

NOTE Confidence: 0.92880464

00:05:45.900 --> 00:05:49.656 So at least 50 systematic reviews,

NOTE Confidence: 0.92880464

00:05:49.660 --> 00:05:51.856 many of which include meta analysis,

NOTE Confidence: 0.92880464

00:05:51.860 --> 00:05:55.980 have been published since 2000.

NOTE Confidence: 0.92880464

00:05:55.980 --> 00:05:58.340 And so since 2014,

NOTE Confidence: 0.92880464

00:05:58.340 --> 00:06:01.290 five systematic reviews of systematic

NOTE Confidence: 0.92880464

00:06:01.290 --> 00:06:03.820 reviews have been published.

NOTE Confidence: 0.92880464

00:06:03.820 --> 00:06:06.980 So there's many, many interventions,

NOTE Confidence: 0.92880464

00:06:06.980 --> 00:06:10.420 and these interventions often

NOTE Confidence: 0.92880464

00:06:10.420 --> 00:06:14.720 target or measure things like

NOTE Confidence: 0.92880464

00:06:14.720 --> 00:06:18.820 psychological morbidity or problems,

NOTE Confidence: 0.92880464

00:06:18.820 --> 00:06:22.920 caregiver burden, stress,

NOTE Confidence: 0.92880464

00:06:22.920 --> 00:06:24.162 coping skills,

NOTE Confidence: 0.92880464

00:06:24.162 --> 00:06:25.404 social support,

NOTE Confidence: 0.92880464

00:06:25.404 --> 00:06:29.130 and then patient outcomes such as
NOTE Confidence: 0.92880464

00:06:29.234 --> 00:06:33.308 behaviors in the dementia context that are
NOTE Confidence: 0.92880464

00:06:33.308 --> 00:06:36.925 problems or challenging for caregivers,
NOTE Confidence: 0.92880464

00:06:36.925 --> 00:06:41.000 and then also institutional placement.
NOTE Confidence: 0.92880464

00:06:41.000 --> 00:06:43.175 So many of these interventions
NOTE Confidence: 0.92880464

00:06:43.175 --> 00:06:44.480 are psychosocial interventions,
NOTE Confidence: 0.92880464

00:06:44.480 --> 00:06:48.113 and they really target the main information
NOTE Confidence: 0.92880464

00:06:48.113 --> 00:06:51.399 needs of caregivers and care recipients.
NOTE Confidence: 0.92880464

00:06:51.400 --> 00:06:54.060 They equip caregivers with adaptive
NOTE Confidence: 0.92880464

00:06:54.060 --> 00:06:57.179 strategies and behaviors that they need
NOTE Confidence: 0.92880464

00:06:57.179 --> 00:06:59.839 to mitigate the impact of the care,
NOTE Confidence: 0.92880464

00:06:59.840 --> 00:07:00.330 recipients,
NOTE Confidence: 0.92880464

00:07:00.330 --> 00:07:03.760 illness and disability in their daily lives.
NOTE Confidence: 0.92880464

00:07:03.760 --> 00:07:06.168 Things like stress management,
NOTE Confidence: 0.92880464

00:07:06.168 --> 00:07:09.780 and they enhance communication skills between
NOTE Confidence: 0.937064

00:07:09.859 --> 00:07:12.829 caregivers and care recipients and

NOTE Confidence: 0.937064

00:07:12.829 --> 00:07:15.799 sometimes even the healthcare providers.

NOTE Confidence: 0.937064

00:07:15.800 --> 00:07:19.300 And the also important part of these

NOTE Confidence: 0.937064

00:07:19.300 --> 00:07:21.387 interventions is connecting caregivers

NOTE Confidence: 0.937064

00:07:21.387 --> 00:07:24.943 to other resources or services and also

NOTE Confidence: 0.937064

00:07:24.943 --> 00:07:27.600 providing them with social support.

NOTE Confidence: 0.937064

00:07:27.600 --> 00:07:30.052 Many interventions are also

NOTE Confidence: 0.937064

00:07:30.052 --> 00:07:31.278 meditative interventions,

NOTE Confidence: 0.937064

00:07:31.280 --> 00:07:34.288 and the core features of these are an

NOTE Confidence: 0.937064

00:07:34.288 --> 00:07:37.200 emphasis on and practice of meditation,

NOTE Confidence: 0.937064

00:07:37.200 --> 00:07:38.696 recognizing, recognizing,

NOTE Confidence: 0.937064

00:07:38.696 --> 00:07:42.436 and accepting that unpleasant cognitions,

NOTE Confidence: 0.937064

00:07:42.440 --> 00:07:46.168 emotions, and sensations are a part of life,

NOTE Confidence: 0.937064

00:07:46.170 --> 00:07:48.102 synthesizing change and acceptance

NOTE Confidence: 0.937064

00:07:48.102 --> 00:07:51.602 and changes in the way that people

NOTE Confidence: 0.937064

00:07:51.602 --> 00:07:54.177 relate to experiences and facilitate

NOTE Confidence: 0.937064

00:07:54.177 --> 00:07:57.329 positive action in the face of life.
NOTE Confidence: 0.937064

00:07:57.330 --> 00:08:01.650 Stressors, physical activity interventions
NOTE Confidence: 0.937064

00:08:01.650 --> 00:08:05.216 are also really popular and many are
NOTE Confidence: 0.937064

00:08:05.216 --> 00:08:07.426 designed to enhance caregiver physical
NOTE Confidence: 0.937064

00:08:07.426 --> 00:08:10.175 activity by having them engage in
NOTE Confidence: 0.937064

00:08:10.175 --> 00:08:11.963 lots of different activities,
NOTE Confidence: 0.937064

00:08:11.970 --> 00:08:15.450 most notably brisk walking,
NOTE Confidence: 0.937064

00:08:15.450 --> 00:08:19.470 stair climbing, dancing,
NOTE Confidence: 0.937064

00:08:19.470 --> 00:08:21.576 gardening, stretching,
NOTE Confidence: 0.937064

00:08:21.576 --> 00:08:25.788 strength training and yoga.
NOTE Confidence: 0.937064

00:08:25.790 --> 00:08:29.750 And Tai chi tend to be the most popular
NOTE Confidence: 0.937064

00:08:29.750 --> 00:08:32.280 interventions with physical activity and
NOTE Confidence: 0.937064

00:08:32.280 --> 00:08:35.364 some include care recipients and some
NOTE Confidence: 0.937064

00:08:35.364 --> 00:08:37.789 are just targeted towards caregivers.
NOTE Confidence: 0.937064

00:08:37.790 --> 00:08:41.060 Cognitive behavioral therapy is also a
NOTE Confidence: 0.937064

00:08:41.060 --> 00:08:44.262 very popular clinical type of therapy

NOTE Confidence: 0.937064

00:08:44.262 --> 00:08:46.607 offered to caregivers that's been

NOTE Confidence: 0.937064

00:08:46.607 --> 00:08:50.159 shown to be pretty efficacious for

NOTE Confidence: 0.937064

00:08:50.159 --> 00:08:52.988 decreasing caregiver depression, anxiety,

NOTE Confidence: 0.937064

00:08:52.988 --> 00:08:55.740 stress, and dysfunctional thoughts.

NOTE Confidence: 0.937064

00:08:55.740 --> 00:08:58.876 So in a recent review of 12

NOTE Confidence: 0.937064

00:08:58.876 --> 00:09:00.220 randomized control trials,

NOTE Confidence: 0.937064

00:09:00.220 --> 00:09:03.736 we find these improvements for caregivers

NOTE Confidence: 0.937064

00:09:03.740 --> 00:09:06.400 And then cognitive behavioral therapy

NOTE Confidence: 0.937064

00:09:06.400 --> 00:09:09.060 also improves satisfaction with life,

NOTE Confidence: 0.937064

00:09:09.060 --> 00:09:11.304 perceived self efficacy,

NOTE Confidence: 0.937064

00:09:11.304 --> 00:09:13.548 behavioral activation and

NOTE Confidence: 0.937064

00:09:13.548 --> 00:09:16.540 appraisal of problem behaviors.

NOTE Confidence: 0.937064

00:09:16.540 --> 00:09:18.980 Respite and care coordination is

NOTE Confidence: 0.937064

00:09:18.980 --> 00:09:22.052 also really popular and one recent

NOTE Confidence: 0.937064

00:09:22.052 --> 00:09:25.149 systematic review of 104 studies shows

NOTE Confidence: 0.937064

00:09:25.149 --> 00:09:28.530 that burden was reduced from two to
NOTE Confidence: 0.937064

00:09:28.627 --> 00:09:31.680 six months follow-ups in single sample
NOTE Confidence: 0.937064

00:09:31.680 --> 00:09:34.890 studies but not in randomized controlled
NOTE Confidence: 0.937064

00:09:34.970 --> 00:09:37.960 Childs and quasi experimental studies.
NOTE Confidence: 0.937064

00:09:37.960 --> 00:09:40.676 And we have also seen that daycare
NOTE Confidence: 0.937064

00:09:40.676 --> 00:09:42.861 services are effective in decreasing
NOTE Confidence: 0.937064

00:09:42.861 --> 00:09:45.241 caregiver burden and behavioral problems
NOTE Confidence: 0.937064

00:09:45.241 --> 00:09:48.240 in persons with dementia specifically,
NOTE Confidence: 0.937064

00:09:48.240 --> 00:09:51.275 but they also accelerated time
NOTE Confidence: 0.937064

00:09:51.275 --> 00:09:53.703 to nursing home admissions.
NOTE Confidence: 0.937064

00:09:53.710 --> 00:09:55.718 Technologybased interventions are growing.
NOTE Confidence: 0.937064

00:09:55.718 --> 00:09:58.228 So this is really something
NOTE Confidence: 0.937064

00:09:58.228 --> 00:10:00.386 to look for in the future.
NOTE Confidence: 0.937064

00:10:00.390 --> 00:10:03.148 And over the past couple of years,
NOTE Confidence: 0.937064

00:10:03.150 --> 00:10:05.260 they've really been essential to
NOTE Confidence: 0.937064

00:10:05.260 --> 00:10:07.864 be able to reach many communities

NOTE Confidence: 0.937064

00:10:07.864 --> 00:10:11.063 that haven't been able to come into

NOTE Confidence: 0.937064

00:10:11.063 --> 00:10:13.153 universities or healthcare systems

NOTE Confidence: 0.937064

00:10:13.153 --> 00:10:15.748 to get these caregiver interventions.

NOTE Confidence: 0.937064

00:10:15.750 --> 00:10:18.702 We now have the National Institute

NOTE Confidence: 0.937064

00:10:18.702 --> 00:10:20.670 on Aging Impact Collaboratory,

NOTE Confidence: 0.937064

00:10:20.670 --> 00:10:23.166 which is this collaboratory that works

NOTE Confidence: 0.937064

00:10:23.166 --> 00:10:25.992 to put some of these interventions

NOTE Confidence: 0.937064

00:10:25.992 --> 00:10:29.238 in the healthcare system and measure

NOTE Confidence: 0.937064

00:10:29.238 --> 00:10:31.961 them without actually doing studies

NOTE Confidence: 0.937064

00:10:31.961 --> 00:10:35.069 by getting the data from healthcare

NOTE Confidence: 0.937064

00:10:35.069 --> 00:10:37.430 systems to look at the outcomes.

NOTE Confidence: 0.937064

00:10:37.430 --> 00:10:41.244 And so we're now piloting many of

NOTE Confidence: 0.937064

00:10:41.244 --> 00:10:43.566 these interventions to see if we

NOTE Confidence: 0.937064

00:10:43.566 --> 00:10:47.093 can get them to a larger group of

NOTE Confidence: 0.937064

00:10:47.093 --> 00:10:50.191 caregivers that are connected to health

NOTE Confidence: 0.937064

00:10:50.191 --> 00:10:52.667 systems and community organizations.
NOTE Confidence: 0.937064

00:10:52.670 --> 00:10:55.142 There's also a great resource at
NOTE Confidence: 0.937064

00:10:55.142 --> 00:10:57.349 Benjamin Rose Institute on E Jang,
NOTE Confidence: 0.937064

00:10:57.350 --> 00:11:00.129 which is a database of all these
NOTE Confidence: 0.937064

00:11:00.129 --> 00:11:02.089 caregiver interventions that have been
NOTE Confidence: 0.937064

00:11:02.089 --> 00:11:04.189 have been shown to be beneficial.
NOTE Confidence: 0.937064

00:11:04.190 --> 00:11:06.308 And it provides all the resources
NOTE Confidence: 0.937064

00:11:06.308 --> 00:11:09.102 that you might need to put out one
NOTE Confidence: 0.937064

00:11:09.102 --> 00:11:11.064 of these interventions if you have
NOTE Confidence: 0.937064

00:11:11.132 --> 00:11:13.197 an organization targeted to help
NOTE Confidence: 0.937064

00:11:13.197 --> 00:11:15.262 older adults in the community
NOTE Confidence: 0.937064

00:11:15.270 --> 00:11:18.070 or in healthcare settings.
NOTE Confidence: 0.937064

00:11:18.070 --> 00:11:21.214 So what do we need to do now?
NOTE Confidence: 0.937064

00:11:21.220 --> 00:11:23.836 So we need caregiver and assessment
NOTE Confidence: 0.937064

00:11:23.836 --> 00:11:25.580 and support in healthcare.
NOTE Confidence: 0.93940616

00:11:25.580 --> 00:11:28.148 We need to find out who the caregivers

NOTE Confidence: 0.93940616

00:11:28.148 --> 00:11:30.605 are and really give them support

NOTE Confidence: 0.93940616

00:11:30.605 --> 00:11:32.780 early in the healthcare system.

NOTE Confidence: 0.93940616

00:11:32.780 --> 00:11:35.937 We also need caregiver education and support

NOTE Confidence: 0.93940616

00:11:35.937 --> 00:11:38.540 interventions in the community widely.

NOTE Confidence: 0.93940616

00:11:38.540 --> 00:11:40.500 So not just in healthcare,

NOTE Confidence: 0.93940616

00:11:40.500 --> 00:11:44.598 but all around in the community,

NOTE Confidence: 0.93940616

00:11:44.600 --> 00:11:47.576 and we need to measure the mechanisms of

NOTE Confidence: 0.93940616

00:11:47.576 --> 00:11:49.960 interventions to design simple solutions.

NOTE Confidence: 0.93940616

00:11:49.960 --> 00:11:52.684 So finding out what the active

NOTE Confidence: 0.93940616

00:11:52.684 --> 00:11:54.500 ingredients are of interventions

NOTE Confidence: 0.93940616

00:11:54.573 --> 00:11:56.876 to really make the most of them.

NOTE Confidence: 0.93940616

00:11:56.880 --> 00:11:59.120 We need to embrace technology.

NOTE Confidence: 0.93940616

00:11:59.120 --> 00:12:01.720 So things like smartphones and

NOTE Confidence: 0.93940616

00:12:01.720 --> 00:12:04.320 virtual education programs are going

NOTE Confidence: 0.93940616

00:12:04.403 --> 00:12:07.175 to be even more important and really

NOTE Confidence: 0.93940616

00:12:07.175 --> 00:12:09.920 have been over the past two years.

NOTE Confidence: 0.93940616

00:12:09.920 --> 00:12:12.320 And then we need to educate and prepare

NOTE Confidence: 0.93940616

00:12:12.320 --> 00:12:14.276 all adults for caregiving because people

NOTE Confidence: 0.93940616

00:12:14.276 --> 00:12:16.634 are going to either be a caregiver

NOTE Confidence: 0.93940616

00:12:16.634 --> 00:12:19.112 themselves at some point in their life

NOTE Confidence: 0.93940616

00:12:19.112 --> 00:12:21.460 or they're going to be cared for.

NOTE Confidence: 0.9298534

00:12:23.620 --> 00:12:25.000 Thank you.