

Relief & Respite Program

Using Mediation to support
caregivers & individuals living with
Alzheimer Disease or a related
dementia.

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We don't sell shoes for a living

- When people come to us they come in crisis,
- Or an impending crisis is on the horizon,
- Or the balance of care has been altered.



Dementia is . . .

Progressive:

damage from the disease increases over time

Degenerative:

brain cells degenerate or break down

Irreversible:

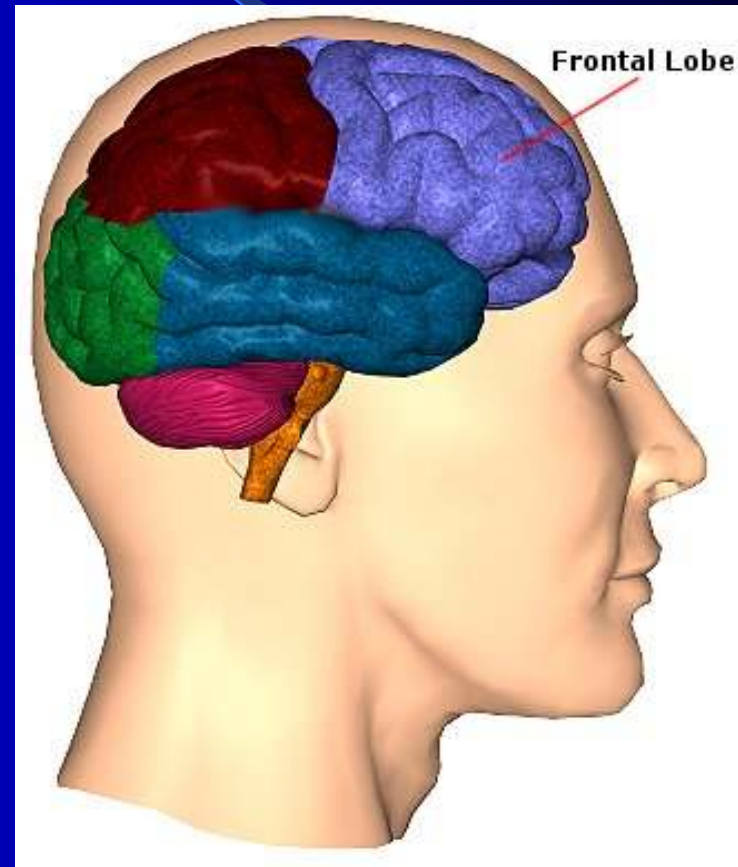
damage cannot be repaired

Roles and Responsibilities

- Driving
- Yardwork
- Golfing
- Investments
- Volunteer Work
- Grandparenting
- Spouse
- Reading
- Cooking
- Housecleaning
- Photography
- Social Life \
- Employment
- Parenting
- Exercise
- Work

Dementia Affects: 500,000

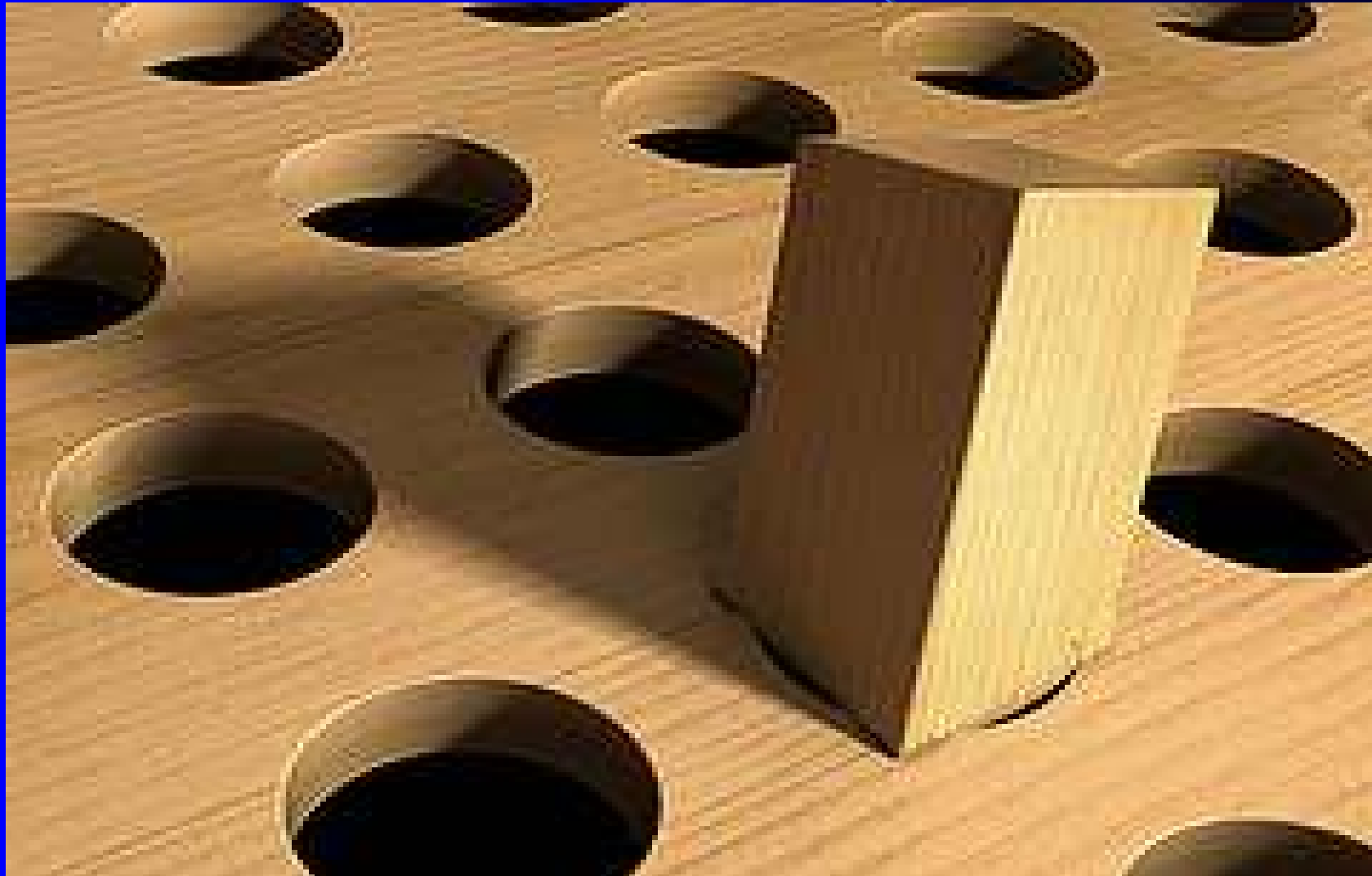
- **Planning & Organizing**
- **Initiation & Inhibitions**
- **Verbal & Visual Memory**
- **Spatial Orientation & Sequencing**
- **Perception & Communication**



Predictors of Crisis

- Personal Care Needs
- Concurrent complex conditions
- Deterioration
- Caregiver Stress
- Financial Hardship
- Caregiver Health
- Caregiver Depression
- Social Isolation
- Coping with Behaviours
- Caregiver Burden

Square need's peg in a round
service hole!



Current Challenges

- Respite eligibility requires personal care
- Continuity of worker
- Dementia trained worker
- Services fluctuate based on budget not need.
- User fees prohibit incremental usage
- Services & Needs often incongruent
- Caregivers are not legitimized, supported members of the health care team
- Relief is not the measure of respite services

Champlain LHIN Priorities

- Improve **Access** to responsive supports
- Support seniors **health potential**
- **Integrated** individualized service plans
- **Consumer focus.**
- Circumvent existing barriers to ensure **appropriate type and level of care**
- Enhance **system capacity.**
- **The right service at the right time by the right provider.**

Blue Sky Thinking: how do you define relief?



Relief & Respite

Role Driving	Respite Transport	Role Finance	Relief POA	Role Learn about AD	Relief First Link
Role Meal Prep	Relief Cooking Class	Role Parent	Relief Vacation & Respite	Role Errands	Respite Brokered
Role Personal Care	Respite PS Worker	Role Yard Work	Relief Contract	Role Activation	Respite Day Program

New Process of Care Plan

- **Mediator meets with caregiver to:**
 - **identify new or stressful caregiving duties,**
 - **identify areas of burden,**
 - **Identify potential members for their circle of care,**
 - **Initiate a conversation to clarify perspectives,**
 - **Mediate a relief plan,**
 - **Negotiate a plan to share responsibilities and clarify an understanding of roles.**

Build a Circle of Care

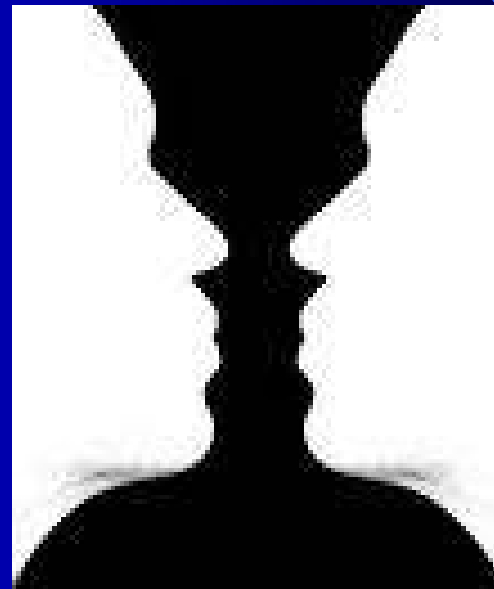


Special Needs Funding Model

- When informal supports are not enough
- When support network is limited
- When access is challenged
- When needs are not conventional
- A respite – relief fund is accessible –
 - To remove the financial & resource barriers.

Perceptions lead to Lessons?

- “mediator” terminology
 - Fall “back” on skill sets
 - Differentiate roles
 - Funding carrot/stick
 - “pre” plans /crisis
 - Products make concrete
- Multiples have challenges



Why elder mediation?

- Distinct roles and patterns of behaviour
- Issues of origin and ageism,
- Family Dynamics, Grief and Denial
- Process of being heard, free of judgments, free of eligibility criteria and organizational objectives, free of counseling and problem solving in order to achieve openness, acceptance, and a willingness to move forward with a plan of care.

Success: Focus on consumer

- The role of caregivers in the health care continuum is recognized and supported.
- Caregivers and individuals with dementia will be able to live at home longer.
- Relief needs translated into meaningful respite.
- Integrated providers, providing right service at the right time.



LHIN leadership creates opportunity

- Person with ADRD and Caregiver as a unit
- Needs Based not Services Based
- Remove accessibility barriers
- Ensure responsive level of care
- Integrate providers into one plan of care
- Focus evaluation on relief through respite