

# Adult Day Self-Care Newsletter

November 2022

## National Family Caregivers Month

An estimated one out of every six adults in New Jersey is a caregiver, according to the [CDC](#). Of these, more than half (59%) are women and about 12% provide care to someone with dementia. [Caregivers of New Jersey](#) reports there are over one million caregivers in New Jersey alone, and that the caregiver's work of supporting a family member can create health complications, emotional strain, financial burden, reduced time with family and friends, as well as difficulties in meeting work responsibilities. Family caregivers can become isolated and often feel alone.

Adult Day Centers fill a critical role in supporting family caregivers. By providing a safe space for loved ones, Adult Day Centers allow family caregivers to attend to personal and family needs. The month of November is set aside to acknowledge the challenges and needs of the family caregivers you help every day. Share messages of appreciation, hope, and encouragement throughout the month. The federal [Administration for Community Living](#) provides information about this month-long celebration, including downloadable graphics like the one below.

## Research Shows Value of Adult Day Services

Providing respite to family caregivers, even short-term temporary help, gives them a break. The more structured and longer-term respite provided by Adult Day Centers shows clear positive benefits for family caregivers.<sup>1</sup> These include improved health, both physical and mental, as well as positive behavioral outcomes for both caregivers and the person attending the Adult Day Center.

One likely reason for these benefits is reduced stress when caregivers are relieved of the 24/7 demands associated with looking after someone with memory loss. Time away from providing care reduces worry, strain, and overload, letting caregivers attend to their own needs, engage in work and other activities, and experience more positive feelings and fewer negative feelings. Over time, the support of Adult Day services may help family caregivers sustain and build their resilience.

<sup>1</sup> Bangerter, L. R., et al. (2021). Adult Day Services and dementia caregivers' daily affect: The role of distress response to behavioral and psychological symptoms of dementia. *Aging and Mental Health*, 25(1), 46-52.



## RAISE Awareness

National Family Caregivers Month is to raise awareness and express appreciation, but *Recognize* is just one way to help family caregivers. Also *Assist* through information as well as services provided. *Include* families in service planning. Offer *Support* by linking families to services and to support groups. *Engage* families in creative ways to support their loved ones, improve your services, and advocate for needed system changes.

## Supporting Family Caregivers

A federal report on the 2022 National Strategy to Support Family Caregivers is available for [public comment](#) through November. Here are some highlights that may be of interest:

**Key Principles:** While the focus of this national strategy is on family caregivers of all types, not just those supporting someone with memory loss, certain key principles apply to all.

**1. Individualized care:** Place the family and person at the center of all interactions.

Consider both the caregiver and the individual needing care when planning services.

**2. Trauma:** Acknowledge and address issues of trauma from past and recent experiences. These can be related to family history, racial discrimination, personal events, and distresses related to caregiving. Learn more about how to support family caregivers of older adults with a [history of trauma](#).

**3. Advance equity, accessibility, and inclusion** by ensuring your program and staff are welcoming and relevant for people from a wide variety of backgrounds and cultures.

**4. Strengthen the workforce** through top quality education and training, career ladders, recognition, compensation, and benefits.

These principles create high expectations for programs that often deal with limited resources and challenges with recruitment and retention. Even if they are not fully achievable in the short term, they may be able to inspire goals and changes for your program and help you appreciate what you do offer.

Remember that Care2Caregivers is available to support your staff and the family caregivers who benefit from your program. Be sure to let us know how we can help.



visit our website [www.care2caregivers.com](http://www.care2caregivers.com) for information on caregiver support groups

## For More Information

Here are some of the references for this issue that are not listed through the links in the text:

Share this [toolbox](#) with family caregivers and the related infographic providing [10 tips](#).

Let family caregivers know about our monthly caregiver webinars and our [support groups](#). We also offer many downloadable brochures, which may be helpful to your staff as well as families.

### Care2Caregivers: New Website

Check out our new and improved [website](#)! You can find the [Adult Day Resources pages](#) through the drop-down menu in the Professional Resources section of the website.

As always, you can access the Self-Care resources on our website for free. Use our NEW link:

### Self-Care for Professional Caregivers

<https://care2caregivers.com/professional-resources/self-care/>

### Upcoming Caregiver Education 2022

Celebrating National Family Caregiver Month in November:  
Caregiving Around the Clock:  
Strategies, Stories and Wisdom on Maintaining Your Balance While Caring

November 10, 2022 1:00pm  
Click [HERE](#) to register

Winter Wellness for Caregivers  
December 14, 2022 1:00pm  
Click [HERE](#) to register

For more info email Mary Catherine:  
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or call Care2Caregivers at 890-424-2494

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