

CAREGIVER EDUCATION PILOT PROGRAM REPORT, JUNE 2017

STRENGTHENING IDAHO CAREGIVERS

Powerful Tools for Caregivers (PTC) is an evidence-based educational program that provides family caregivers with tools to increase self-care, confidence, and resilience.

PTC classes have shown to positively impact caregiver health in the following area:

- Significant increase in behaviors: exercise, use of relaxation techniques and self-care
- Improved emotions, including reduced anger, guilt, and depression
- Increased self-confidence in coping with caregiving demands
- Increased use of community services



STATEWIDE PILOT PROGRAM, JUNE 2016 - APRIL 2017

With a goal of providing the PTC program across Idaho, 11 new PTC leaders were trained in June, 2016. Training was funded by a National Lifespan Respite grant administered by the Idaho Commission on Aging in partnership with the Center for the Study on Aging at Boise State University.

78 Idaho Caregivers attended PTC workshops

What do you like best about the program? Caregiver Comments from PTC Workshops



10 WORKSHOPS, 6 LOCATIONS

Lewiston
Moscow
Grangeville
Boise
Pocatello
Idaho Falls



“Dealing with anger and guilt...communicating concerns.”

“Sharing our stories - it helps to know others need help and I’m not alone.”

“It was uplifting, very constructive. Everyone needs this help.”

PTC LEADER PERCEPTION

*“I just love to see that transformation in caregivers who come to the first class feeling defeated and with an attitude that nothing can make the situation better, who by the end of the six weeks have seen positive changes and once again have confidence that **they can do this.**”*

PTC PARTICIPANTS

Survey responses based on 58 PTC participants, attending workshops from August 2016 to April 2017

People who care for...

67% One family member

21% More than one family member

12% Other

* Professionals and those not currently caring for family members

who provide care...

...for a spouse (22), parent (14), adult child (6), or children (4)

...in their own home (34)

who are...

52% Retired

33% Employed full or part-time

15% Not employed

report personal health as...

35% Excellent
Very good

33% Good

32% Fair
Poor

6 Months Later...

At the six-month follow-up, PTC participants report a positive increase in confidence levels relating to:

- ✓ Take better care of oneself
- ✓ Set goals and problem solve
- ✓ Improve communication skills
- ✓ Cope with emotions associated with caregiving
- ✓ Use stress-reducing tools
- ✓ Have a positive attitude



This project was supported by a grant No. 90LR0034-01-00 to the Idaho Commission on Aging from the Administration on Aging, Administration for Community Living (ACL), U.S. Department of Health and Human Services, Washington D.C. 20201. Grantee projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Show Your Support!

Contact Pam Oliason at the Idaho Commission on Aging for ways you can support Idaho family caregivers and the Powerful Tools for Caregiving program.
208-334-3833
pam.oliason@aging.idaho.gov

FOR INFORMATION ON ATTENDING A POWERFUL TOOLS FOR CAREGIVERS WORKSHOP, CONTACT THESE CAREGIVER-SUPPORT AGENCIES:

Boise

Legacy Corps
Kelle Sweeney
(208) 336-5533, ext 243
ksweeney@jannus.org

Coeur d'Alene

Alzheimer's Association
P.J. Christo
(208) 666-2996 x8314
pj.christo@alz.org

Grangeville

Syringa Hospital and Clinics
Maja Ledgerwood
(208) 315-2797
mledgerwood@syringahospital.org

Idaho Falls

Area Agency on Aging – Area VI
Heather Croft
(208) 522-5370
hcroft@eicap.org

Lewiston

Community Action Partnerships/
Area Agency on Aging
Julie Christianson
(208) 791-0015
j.christianson@cap4action.org

Nampa

Terry Reilly Health System
Laramie Holtman
(208) 318-1326
lholtman@trhs.org

Pocatello

Southeast Idaho Council of Governments
Mike Hirschi
(208) 399-3077
mike@sicog.org