

Quadrant 4: Maximizes In/dependence and Supports Caregivers
Meeting Minutes - January 10, 2007

The meeting was held 9:30 a.m., at Radio Reading Center, in Boulder, and was facilitated by Brandon Fields, Sarah Rebman, and Emily Cooper. Co-chair Kathy Phinney was unable to attend.

Upcoming meeting schedule: On second Wednesdays of months in which the full CLC does not meet: March 14, April 11, June 13, July 11, September 12, October 10, and December 12. Meetings will continue to be held 9:30 – 11:30 a.m., at Radio Reading Center, 2200 Central Avenue, Suite A, Boulder. (The full CLC meetings are February 14, May 9, August 8, and November 14.)

Steps for working on strategies:

1. Choose your strategy:

15: “We acknowledge and celebrate our in/dependence with one another.”

(The committee will address 16.2: “Provide a seamless, countywide system of transportation services than includes: ...” under this strategy as well.)

--and--

17: “Caregivers are informed, educated, acknowledged, and supported.”

Primarily for practice in using the steps, the committee specifically looked at **17.2: “Acknowledge and honor caregivers through: Awareness campaign that identifies the factors that make a person a caregiver, and the vital role they play in the life of the person receiving care and the community;”**

2. Develop the strategy-specific goal:

Success would look like:

- Positive definition and connotation of the word “caregiver.” Realization that we’re all caregivers sooner or later.
- People of all ages would know about caregiving through education in schools, faith communities, and elsewhere.
- Early entry to caregiver services before stress is unmanageable
- Caregivers permit themselves to get help
- Greater support networks (i.e., faith communities, neighbors)
- Better awareness of resources
- Persons caring for loved one in a long-term care facility or at a distance realize they’re caregivers too

3. *Assess what's being done and who is doing it:*

- Boulder County Aging Services – Caregiver Initiative, Respite Services, and other programs
- Aging Services Foundation – info sessions
- City Senior Services – Resource Specialists, counseling, support groups, websites, events/classes, brochures (i.e., Longmont's "Are You a Caregiver?")
- Faith communities – respite programs, caregiver classes
- Workplaces
- Caregiver support groups
- Alzheimer's Association
- Hospices
- Housing sites
- Local media
- Hospitals – discharge planners
- Home health care agencies

4. *Where do we need to target our efforts?*

- More media coverage – a "Dear Abby" kind of column, radio spots
- Informing health care professionals and other gatekeepers
- Outreach to where caregivers go (i.e., grocery stores)
- Simplify I & A process – Call center/hotline, "one call does it all" approach
- Address Medicare benefits and limitations

5. *Report out on the state of the strategy:*

(not addressed)

6. *What needs to happen next? Choosing efforts to promote:*

Best practices:

- Larimer County AAA caregiver website
- Alzheimer's Association website and "Savvy Caregiver" classes
- Advertising campaigns that really work – logo of "We are a Caring Community"
- Best Practices compilations by national foundations/organizations
- Louisville's "Good Neighbor" training (based on National Gatekeeper Program)
- California caregiver programs
- Teleconferencing programs – connecting through computers

7. *Who else needs to be involved?*

- High-profile public figures/caregivers
- Local media (i.e., Erica Statzman, Bldr Daily Camera)

- Faith communities
- Home Owner Associations
- Schools
- Hospital discharge planners
- 55+ Wellness programs (i.e., PrestigePLUS)
- Caregivers
- Other ethnic/cultural groups
- Other gatekeepers
- YWCA

8. *How shall we promote this effort?*

- Develop Caregiver Support Network or advisory board
- Approach employers
- Get caregiver services in municipalities' budgets

9. *Are we achieving what we'd envisioned?*

- Greater use of services

Each of the committee members is asked to consider additions to these notes prior to the next meeting.

The meeting concluded at 11:30.

Submitted by:
Emily Cooper