



# Assisting the Family Caregiver: Providing Care for the Older Adult Desiring Hospice in the Home

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# [ My Motivation ]



- Ruth Lavonne Hansen Brunette
- Sept. 26, 1918-Sept. 9, 2002
- A business woman, wife, mother, grandmother, and a great-grandmother.
- My grandma, the woman who raised me, and my best friend.
- I was her caregiver.

# [ My Purpose ]

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- Review the literature to learn how to help family caregivers provide safe and quality care to their aging family member opting to spend their final months dying at home.
- Identify what to teach family caregivers
- Learn about patients needs so family caregiver can provide a comfortable and peaceful death

# Summary of the Review

- Families, patients, and caregivers need support due to the demands of homecare.
- Every family is different due to their specific culture they believe in and live by.
- Nurses must
  - Listen and talk with families to get an appreciation of the multi-dimensional needs.
  - Assess each situation to offer care within the context of that situation.
  - Remain non-judgmental, flexible, and supportive.
- Develop trust, sense of genuine care, respect for one another.
- Supportive team working together will deliver the best outcomes for the aging family member and all caregivers

# Interview Guide: Used with 2 Expert Hospice Nurses

- What are the benefits of home care provided by a caregiver and hospice nurse to an aging family member?
- What do you do to ensure a good death?
- What are 3-5 important changes a caregiver can make to the home environment?
- Here is a list of caregivers' needs, based on the literature, do you feel this list is comprehensive? What else would you add?
- Is there anything else you want to tell me that I might not have asked you about?

# Responses Q#4: Caregiver needs

- People come with baggage, not there to change that and can't, deal with current issues
- Alcohol/Drug abuse is a problem, caregivers use or sell the medications
- Ask families what they usually do to relax and encourage them to do the things they haven't in a while
- Bring up funeral arrangements early on (AD, POLST Form)
- Educate and go over issues about life saving measures, fluids, nutrition, antibiotics, CPR, etc. so they understand the issues
- Understand and accept their culture first then everything else will fall into place.
- Understand the patient and what gives their life meaning, then do the same for the family members.

## Conclusion and Future Steps

- People want and need to know how to take care of their family members at home
- It is expensive to offer care in institutions
- For many, a “good death” is better at home with hospice.
- Population shift is increasing that most caregivers are women.
- Future research conducted on how to best support these networks.