

National Family Caregivers Month Webinar

Caregiving Chronicles: Lived Experiences and Life Edits



November 15



10:00 - 11:15 AM PT



DIVERSE
ELDERS
COALITION



The National Center on Elder Abuse

NCEA
National Center on Elder Abuse

The National Center on Elder Abuse (NCEA) provides up-to-date information regarding policy, research, training, best practices, news and resources on elder abuse, neglect and exploitation for policy makers, professionals in the elder justice field and the public.



**We stand united
against elder abuse.**

Panel: Journalists



Steve Lopez

Author & LA Times Columnist



Tony Luciani

Artist & Caregiver



Paolina Milana

Author, Caregiver, & Community Engagement Specialist
Los Angeles Caregiver Resource Center

Panel: Practitioners



Donna Benton

Director, Los Angeles Caregiver Resource Center
Research Associate Professor of Gerontology,
Assistant Dean of Diversity and Inclusion,
USC Leonard Davis School of Gerontology



Lauren Pongan

National Director
Diverse Elders Coalition



Rebecca Owl Morgan

Project Coordinator
National Indian Council on Aging




Moderator



Laura Mosqueda

Director, National Center on Elder Abuse
Professor of Family Medicine & Geriatrics, Keck School of Medicine of USC

Housekeeping Items

- All attendees will enter the meeting in listen-only mode.
- Please utilize the Q&A function to submit questions or comments to panelists.
- To enable the Live Transcript feature, click the  button.
- Recording & presentation materials will be made available via the National Center on Elder Abuse.
- Your feedback matters! After we conclude today's webinar, please follow the link to complete our survey.

Tony Luciani

MAMMA, In the Meantime

a series of 100 images over four years



Photo Bombing Mamma

Tips & Tools:

Providing Safe and Supportive Caregiving

Tips and Tools for Safe and Supportive Caregiving

Most people either are caregivers, know a caregiver, will become a caregiver, or will need care during their lives.¹ Caregiving, and in particular caregiving for a close family member, chosen family, partner, or friend, can be a very rewarding and meaningful role. It can also be a challenging one.



What challenges do family caregivers face?

- As a loved one's medical needs increase and caregiving duties expand or continue over time, unexpected physical, emotional, and/or financial hardships may arise.
- Family carers may not identify themselves as caregivers. They may not recognize that their roles are being redefined as the demands of the situation change.
- It may be difficult for some caregivers to accept that they are now responsible for parents who raised and cared for them.
- Most people are surprised to take on the new roles and few know where to turn for financial, legal, medical, and emotional support.
- Shifting roles may become more complicated for families with histories of unresolved conflict. Caregivers harboring residual anger may respond to a loved one inappropriately and without fully understanding the changes that have occurred.
- Family caregivers may feel guilty about having any negative feelings. They may not have someone to talk with who understands their experience.

What is the impact of caregiver challenges on the care recipient?

- The demands of caregiving may get in the way of providing proper, quality care. For example, a caregiver may desire a break and leave an adult who is unable to care for themselves alone.
- Caregivers who have not acknowledged their caregiving role or are new to the challenges of caring for a loved one may lack knowledge and skills to adequately meet their needs. This may lead to failing to assist a loved one who can't remember to take their medication.
- Unprocessed feelings of anger held from childhood or adolescence may result in caregiver ambivalence and poor care. A reluctant caregiver may threaten to move the family member into a long-term care facility, a fear for many older adults.
- Family conflict among siblings and other relatives about their caregiving roles and responsibilities may negatively impact care for their loved one.
- Without appropriate supports in place, unchecked caregiver challenges could potentially lead to elder mistreatment.
- On the other hand, these new roles can help with learning resilience, patience, and problem-solving. Caregivers and care recipients understand and can promote the value of care, and model roles for future generations.

¹ Paraphrasing a quote by Rosalynn Carter

Tips & Tools:

Providing Culturally Competent and Responsive Care to Older People who Experience Abuse

Tips and Tools for Providing Culturally Competent and Responsive Care to Older People who Experience Abuse

Culture often impacts our definitions, perceptions of, and responses to mistreatment. It also influences our willingness to report harm and ability to seek and access appropriate assistance in the aftermath of abuse. Culturally competent and responsive engagement is essential to meet the unique needs of our diverse older population and are critical to abuse prevention, harm reduction, and meaningful intervention.

What is culture?

Culture embraces many factors, including our thoughts, attitudes, beliefs, language, communications, behaviors, customs, experiences, values, societal institutions, and norms.

What are cultural competence, cultural humility, and cultural responsiveness, and how do they intersect?

Cultural competence is the ability to respectfully embrace and engage with individuals whose beliefs, values, and cultural backgrounds differ from your own. Cultural humility is the exercise of self-reflection, self-awareness, genuine interest, and inquiry to better understand and learn from others. Cultural responsiveness is applying cultural competence and humility into practice and daily interactions.

Why are culturally responsive interactions important to older people who experience abuse?

Older people who experience abuse may be unlikely to report harm and reach out for appropriate services. Since many offenders are family members, chosen family, or trusted others, elders may be reluctant to reveal maltreatment by those closest to them. Cultural considerations may impact an individual's response to abuse. Individuals may feel shame and embarrassment, fear the offender will retaliate. Some diverse elders may be resistant to reporting their loved one due to historical and ongoing discrimination by authorities and systems. Understanding and acknowledging the cultural and contextual factors that can encourage or inhibit disclosure are critical to facilitating engagement.



USC Leonard Davis
Family Caregiver Support Center

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

<http://losangelescrc.usc.edu>

1-800-540-4442



#USCFCSC #LACRC

CAREGIVING RESOURCES

California Caregiver Resource Centers

<https://www.caregivercalifornia.org/>

Family Caregiver Alliance

<https://www.caregiver.org/>

Administration for Community Living, National Family Caregiver Support Program

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

Diverse Elders Coalition

<https://diverseelders.org/caregiving>

Diverse Elders Coalition Toolkit: Caring for Those Who Care Resources for Providers: Meeting the Needs of Diverse Family Caregivers

<https://diverseelders.org/wp-content/uploads/2021/03/DEC-Toolkit-Final-R2.pdf>

National Indian Council on Aging

<https://www.nicoa.org/elder-resources/elder-health/native-caregiving/>

Register Now!

February 22 -23, 2024

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Medicine of **USC**

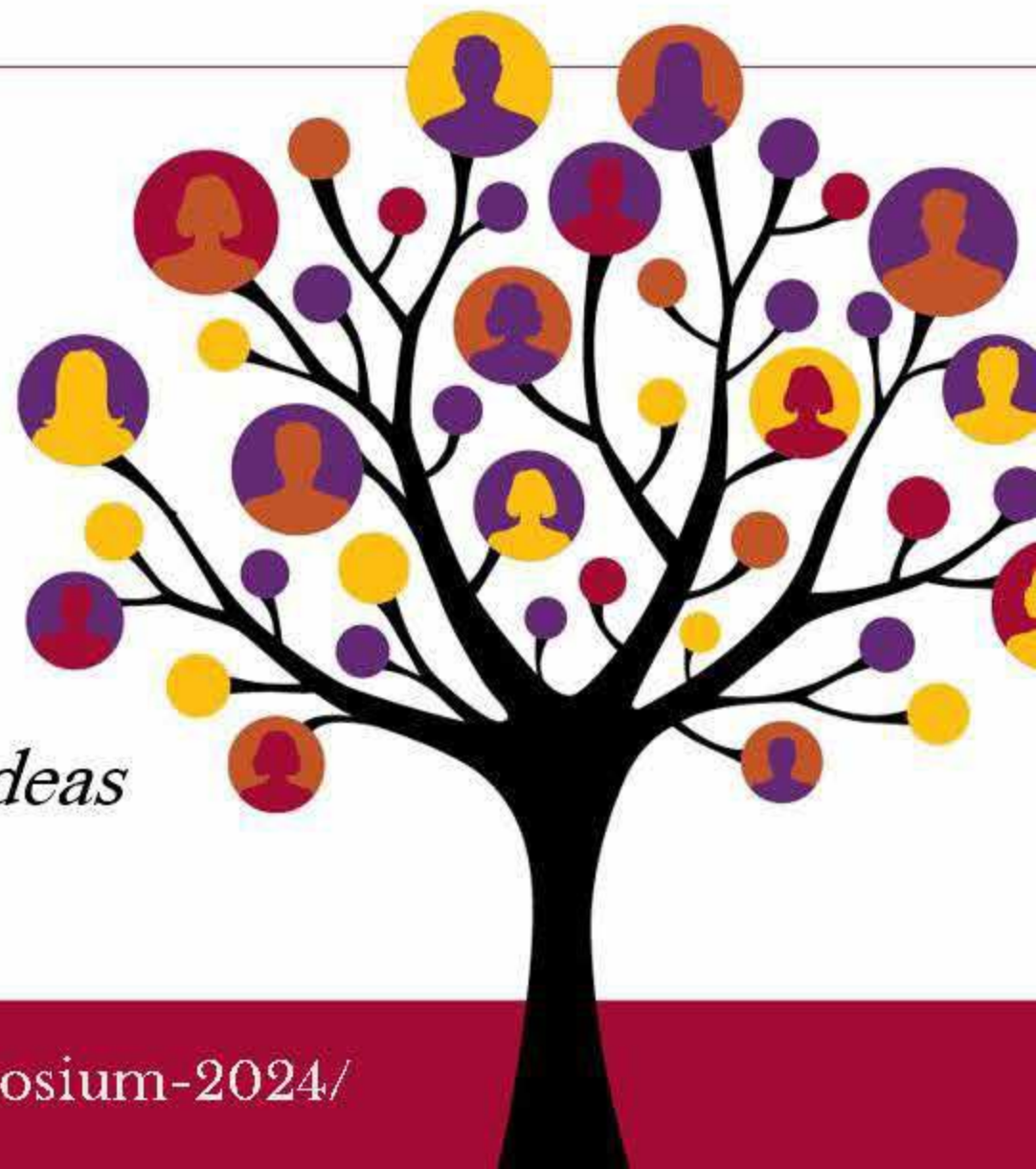
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USC Judith D. Tamkin
**Symposium
on Elder Abuse**

*The Elder Mistreatment Ecosystem:
Emerging Innovations and Evolving Ideas*

The Westin Pasadena in Pasadena, CA



eldermistreatment.usc.edu/tamkin-symposium-2024/

NCEA

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