



JOHNS HOPKINS
M E D I C I N E

JOHNS HOPKINS
BAYVIEW MEDICAL CENTER

Caring for the Caregiver

Presented by

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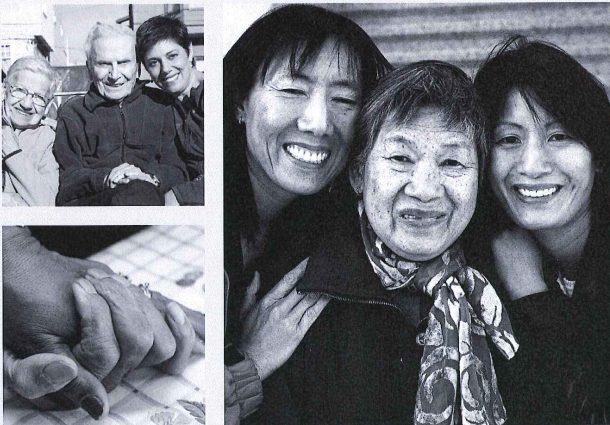
Baltimore County Provider Council
February 24, 2020

RESEARCH REPORT

JUNE 2015

2015 Report

Caregiving in the U.S.



Conducted by

AARP
Real Possibilities
Public Policy
Institute

naei
National Alliance for Caregiving

- 39.8 million Americans, are providing unpaid care for an adult family member or friend, with the majority – approximately 34.2 million—caring for someone age 50 or older
- Maryland has more than 71,000 family caregivers



**FAMILY CAREGIVERS
HELP SENIORS IN MARYLAND**

Background

- Family caregivers play a critical role in the health and well-being of their loved one –a role that is just as important as the care provided by doctors, nurses and health professionals.
- Caregiving can be physically and emotionally demanding.
- Caregivers often express feelings of being alone, unappreciated, overwhelmed, and not knowing where to turn for resources and assistance.

Support for Caregivers

- To take care of themselves
- Prioritize challenges
- Be an advocate for themselves and their loved one



**MAKE YOURSELF
A PRIORITY, TOO**
[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide
substantial care are
more likely to have
**physical & emotional
health problems.¹**

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities, including care coordination and medication management.

Take care of yourself.
It is one of the most important things you can do as a caregiver.



Called to Care's Mission

- Prepare and support individuals caring for older adult loved ones with health-related needs or limitations.



Called to Care


Called to Care Video Presentation



Program Services

Called to Care offers:

- Outreach, consultation & referral calls
- Caregiver education and training
- Support groups
- Connections to specialized services through community and faith partners




TODAY!
Caregiver Cafe

Join us to relieve stress, interact with other caregivers, talk with health care providers, and learn about valuable community resources that can help you take care of yourself and the ones you love.

Called to CARE
A program of Johns Hopkins Bayview Medical Center

Lunch & Learn

Caring for Your Loved One with Dementia




Jennifer Mason, RN, MSN

Friday, February 14, 2020
11 a.m. to 12:30 p.m.
Johns Hopkins Bayview Medical Center
5300 Alpha Commons Drive, 4th floor: Conference Room
Baltimore 21224

Family caregivers are invited to a discussion group on caring for a loved one with dementia. Bring your questions and concerns. The Memory and Alzheimer's Treatment Center's Jennifer Mason will facilitate this interactive session to help you handle difficult behaviors, communicate more effectively, understand treatment options, manage your role as a caregiver and connect to community resources. Lunch is provided.
RSVP by February 11 to 410-550-1660.

Called to CARE
A program of Johns Hopkins Bayview Medical Center



Called to CARE
A guide for family and friends

JOHNS HOPKINS
MEDICINE
JOHNS HOPKINS BAYVIEW MEDICAL CENTER

Services Available Through Community Partners

- Caregiving education and training
- Home modification to make residences safer
- Respite care to allow breaks from caregiving responsibilities
- Legal assistance
- Long-term care
- Counseling and support groups
- Recreation and transportation assistance
- Food and nutrition
- Assistance with qualifying for additional benefits

Community Partners

- AARP of MD
- Action In Maturity
- Alzheimer's Association of MD
- Baltimore City Health Depart.
- Baltimore Housing
- Benefits Data Trust
- Catholic Charities
- CHAI
- Chase Brexton Health Care/ LGBT Health Resource Center
- Civic Works/HUBS
- Community Mediation MD
- CSI Support & Development
- GEDCO
- Gilchrist Services
- Jewish Community Services
- Levindale Hebrew Geriatric Center
- Keswick Multi-Care Center
- Maryland Legal Aid
- Maryland Dept. of Aging
- Maryland Dept. of Health
- Meals on Wheels of Central MD
- Mental Health Association
- NAMI Maryland
- National Council On Aging
- Pro Bono Counseling Project
- Sisters Together And Reaching
- VA Caregiving Program
- Zeta Healthy Aging Partnership
- 2-1-1 Maryland/United Way



The closest thing to
being cared for is
to care for
someone else.

*-Carson McCullers,
author*

There are only four kinds of people in the world:
Those who have been caregivers,
Those who are currently caregivers,
Those who will be caregivers,
And those who will need caregivers.

--Rosalynn Carter

Thank you!



Please contact the Called to Care Team
Call 410-550-8018 and visit hopkinsmedicine.org/jhbmc/c2c