

Injury Prevention Caregiver Training

Introduction

There are tens of thousands of paid and unpaid caregivers in Alameda County. Often, these caregivers are the most essential link in the chain of care that supports frail, older adults and people with disabilities in continuing to live safely in their homes and communities. At the same time, caregivers are the most vulnerable physically and emotionally due to the intensity of their work.

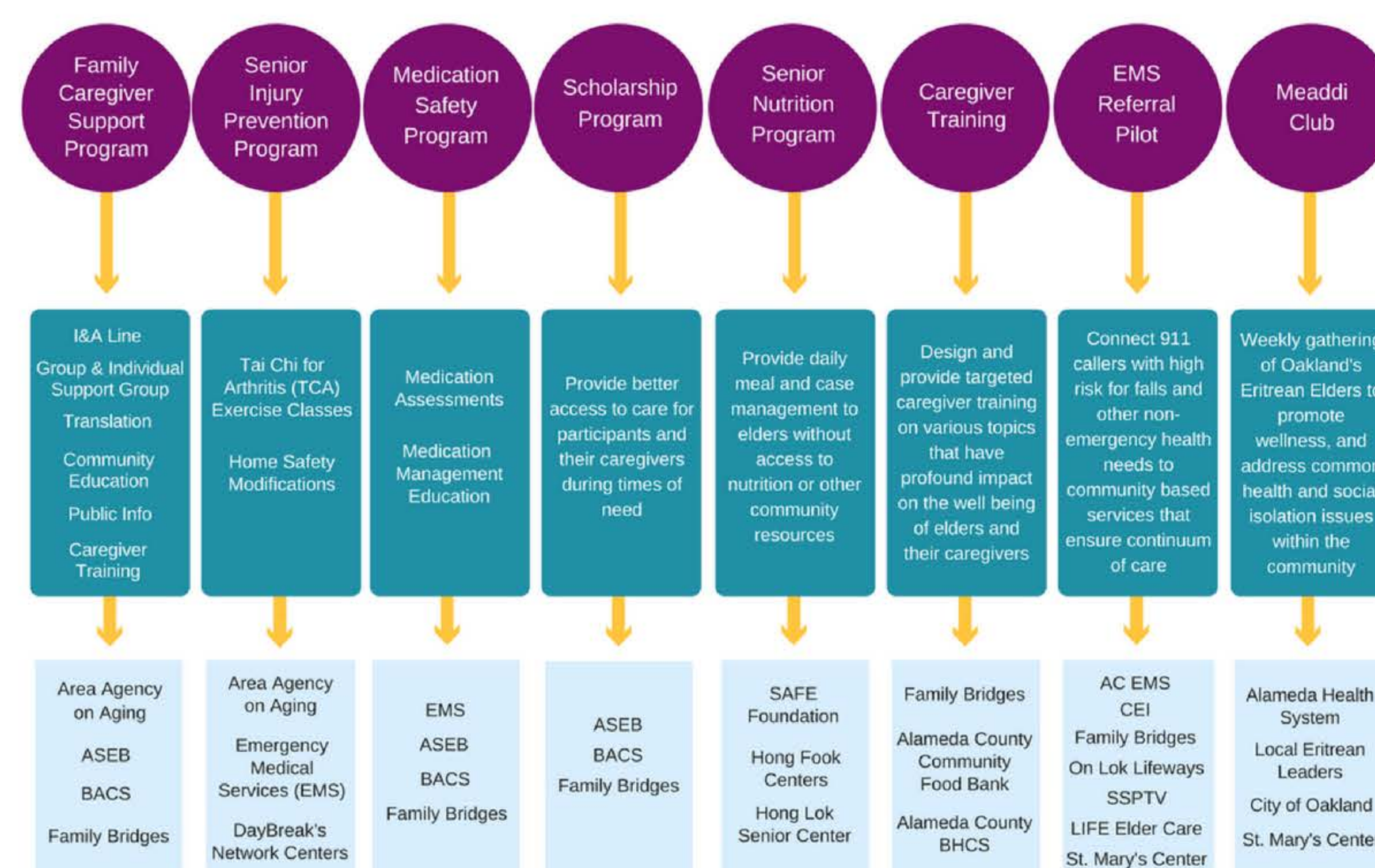
Caregiving requires a lot of education and professional support in order to maintain 1) high quality of care for care recipients and 2) safety and well being for the caregiver. In order to provide this education and support, DayBreak established our Caregiver Training workshop series.



Founded in 1993 as the Adult Day Services Network of Alameda County (ADSNAC), DayBreak represents a comprehensive network of dedicated, non-profit providers of medical and other support services and makes referrals to hundreds of caregivers, families and elders every year to help older adults secure the resources they need to age in place at home.

Nutrition programs, caregiver support, education and respite, health monitoring and nursing care, minor home modifications, exercise and recreation, and transportation are among the mix of services DayBreak connects to those who need help caring for an older or disabled adult. DayBreak's mission is to advocate for and build awareness around the special needs of older adults, while building community partnerships and helping develop new programs that benefit them.

DayBreak's Core Programs, Services, and Partners



Program Description

DayBreak's Caregiver Injury Prevention training is part of a series of educational workshops covering a variety of topics that are relevant to the work of caregivers, such as injury prevention, medication management, behavioral health, memory care.

Workshops are done in small to medium sized groups of caregivers, based on adult learning principles, that offer a hands-on approach to training. The trainings are given in community-based organizations that serve frail older adults. In this way, we reach out effectively to caregivers and offer them training in a comfortable and accessible setting; we meet them where they are.

Injury Prevention Training

This training was led by DayBreak's Injury Prevention Specialist, Occupational Therapist Naomi Bell, in partnership with Family Bridges Hong Fook Center. It was essential for DayBreak to work with the center staff in order to design a culturally-adapted training.

Topics covered in Training:

- Home safety assessment by room, including minor home modifications
- Body mechanics led by Occupational Therapist
- Medication management led by pharmacist and registered nurse



Chair transfer instruction by Naomi Bell, OT

GOALS

- Ensure high quality of care for frail older adults, and people with disabilities living in the community by providing professional support and resources to caregivers
- Make training accessible by targeting specific groups and designing each training to meet them where they are.
- Strengthen caregivers' support systems by introducing them to existing resources and making them user-friendly and easy to access.

Outcomes

80 Caregivers graduated from the DayBreak Caregiver Training Program in the 2016-2017 pilot. As a result of the training, DayBreak was successful in connecting Caregivers to other support services:

- 32 Caregivers requested and received minor home modifications for care recipients
- 10 Caregivers requested and received OT consultations regarding body mechanics and transfers
- 80 Caregivers received food access from the Alameda County Community Food Bank



First cohort of graduates at Family Bridges, Hong Fook Center

Conclusion/Future Directions

Developing trainings that are simple, easy to implement, and highly accessible were key to the success of DayBreak's Caregiver Training Program. DayBreak looks forward to expanding this training program to other groups of caregivers in the community and developing more cultural capacity to accommodate the needs of our highly diverse county.

Thank you

