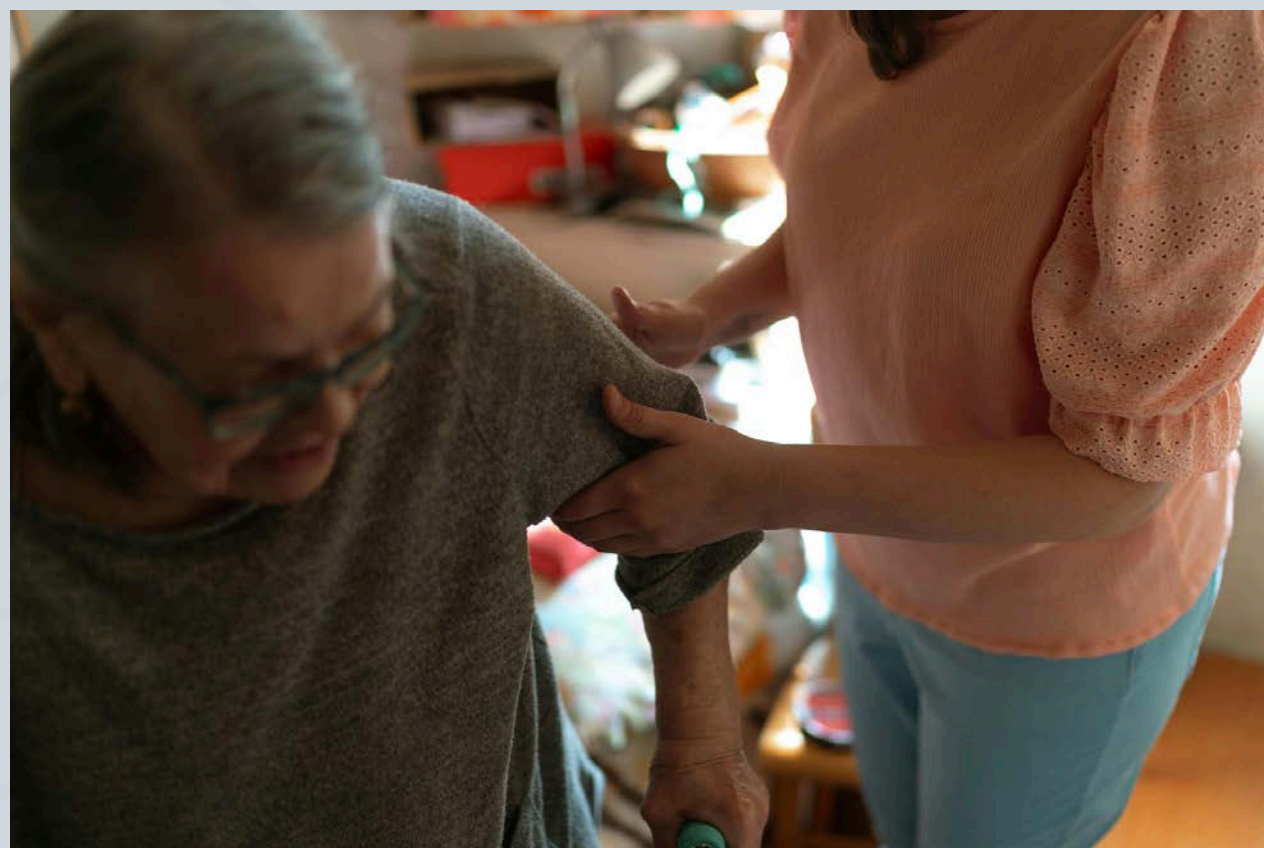




So Now You're a Caregiver, What's Next?



Sarah Rasby, PhD
CARE FOR WE INITIATIVE



Caregiving changes who you are — not just what you do.

Who here feels overwhelmed?

Caregiving as a life transition, not just a role



Caregiving = supporting someone with health, daily needs or well-being

- Unpaid vs. paid caregiving
- Types of caregivers: Parent, adult child, “sandwich,” “medical mama,” etc.
- Experiences: combination of joy/meaningful along with stress and strain



My Personal Journey



Erin Lewis (left)

Sarah (Lewis) Rasby (right)

October 2015



My Personal Journey



April 2021

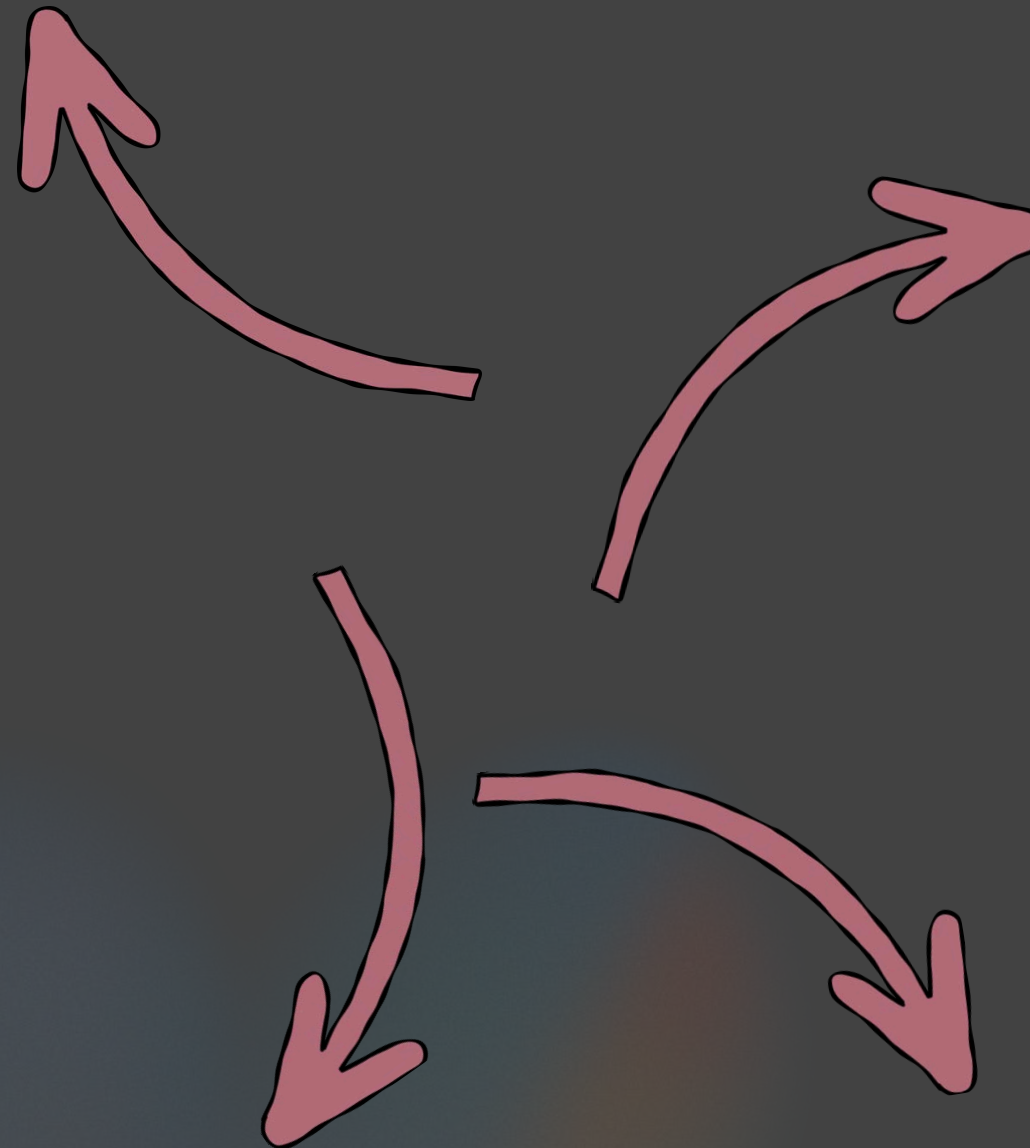
My Personal Journey

November 2018



October 2019

**Family
Caregiver**



What's Next: The Three Key Needs

Caregivers need support in:

- **Information & navigation — where to start?**
- **Financial & benefits support — Medicaid/Medicare & more**
- **Emotional & practical support — tools, coaches, community**

✿ Understanding Medicare vs. Medicaid

Medicare: Federal health insurance (typically age 65+)

- Covers hospital, doctor, some home health
- Does not typically pay for long-term personal caregiving

Medicaid: Income-based health coverage

- Includes Home and Community-Based Services (HCBS)
- Can pay family caregivers in some programs

(Note: coverage varies with eligibility — encourage asking a specialist)

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****Waiver Programs**

(Note: coverage varies with eligibility — encourage asking a specialist)

Nebraska Non-Medicaid Support Services

Respite & Support Programs

- ENOA Caregiver Support Program: respite & education (402-444-6536)
- Lifespan Respite Funding: financial help for paid respite
- Area Agencies on Aging: local support & referrals

Support Communities & Groups

- Local support groups (Alzheimer's/dementia, condition-specific)
- 211 Resource line for broader needs

Facebook & social media support groups

Support Navigation

Talk to the social worker at the hospital, rehabilitation center, or care center and make a list.

Designate a family member/friend who can help as the “caregiver services” support person to vet services and find the right ones for you.

Ask your social workers or charge nurses /doctors to help you facilitate a family meeting.

If family member is in the hospital, as to speak with or meet a social worker, nurse or rehabilitation person from the rehab/care center.

Designate a family member, friend or staff to take notes during meetings. Make sure you save those in a spread sheet or in a memorable place.

Support Navigation

Make a self-care plan as best as you can.

Have a trusted family member, friend or staff to “check in” with you from time to time.

Go to therapy or your support groups- it matters!

Take the help. Give specifics. The worst someone can say is “no.”

✿ Tools That Make Caregiving More Tolerable

Steadii — Virtual Caregiver Support (free)

- One-on-one support with trained caregiver advocates
- Personalized guidance on caregiving challenges
- Helps with emotional, practical navigation
- Free and available nationwide

The logo graphic for Steadii features a large, light pink rounded square. Inside this square is a smaller, medium purple circle. The word "steadii" is written in white lowercase letters across the center of the purple circle, with a small pink dot above the final 'i'.

steadii

❁ Tools That Make Caregiving More Tolerable

Relentless Occupational Therapy with Liz Pohlen

- Courageous Families are the adults we serve who are overcoming challenges alongside their families. We provide these families the support they need to continue to heal and find comfort while understanding the unique demands of a family. Our priority for family centered care allows your routines and family norms to be a part of your therapy.

relentless OT
go forward bravely

✿ Tools That Make Caregiving More Tolerable

Dr. Eboni Green- Caregiver Support Services

Caregiver Support Services (CSS) is a non-profit organization with a 501(c) (3) tax exempt status. It encompasses the social mission of providing caregivers access to evidence-based tools to enhance their well-being.

<https://www.caregiversupportservices.com/>

✿ Tools That Make Caregiving More Tolerable

SOCIAL MEDIA “family caregiving” profiles!

But it’s a wide terrain...so try to be patient.





Head in the clouds, feet on the ground.





Questions?



Thank you!

Sarah Rasby, Phd

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