

# Powerful Tools FOR Caregivers



## Supporting Rural Caregivers: Telehealth Delivery of Powerful Tools for Caregivers

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# Learning Objectives

- Identify key elements of the evidence-based PTC self-care curriculum for caregivers.
- Identify ways to expand caregiver support using telehealth delivery of PTC for rural caregivers.

# Who is a caregiver?

Caregiving takes many forms. You may help a relative or friend with:

- transportation
- housekeeping
- grocery shopping
- personal care
- medications
- emotional support
- doctor appointments
- living arrangements
- financial concerns
- legal or insurance issues

If you do one or more of these, you are a caregiver.

# Caregivers in the U.S.

- 43.5 million caregivers in the U.S.
- 34.2 million caregivers to adults over 50
- 60% female; 40% male
- Average age: 49 years
- Average 24.4 hours care per week
- Care Recipient Location: 71% urban/suburban; 28% rural
- Caregiver Location: 84% urban/suburban; 16% rural

# Caregiving Risks

- ⊙ Limited time to meet their own needs
- ⊙ Stress
- ⊙ Health problems
- ⊙ Depression



# PTC Program Origins and Development

- ⊙ Developed over 3 years of pilot testing
- ⊙ Program offered since 1998
- ⊙ Outreach to rural and diverse ethnic communities
- ⊙ Teaching and dissemination methods similar to the Chronic Disease Self-Management Program
- ⊙ Heart of the program is self-efficacy (confidence)

# Caregivers Served by PTC

- ◎ 4,400 class leaders in 40 states (USA), in Canada, and Korea
- ◎ Originally developed for caregivers of adults with chronic conditions.
- ◎ Expanded program to include class for parents of children with special needs.
- ◎ English, Spanish, and Korean languages

# What is Powerful Tools for Caregivers?

*A self-care education program for family caregivers.*

- ⊙ Educational program
- ⊙ 6-week series of classes
- ⊙ Focus on caregiver self-care
- ⊙ Scripted curriculum
- ⊙ Train-the-trainer model



# Caregiver Class Descriptions

1. Taking Care of You
2. Identifying and Reducing Personal Stress
3. Communicating Feelings, Needs, and Concerns
4. Communicating in Challenging Situations
5. Learning from Our Emotions
6. Mastering Caregiving Decisions

# Positive Evidence-Based Outcomes

PTC significantly improves caregivers'

- ◉ Self-Care Behaviors
- ◉ Management of Emotions
- ◉ Self-efficacy
- ◉ Use of Community Resources

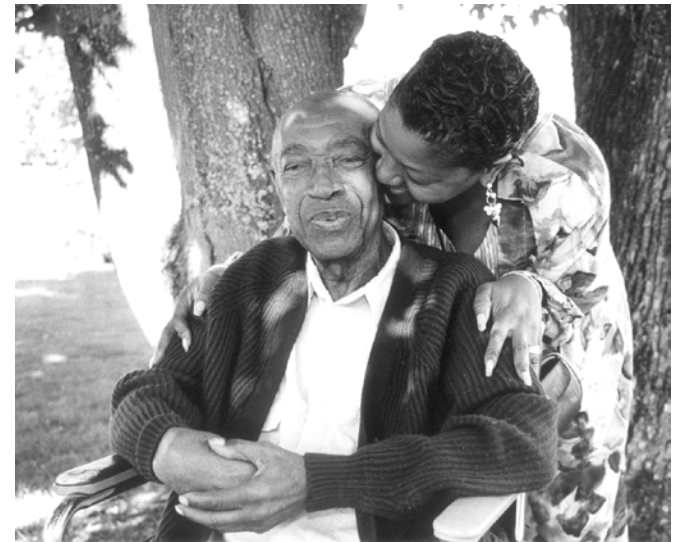
# PTC in Oregon

Agencies in Oregon involved with PTC:

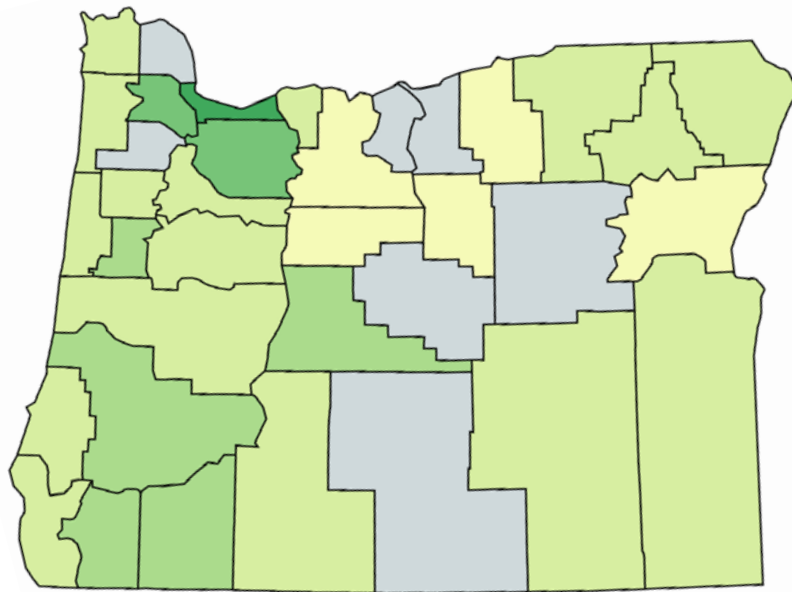
- Aging, Disability, & Veterans Services
- senior centers
- churches
- hospice programs
- health centers

181 PTC Class Leaders

18 PTC Master Trainers



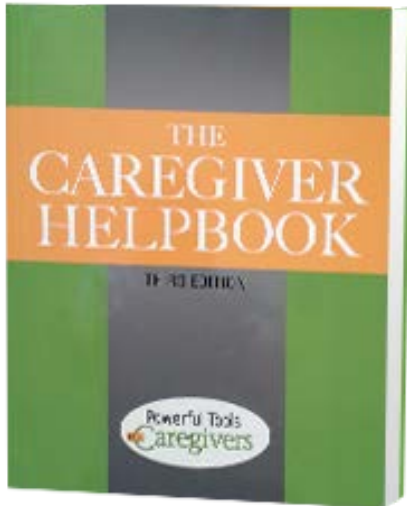
# PTC in Oregon



**Oregon Class Leaders by county**



# The Caregiver Helpbook



Chapters in the first half of the book cover the content of the 6-week class curriculum.

Other chapters address specific caregiver issues, including: resources for hiring in-home help, making decisions about facility placement, handling driving issues, caregivers of veterans, caregivers of children with special needs, and dealing with grief and end-of-life issues.

# Telehealth

Some caregivers cannot attend in-person classes due to:

- time limitations
- lack of respite care
- lack of transportation
- inconvenient meeting schedules
- inconvenient locations.

Telehealth is a way to connect caregivers to classes and resources.

Telehealth uses technology tools to deliver virtual medical, health, and education services.



# PTC Telehealth Study

Pilot Study of 4 PTC programs in WI, MN, NE, & OR

Study collecting data:

- Class Leader experience survey
- Caregiver experience focus groups
- Caregiver pre & post surveys, 6 & 12 months post-class questionnaire
- Telehealth use outside of class

# Telehealth next steps

Gather input from caregivers and professionals.

Choose telehealth/online meeting software.

Create telehealth user guide for leaders and caregiver participants.

Provide additional training for Class Leaders.

Help states roll out telehealth class option.



# Discussion Questions

1. How can organizations support rural caregivers?
2. Have you used telehealth for other classes? What worked well? What is needed?
3. What are ways to make telehealth technology more available to rural caregivers?

# For more information:



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