

Cuidando con Confianza



**Administration on Aging
National Family Caregiver
Support Program**

Grant # 90CG2534

**Pima Council on Aging
Tucson, Arizona**

Sept 30, 2001 – Sept 29, 2004

Project Partners

- **Pima Council on Aging**
(lead agency)
- **City of South Tucson**
 - ↳ Weed & Seed Program
 - ↳ Safe Havens
- **COPE Behavioral Services, Inc.**
- **University of Arizona, Center on Aging**



Project Goals

1. To develop and test a model of family caregiver support that will be designed by caregivers in South Tucson and implemented in a manner that is culturally acceptable.
2. To reduce the stress of primary family caregivers.

Project Goals

3. To identify the demographic characteristics of Mexican American caregivers and elders in South Tucson.
4. To produce a replicable model of the methodology employed by community caregivers to establish a culturally appropriate, sustainable model of caregiver support.

Identifying the Model

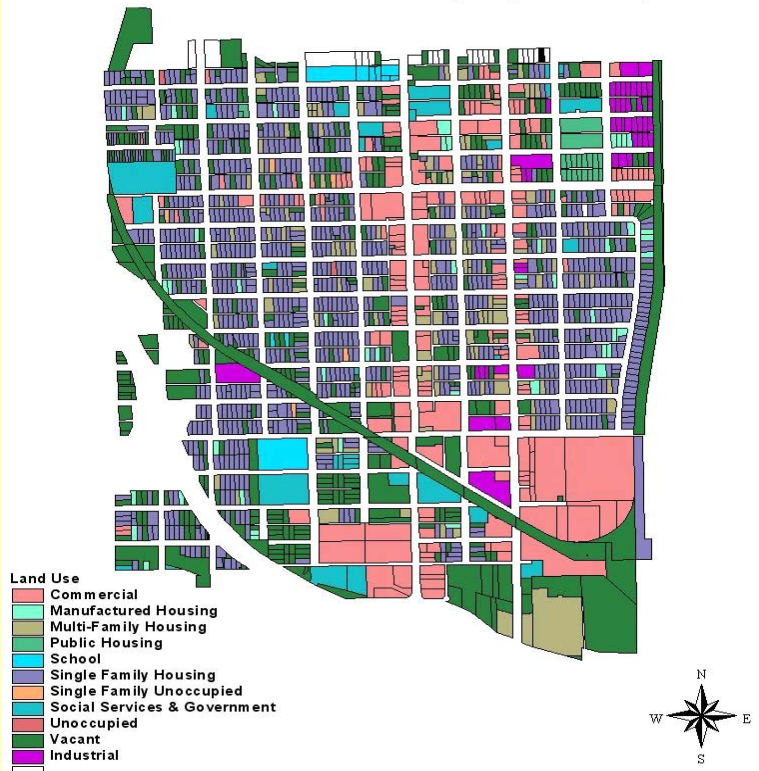
- Five (5) focus groups with project partners and community leaders
- Twenty-one (21) focus groups with community caregivers

Identified Components of the Model

- Community-based activities that incorporate the “culture” of the community
- Informational workshops related to health, safety, available services, and access to services
- Culturally structured support groups
- Community-based point of access to services, information, and referral

Outreach & Engagement

**City of South Tucson
Land Use Map (2002)**



- Community service site personnel
- Presentations at faith-based organizations
- Year 1 – door-to-door information and survey team (local residents, police and fire personnel)
- Year 2 – door-to-door information and survey team (community youth group)

Project Activities

- Twenty-two (22) informational workshops
- Thirty (30) support group meetings
- Three (3) annual celebrations of caregiving

All conducted in English & Spanish
Facilitated at community service sites

Workshop Topics

- Diabetes and Cancer
- Alzheimer's and related dementias
- Caregivers and exercise
- Mental health (caregiver/elder)
- Nutrition (caregiver/elder)
- Blood pressure and cholesterol
- Hands-on caregiving techniques

Support Group Topics

- Taking care of the caregiver
- Prayer
- Family dynamics
- Death and the afterlife
- Guilt
- Isolation
- Laughter

Additional Activities

- Community surveys
- Provided health/safety equipment
- Provided personal care items
- Home visits to caregivers
- Annual celebration of caregiving
- Attendance at funerals

Caregiver Statistics

- Average age of caregiver – 60
- Average age of care recipient – 75
- Hours of care per day – 9.6
- Length of care – over 5 years
- Annual income < \$20,000
- 60% reporting some level of stress

Project Findings

- Depression is prevalent among both caregivers and elders
- Low income affects how care can be accessed/provided
- Health literacy needs to be addressed
- Relaxation/fun needs to be incorporated into support programs

Project Product

Culturally Competent Caregiver Support Programs:

A Practical Guide for Service
Providers

Available on website:

www.pcoa.org

