

Supporting Families in Keeping Elders in the Community: The Family at the Center of Long Term Care

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VISION STATEMENT

- ❖ Create a continuum of care for our elders to keep them in their homes and within their community (Oct. 1999)

Second Phase

Comprehensive Elder Assessment (CEA)

Same day services provided on Tuesday – 4 pts and Wednesday – 2 (total 820 patients since 2006)

Social Services – biopsychosocial, family

Rehabilitation/PT- gait, falls prevention

Dental- partial and dentures

Audiology

Benefits – PBC enrolls in M/M, LTCS

Physician – H and P/medication review

Other – Navajo Interpreter

Family meeting

Navajo Traditional Ceremony (new hogan)

Aging now and in the future:

**FDSU – 50,504 people living in the
Service Area**

Over age 60 – 5,811

Over 70 – 3008

Over 80 - 1539

Over 90 - 806

Between age 40-60 – 11,833

Normal Changes with Aging

Cardio-vascular (heart and blood vessels)
– the heart becomes stiffer and cannot beat as fast during exercise.

The blood vessels become stiffer.



Respiratory – the chest becomes stiffer
and the breathing muscles become weaker



Muscle strength – we lose strength and size of muscles.

Muscles cannot respond as quickly or with as much strength.



Balance – decreased sense of balance

Vision - reduced sharpness of vision,
depth perception and response to
the dark



Brain - gets smaller and we lose
some memory function.

Comprehensive Elder Assessment

Interdisciplinary Assessment – occurs on the same day:

Nurse screening – immunizations/vitals

Social Services

Benefits Coordinator

PT/Rehabilitation

Mental Health

Physician

Dental

Audiology

Optometry – later

Interdisciplinary Family Conference



Activities of Daily Living (ADL)

Feeding

Dressing

Bathing

Toileting

Transferring

Caregivers:

63 years old

72% female

32% - wife

31% - daughter/daughter-in-law

18% - husband

8% - son/son-in-law

78% - live with patient

Care giving hours/week – 90



77% - good/excellent personal health

45% required help with at least 1 ADL
(30% two or more)

32% - depression



Support for Caregivers

Training and Education

Enroll more family members

Support groups

Respite care

Hospice

Caregiver Burden/Mortality

Caregivers had an increase in mortality of 63%.

Most significant factors:

Stress on the caregiver and the degree of debility of the patient.

JAMA vol. 282 No. 23 December 15, 1999 *Caregiving as a Risk for Mortality*

CARE FOR OUR ELDERS... KEEPING TRADITIONAL RESPECTS







AHE' HEE'

Thank You!

FDIH Home Based Program

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