



MILITARY FAMILIES LEARNING NETWORK

Detour Ahead: Planning for Contingencies
on Your Caregiving Journey

*Thanks for joining us! We will get started soon.
While you're waiting you can get handouts etc. by following the link below:*

<https://learn.extension.org/events/3378>

U.S. DEPARTMENT OF DEFENSE  

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2015-48770-24.



MILITARY FAMILIES LEARNING NETWORK

Connecting military family service providers
and Cooperative Extension professionals to research
and to each other through engaging online learning opportunities

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TODAY'S PRESENTER

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- Extension Program Specialist, Gerontology and Health, Texas A&M AgriLife Extension Service
- Focus is to support education and outreach regarding the health and well-being of aging population in Texas.



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DETOUR AHEAD: PLANNING FOR CONTINGENCIES ON YOUR CAREGIVING JOURNEY

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2018

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TODAY WE' LL TALK ABOUT...

- Describe elements of a care contingency plan
- Identify decision-making framework to respond to/plan for contingencies
- Apply decision-making framework to common caregiving scenarios

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CAREGIVING IS A JOURNEY

- The best way to handle a “detour” is to know the original “route”
- A care plan helps manage day-to-day health and well-being
 - Different from a health provider’s plan of care
 - Different from Military Family Care Plan
- May help
 - Avoid conflict
 - Improve communication
 - Reduce stress

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ELEMENTS OF A CARE PLAN

- Physical health
- Mental health
- Emotional health
- Activities of daily living
- Instrumental activities of daily living
- Home safety
- Medications
- Finance
- Insurance
- Legal
- Interests
- Lifestyle

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PUTTING A CARE PLAN TOGETHER

- Prepare
 - Talk to the care recipient about her/his wishes, vision and values
- Assemble a team
 - Make a list of all persons involved at any level with care, for the recipient and caregiver
- Take action
 - Designate a point person for various domains or activities within the plan
 - Share wishes, vision and values of the care recipient
- Update as necessary [please read: often]

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PRIORITIZING CONTINGENCIES

WHEN WHAT IF

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CAREGIVER STATUS

- Variety of things may affect the caregiver, from change in employment/financial status, illness, etc.
- Plan for contingencies
 - Able to take-on responsibility
 - Knowledge/skill to take on responsibility
 - Surrogate decision-making can be challenging

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CARE TEAM

- Everyone has a role to play in supporting the care recipient
- Plan for contingencies
 - Temper expectations
 - Guilt and anger
 - Power dynamics

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LONG-DISTANCE CAREGIVING

- Providing care at a distance presents unique risk and protective factors for the caregiver & recipient
- Plan for contingencies
 - Support: Physical, Mental, Emotional
 - Care management: Un/paid
 - Know when to go

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DETOUR AHEAD

- Appreciative Inquiry
 - Asset-based > deficit-based
 - Centered around
 - Peak experiences
 - Values
 - Wishes
- Gain confidence through talking about successes
 - Practical, personal solutions and problem solving – not someone else's best practice

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KATRINA & RICKY

Ricky and Katrina grew up together and married right after high school. Fifteen years later, they have a suburban home and two children under 10. Ricky returned from deployment with serious head and limb injuries. He struggles with depression and often withdraws completely, not wanting to talk or interact with anyone. Katrina initially quit work to provide care for him but, after 18 months, family financial resources are dwindling and she'll need to return to work in the next six to eight months.

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A GUIDE ON THE SIDE

- When is a time when you felt most successful?
 - What happened? What was going on? What were you doing? Who else was there? What were they doing?
- Why do you think that moment came to mind for you?
 - What do you value most about that experience? About yourself at that moment? About what happened as a result?
- What can you take from that experience?
- What are one or two first steps you can apply to the current situation?

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CHLOE

Chloe was born deaf and exhibited signs of developmental delays in early childhood. Now 17, her parents, Trey and Tina, both active duty, want and need to start planning for what comes next in Chloe's life. They enjoy their posting, especially because Chloe is so well-cared for and content. Recently Chloe has grown restless and started acting out at school. Tina thinks that she isn't stimulated enough during the day and needs to start some type of skills training. Trey worries that "his little girl" isn't ready for any additional stress or pressure.

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I wonder if there are any questions?

Thanks for Joining Us!
What Questions Would You Like to Ask?

Don't wonder, bobble brain... ASK!

CEU Credit & Certificate

One Survey, two different ways to receive a certificate

- MFLN Military Caregiving concentration area is offering 1.0 CEU credit from the UT School of Social Work to credentialed participants.
- MFLN Certificate of Completion for providers interested in receiving general training.

To receive a CEU credit OR certificate of completion, please complete the evaluation survey found at:
https://vte.co1.qualtrics.com/jfe/form/SV_7X6buRIsU9qjaHH

MILITARY CAREGIVING

Military Families Learning Network

Connect with MFLN Military Caregiving Online!

- [MFLN Military Caregiving](#)
- [MFLN Military Caregiving @MFLNMC](#)
- [MFLN Military Caregiving @mfln_mc](#)
- [MFLN Military Caregiving](#)
- [Military Families Learning Network](#)

Upcoming Event

- **Title:** Mental Health Care in TRICARE: Recent Enhancements to a Great Benefit
- **Time:** 11:00 a.m. Eastern
- **Date:** Wednesday, June 13, 2018
- **Location:** <https://learn.extension.org/events/3315>

• For more information on MFLN Military Caregiving go to:
• <https://militaryfamilies.extension.org/military-caregiving/>

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