

# NORTH SHORE AREA PARTNERS

## Caregiver Consulting



*If you are caring for a spouse, aging parent, neighbor, or friend, you may benefit from support. We are here to help!*

In the U.S., our society is changing as we see an increasingly diverse and older adult population (U.S. Census Bureau, 2020).

This means both the number of people who need care, as well as the number of informal/family caregivers, are growing.

In fact, the joint AARP Public Policy Institute/National Alliance for Caregiving report, "Caregiving in the U.S., 2020," estimated that 41.8 million Americans had provided unpaid care to an adult, 50 years or older, in the 12 months prior to being surveyed.



### *What is an Informal or Family Caregiver?*

An informal or family caregiver is, by definition, “any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and live with, or separately from, the person receiving care.”

### *Why Caregiver Consulting can be Beneficial*

Caregivers deserve support as they meet their care recipient’s needs while attempting to maintain their own emotional and physical health. In fact, challenges related to caregiving can result in depression, stress, a higher risk of death, lower self-esteem, and more physical health issues (Alzheimer’s Association, 2021). Caregiver Consulting offers an accessible way to address a caregiver’s various needs by allowing them a place to share their concerns and experiences, obtain information about available resources and services, and obtain suggestions on how to handle the needs of the care recipient and their roles as caregivers.

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## *Main Functions of Caregiver Consulting*

Help the caregiver define reasonable, realistic, and attainable goals

Provide structure and support

Validate the caregiver

Help caregivers “stay on track” with their goals

## *Desired Outcomes of Caregiver Consulting*

The desired outcome of Caregiver Consulting is a “better” caregiver - a caregiver with:

Increased skill

Increased competency

Increased confidence

Feelings of emotional well-being

Ability to take time for personal self-care

Ability to access and willingness to use support services

Improved capacity to provide care for longer

Caregiver Consulting has been linked with reduced feelings of burden as a caregiver has been shown to increase the caregiver’s ability to act positively.

## *Respite Care*

In addition to providing Caregiving Consulting services for caregivers, North Shore Area Partners may be able to provide respite for caregivers as well. This respite care is provided in the home in a manner that is convenient for both the caregiver and the care recipient.

**Contact Ericka Blanchard, LSW, Caregiver Consultant  
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for additional information or to schedule an appointment**

### REFERENCES

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