

# Hamilton County Caregivers Initiative Update



February 7, 2022

ENGAGE. EMPOWER. ADVOCATE. CHANGE.



1. In a 2005 Meta analysis, ethnic minority caregivers had a lower socioeconomic status, were younger, were less likely to be a spouse, and more likely to receive *informal* support. They provided more care than White caregivers and had stronger filial obligations beliefs than White caregivers.
2. The analysis found ethnic differences for two out of three coping styles: Caregivers from ethnic minorities were more likely to use cognitive coping, such as seeking positive aspects of the caregiving experience, and emotion-focused coping (e.g., distraction, avoidance, and venting of emotions).



## The Issue

...e: Ethnic Differences in Stressors,  
...rces, and Psychological Outcomes of  
...y Caregiving: A Meta-Analysis, *The*  
...tologist, Volume 45, Issue 1, Feb 2005



Caregiver prevalence by racial/ethnic groups:

- **Black/African-American: 20.3%**
- Hispanic 21%
- White: 16.9%

Age (years old)

- **Black/African-American: 44.2**
- Hispanic 42.7
- White: 52.5

More than half of Black caregivers find themselves “sandwiched” between caring for an older person and a younger person under age 18, or caring for more than one older person.

Time caregiving per week

- **African-American: 57%, 30 hrs**
- Hispanic: 45%, 30 hrs
- White: 33%, 20 hrs

# The Issue

For some, caregiving was an **expected part of life that was passed down from generation to generation**. In fact, caregiving was so embedded in the life experience for some that the decision to care or not to care was irrelevant; caregiving was just something that was done without question. This perspective was shared by Asian American, Hispanic American, and African American focus group participants.

Research suggests the main reason for all of these divergences, including perceptions of the caregiving role, utilization of support services, and clinical presentations and interactions.

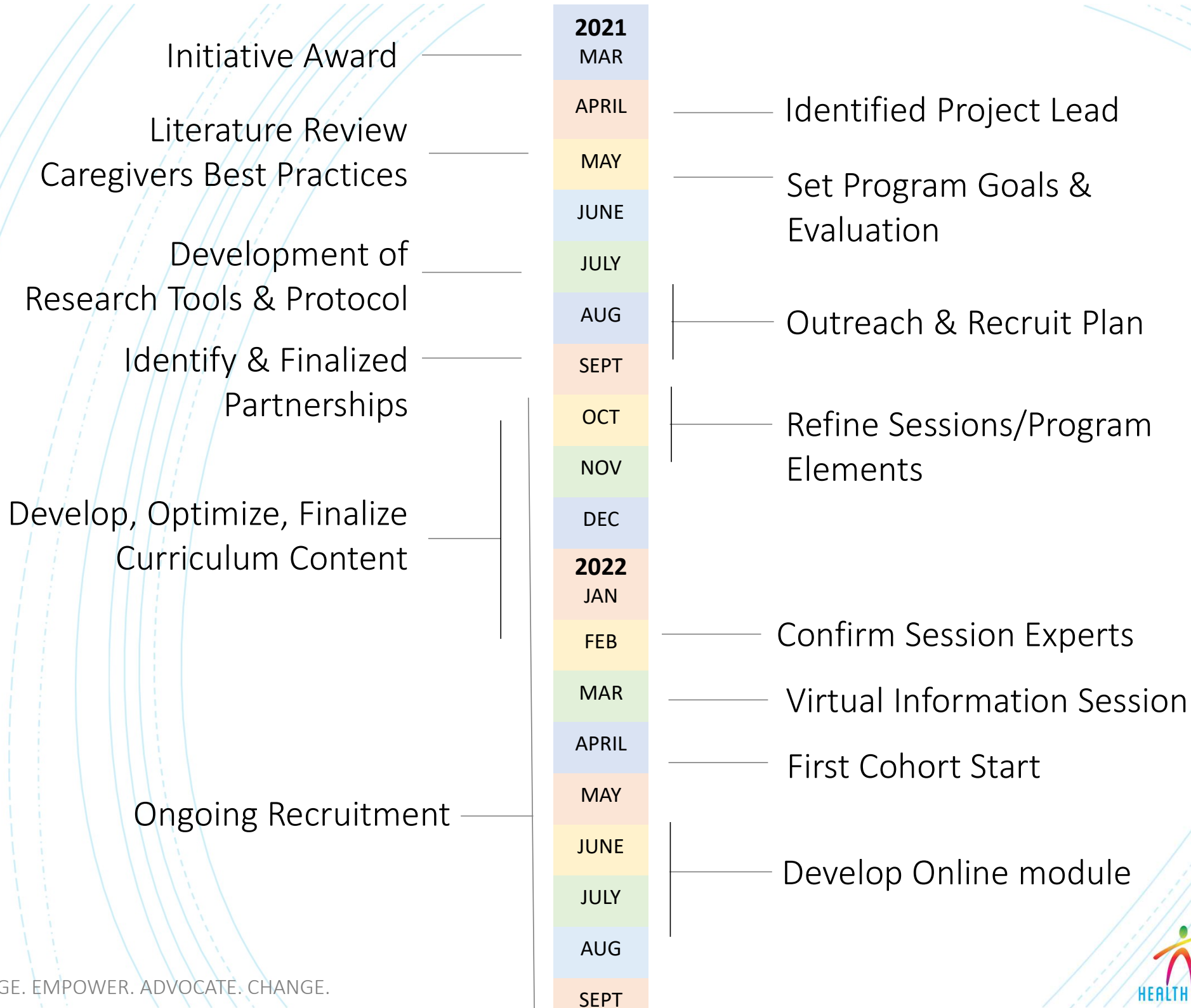
# The Issue

Caregivers enter into the caregiving landscape with many mixed emotions, ranging from joy to responsibility, to resentment. The feelings are related to past relationships with the care receiver, the parents' personalities, and the ability to manage the demands of caregiving.

*“My mother's happiness is important to me. So, it's worth the sacrifice, in many ways. Do I get frustrated? Yes. Do I get tired? Yes. Do I get irritated? Yes.”*



Our Goal:  
Improve the Lives of Hamilton  
County's Black Caregivers

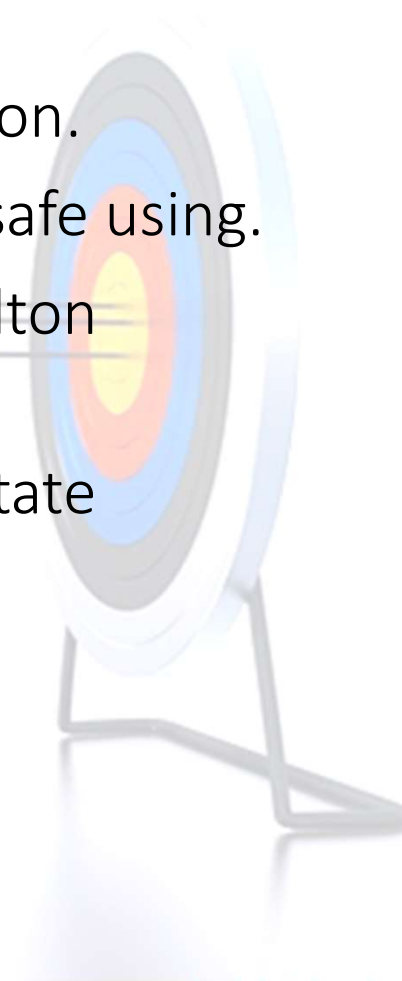


# Initiative Goals

1. Deliver comprehensive, informative and enjoyable program to Black Hamilton County caregivers that educate, support and empower.
2. Identify and address individual barriers to participation.
3. Provide information and resources participants feel safe using.
4. Comprehensive understanding of caregivers in Hamilton County.
5. Assist in creating community among cohorts to facilitate extended support system.

## Evaluation

- Personal Assessment interview
- Pre/Post Survey with Caregiver Reaction Scale



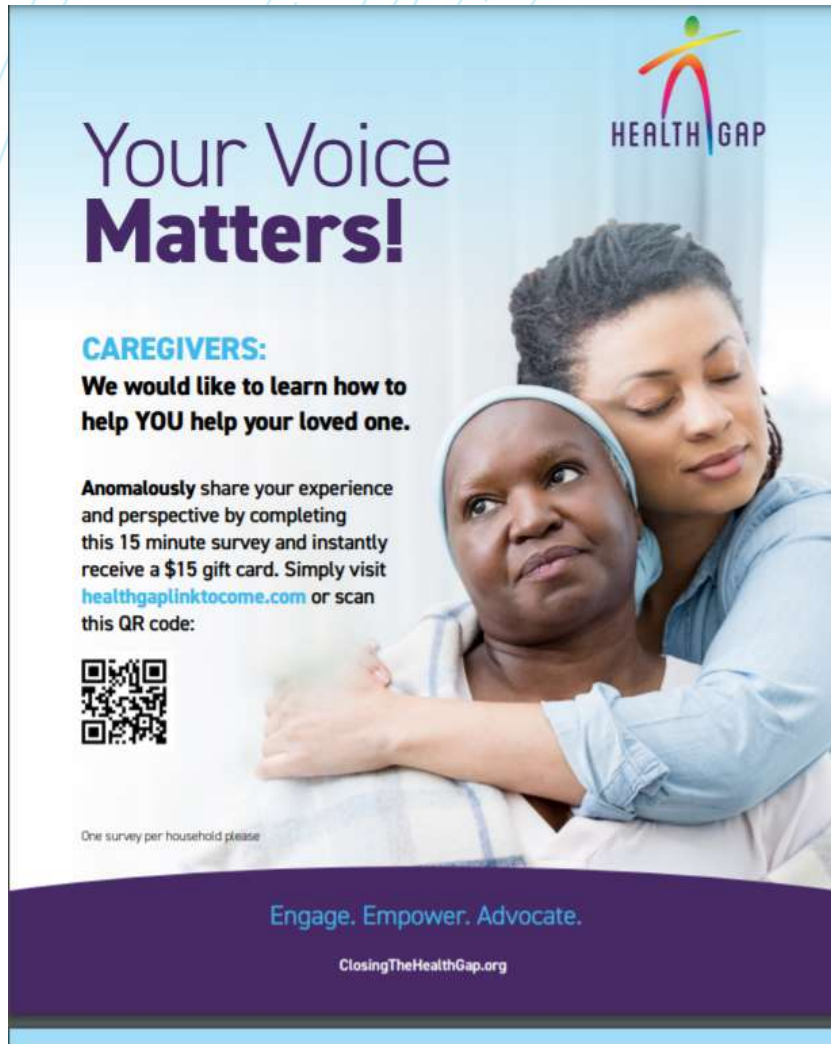


# Development of Research Tools & Protocol

- Quantitative Questionnaire
- Qualitative Guide
- Participant Needs Assessment
- IRB (Institutional Review Board) Start
- Qualtrics
- Follow-up

# Development of Database for Recruiting & Expert Panel

- Caregiver screener added to other Health Research
- Social media recruit
- Interviews with Expert Panelists
- Partners' list
- Community audit



# Outreach & Recruit Plan

*Meeting caregivers where they are*



## Focused Municipalities

- Forest Park
- Lincoln Heights
- Mount Healthy
- Springfield Township
- Lockland
- Arlington Heights
- Elmwood Place

1. Virtual Info session
2. Health Gap Community Events
3. Dedicated Senior Medical Centers
4. Community Centers
5. Doctor Offices
6. Facebook & other support groups
7. Community audit of municipality organizations
8. Marketing & Promotions  
(Social Media, Radio, Print)
9. Ongoing Recruitment





# Partnerships

- Council on Aging of Southwestern Ohio
- Alzheimer's
- Faith-based organizations
- Respite Care
- Transportation Services

# Providing

- Knowledge Exchange
- Participants materials for adaptation
- Session Expert
- Resource

# Intervention Outline

1. Support & Resources— respite, support organization, what insurance pays for, adult daycare, social services, benefits, why important, record keeping
2. Communication with cared-for, with doctors, family, relationships, etc. Scenario planning/role play.
3. Family Care consultation / Safety / Medication Mnagement
4. Self-Care & Caregiver Burnout
5. Type of caregiver by disease state – breakout rooms with experts (define by assessment)
6. What's Next & Review + Graduation – How to continue, support groups



Hamilton  
County



# Thank You

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