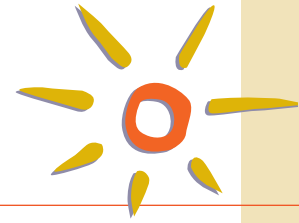


In the Mood



A Newsletter of the Fuqua Center for Late-Life Depression of Emory University

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Winter/Spring 2018

The Importance of Care for Caregivers

“An estimated 34.2 million American adults have served as an unpaid caregiver to someone age 50 or older in the prior 12 months.” (*Caregiving in the U.S., 2015 – Focused Look at Caregivers of Adults Age 50+*).

“It is estimated that at least 8.4 million Americans provide care to an adult with an emotional or mental health issue.” (*National Alliance for Caregiving, 2016*).

The typical caregiver of someone 50 or older is:

- 50.3 years old on average
- Female (60%)
- Caring for a relative (86%)
- Spending on average over 24 hours a week providing care
- Caring for someone 74.7 years old
- Caring for someone who has memory issues

The typical caregiver of a person who has a mental health issue is:

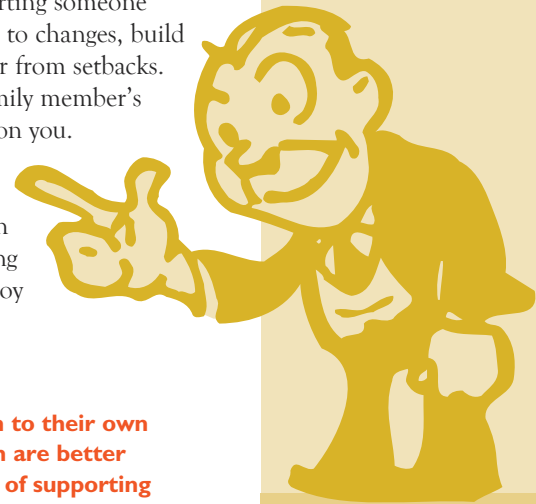
- Between ages 45 to 64, with 54 being the average
- Providing care for a relative (88%), 14% who are parents and 11% who are spouses
- Vulnerable to experiencing a high level of caregiver stress and strain

(*Caregiving in the U.S., 2015*)

As the population ages and often prefers to “age in place” at home, the likelihood of our being tasked with caregiving responsibilities at some point is high. Thus, it is important to recognize how to take care of yourself so you can provide the best care possible to your loved one.

“Caregivers who pay attention to their own physical and emotional health are better able to handle the challenges of supporting someone with mental illness. They adapt to changes, build strong relationships and recover from setbacks. The ups and downs in your family member’s illness can have a huge impact on you. Improving your relationship with yourself by maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones.” (*NAMI, 2017*).

Caregivers who pay attention to their own physical and emotional health are better able to handle the challenges of supporting someone with mental illness.



The Fuqua Center is committed to improving the community’s understanding and recognition of mental illnesses in older adults and improving access to geriatric psychiatric services.



[continued from cover]

Caregiver Burnout

“Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude – from positive and caring to negative and unconcerned. Burnout can occur when caregivers don’t get the help they need, or if they try to do more than they are able – either physically or financially. Caregivers who are ‘burned out’ may experience fatigue, stress, anxiety, and depression. Many caregivers also feel guilty if they spend time on themselves rather than on their ill or elderly loved ones.” (WebMD, 2017)

“Studies show that the healthier the caregiver is, the better the quality of care provided.”
(Carter, 2017).

Signs and Symptoms of Burnout

(American Heart Association, 2015)

- Excessive use of alcohol, medications or sleeping pills
- Appetite changes – eating too much or too little
- Depression, hopelessness, feelings of alienation, lack of energy to do new things
- Losing control physically or emotionally
- Neglect or rough treatment of the person for whom you’re caring
- Trouble falling or staying asleep
- Difficulty concentrating
- Missing appointments

It is important to let your healthcare provider know if you experience these signs and symptoms rather than brushing them aside or ignoring them. It is also important for you to take action to prevent burnout by making the time to attend to your own physical health needs.

Taking Care of You

“Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you are making time for yourself, eating healthy foods, and being active.”

(National Institute on Aging, 2017)

- Stay active. Do some form of daily exercise – short walks; taking stairs; meditation
- Eat healthy foods – fruits, vegetables
- Get a good night’s sleep
- Avoid tobacco, alcohol, other drugs
- Take time out for you – do something you enjoy and that gives you pleasure even if only for a brief time each day. It can be as simple as a bubble bath or listening to a favorite song.

“Caregiving has been called the fastest growing unpaid profession in the United States... Taking advantage of the whole range of help and community support available can significantly lighten your emotional load. Caregivers whose own health needs are met and who get the support they need do a better job for themselves and the people they care for. Despite the challenges of caregiving, research finds that between one-third and one-half of caregivers are doing quite well emotionally. They say that they feel they’ve been able to ‘give something back’ to a loved one who provided for them and believe they’re fulfilling an important duty.” (HealthAfter50, 2016)

For more information on resources for older adults and caregivers in Georgia



visit <http://fuquacenter.org/HelpfulLinks>

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 National Institute on Aging (NIH), May 2, 2017, *Taking Care of Yourself, Tips for Caregivers.*
 Carter, Rosalynn, October 20, 2017, *Caregiving Support Has Come a Long Way,* Atlanta Journal Constitution.
 HealthAfter50, August 12, 2016, *7 Ways to Avoid Caregiver Burnout.*

Who to call



For information about the Fuqua Center or community education, call Michele Lyn Miles at 404-712-6941

For NEW PATIENT appointments, call 404-778-5526

For information about Transitions Senior Program, call Ed Lawrence at 404-728-6975 or 404-728-4476 or visit www.emoryhealthcare.org/centers-programs/transitions-outpatient-program/index.html

To be added to our newsletter mailing list sign up at www.fuquacenter.org/newsletter or e-mail m.l.miles@emory.edu



“Caregivers can feel like they spend all their time going to doctor’s appointments and taking care of household responsibilities, it can be a very stressful and isolating experience. Caregiver support groups can be incredibly powerful in helping caregivers feel like they’re not alone. And I always encourage caregivers to seek talk therapy for themselves. It can be hard for them to find the time to see a therapist. Luckily, there are now therapists who can come to your home or do sessions over the phone or videoconference.”

– Jocelyn Chen Wise, licensed clinical social worker and Fuqua Center Program Director

Emory Brain Health Center's Treatment Resistant Depression Program

The Treatment Resistant Depression (TRD) program is a consultation service for patients currently under psychiatric care. We offer comprehensive evaluations for people who have complex and difficult-to-treat mood disorders.

The TRD team provides patients with an in-depth psychiatric consultation, which includes:

1. An extensive review of previous medical records
2. A one-time face-to-face evaluation with our team. Treatment recommendations are discussed with the patient and family member
3. A detailed, written summary of the evaluation and treatment recommendations, which is sent to the psychiatrist currently treating the patient
4. Any referrals needed for further assessment and/or treatment

Once the consultation appointment is complete, we schedule the patient for a follow-up phone call with our psychiatrist and social worker to answer any additional questions.

How to Schedule a One-Time Consultation Appointment

Patients must be working with a physician who is responsible for managing their psychiatric care before and after the one-time consultation with the TRD team in order to schedule an appointment.

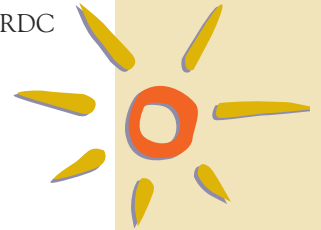
Step 1: The referring psychiatrist contacts our Patient Care Coordinator at 404-712-TRDC (404-712-8732) to receive a Clinician Referral Form.

Step 2: The referring psychiatrist faxes the completed forms to 404-712-7436, Attn: TRD New Patient Intake.

Step 3: Our Patient Care Coordinator will call the patient and send him/her the New Patient Packet and Self-Evaluation Scales, which must be received before the appointment.

For questions, please call our Patient Care Coordinator at 404-712-TRDC (404-712-8732).

The Treatment Resistant Depression (TRD) program is a consultation service offering comprehensive evaluations for people who have complex and difficult-to-treat disorders.



Treatment

Patients evaluated in the TRD program may be considered for the following treatments:

- Cognitive behavioral therapy
- Electroconvulsive therapy (ECT)
- Transcranial magnetic stimulation (TMS)
- Off-label trials of medication like ketamine
- Psychotherapy in Adult Intensive Outpatient and Partial Hospitalization Programs

Research

- Investigational research trials, including immune therapies
- Deep brain stimulation (DBS)

Insurance

Most major insurances are accepted by the TRD Clinic. Please include copies of insurance cards when making a referral.

Consultation Team

Our team includes psychiatrists, a psychologist, nurse practitioner, social worker and patient care coordinator.



National Association of Area Agencies on Aging Recognizes Innovative New Program

For the past two years, the Fuqua Center has been collaborating with the Atlanta Regional Commission's Area Agency on Aging (AAA) to develop their new Behavioral Health Coach (BHC) program. This innovative program embeds a mental health professional, supervised by Fuqua Center staff, within the AAA's staff to focus specifically on older adult and younger disabled clients who have unmet mental health and substance use needs. The coach has the flexibility to work extremely closely with these clients to build a trusting relationship, navigate the behavioral health system, and maximize

access to public benefits and resources. The program has demonstrated powerful improvements in the lives of vulnerable AAA clients who have fallen out of mental health services and/or struggled with substance use and are now facing the loss of housing and independence. The National Association of Area Agencies on Aging recognized the Behavioral Health Coach program as a creative and truly person-centered approach with a 2017 Aging Innovations and Achievement Award presented at their annual conference in Savannah, GA. Congratulations to the BHC team!





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MEDICINE

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Late-Life Depression**

Fuqua Center for Late-Life Depression

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404-712-6941

www.fuquacenter.org



Help Continue the Work of the Fuqua Center

WHY MAKE A GIFT TO THE FUQUA CENTER?

Your gifts help to improve access to clinical services for older adults, increase public awareness and understanding that depression is NOT a normal part of aging, as well as maintain extensive community outreach efforts aimed at educating those who serve older adults. The Fuqua Center for Late-Life Depression of Emory University, a community education and outreach entity within the Division of Geriatric Psychiatry, relies on private support from generous partners like you to sustain its comprehensive programs and services. Each and every contribution makes a difference and has an impact.

To make a gift online, visit www.fuquacenter.org/donations



Contributions to help continue the work of the Fuqua Center for Late-Life Depression of Emory University

Enclosed is my tax-deductible gift of \$_____. Please note that this contribution is:

In memory of: In honor of: _____

Please send acknowledgement of this donation to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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Please make checks payable to:

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