



Do YOU have a Care-RECEIVING Plan?

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Gimme A Break GAB808.ORG

DID YOU KNOW?

157,000+

Caregivers in the
State of Hawaii

65.7 Million

Caregivers in the
United States

66.6%

of caregivers reported at
least one adverse mental or
behavioral health symptom

50%

of Caregivers **pass**
BEFORE their Caree!
70% over the age of
70!

20%

of family caregivers
suffer from
depression

100%

Are frustrated, exhausted, they need support & resources.

CAREGIVER BURNOUT



**Do you have
CAREGIVER BURNOUT?**

Caregiver Burnout is an actual medical condition! Caregiver burnout refers to becoming *physically, emotionally, and mentally exhausted* from the stress that comes from caring for someone who's not well. Count with your fingers if you are experiencing any of the following:



Easily flustered
or frustrated



Extremely
tired



Very quick
to anger



Forgetful
or foggy



Feeling hopeless
or helpless



No longer interested in
things you used to enjoy



Feeling anxious
or depressed

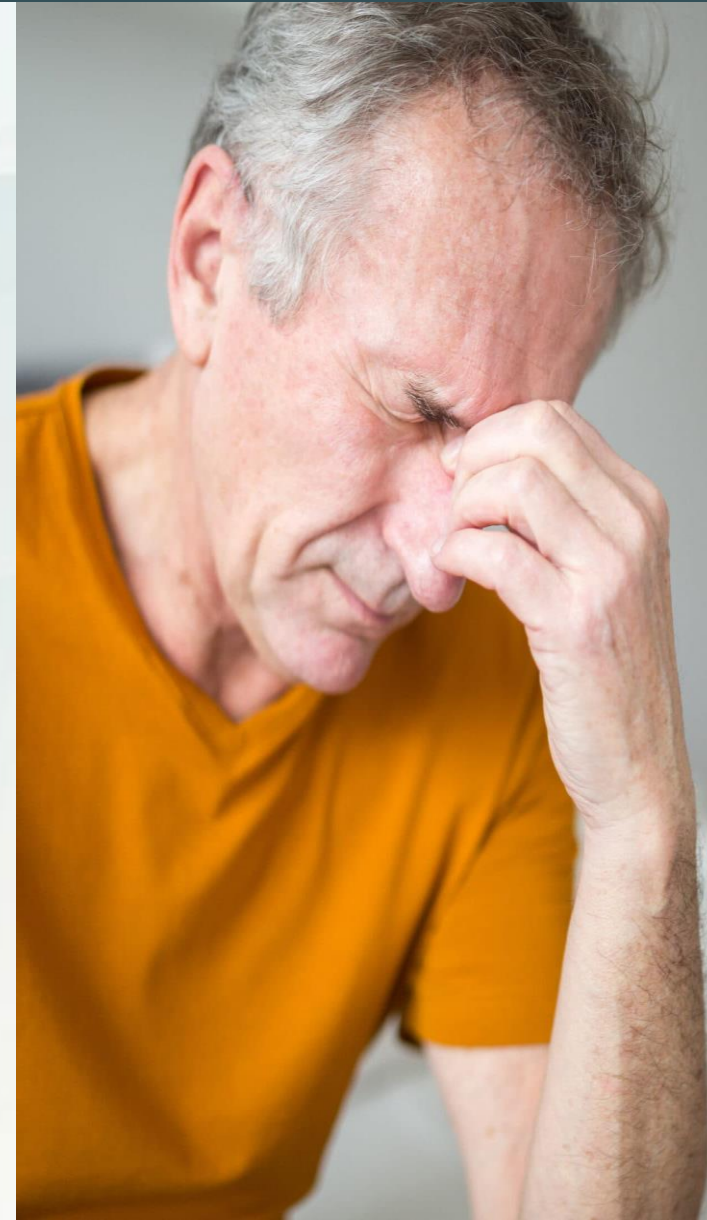
Caregiver Burnout IS REAL! YOU are AT RISK!
Talk to your Physician today!

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Ways to Prevent Caregiver Burnout

- *Ask for and accept help*
- *Focus on what you can do*
- *Don't be afraid to say no*
- *Consider taking Family Leave from your job*
- *Get connected*
- *Join a support group*
- *Seek social support*
- *Take care of your health*





YOU ARE AT RISK!

As Caregivers we get caught up in caring for others and do not CARE for ourselves!

YOU are AT RISK; **YOU MATTER** and need to assure that YOU have a PLAN!

A CARE-RECEIVING PLAN!

Did your Caree plan to be taken care of?

Do you know any of these things about your Caree?

- Favorite food or beverage
- Brand of toothpaste, bath soap, shampoo, color?
- How about preferences, clothing type, fabric, brands, toilet paper?
- Who is their hairdresser, their physician, their dentist?



What would your Caregiving situation be like now if the one you are caring for had written all this down BEFORE you had to care for them?

Do you know what decisions they would make?

What are some of the things you have had to deal with because they did not have a plan?

BECAUSE YOU ARE AT RISK! (50% of Caregivers will PASS before the one they are caring for!! Over 70, that goes up to 70%!!)

YOU MATTER and so does YOUR care-RECEIVING plan!!



Think about what you would do if you lost your voice, your ability to communicate?

WHAT'S
YOUR
PLAN?



What would you want YOUR Caregiver to know about YOUR Care RECEIVING PREFERENCES?

- Have you designated YOUR BOA? Board of Advisors
 - Doctors
 - Lawyers
 - Counselors
- Have you appointed YOUR POA? Power of Attorney
 - Who will care for you?
 - Who are your back ups?
- Have you defined YOUR ROA? Receiver of ALL
 - Do you have a will? Is it current?

MY ADVANCE CAREGIVING PLAN



Were you able to answer **ALL** those questions?

If not, you need to be “Planning for **YOUR** Care-RECEIVING!”

First step, get all the previous ??? answered!

Next, answer these:

- What are YOUR Care preferences?
 - MEDICAL DIRECTIVE?
 - POLST?
 - Long-Term Care?
- Where will you live?
- How will you pay for it?
- Who/What is your FINANCIAL support!?



But Wait...
**THERE'S
MORE!**

And those are just the basics!

Think about this: “How many decision do you make for yourself everyday?”

Personal Care

Food

Clothing

Entertainment

Climate – Hot/Cold? Wet/Dry?

Think about your 5 senses

Now, does anyone on your list know
ALL of this about you?

I Am Someone Who...

Complete the sentences below to share more about yourself!

I am someone who loves _____

I am someone who hates _____

I am someone who can't _____

I am someone who can _____

I am someone who will never _____

I am someone who has _____

I am someone who can't wait to _____

I am someone who would rather _____ than _____

I am someone who has never _____

I am someone who wishes _____

I am someone who tried to _____

I am someone who nobody seems to _____

I am someone who everybody seems to _____

I am someone who just can't get enough _____

I am someone who doesn't know how to _____

I am someone who usually forgets to _____

I am someone who never forgets to _____

I am someone who is thankful for _____

I am someone who will probably end up _____

I am _____

What about ALL YOUR preferences? All the details that make you – you!

Make a LIST!

- Brands
- Styles
- Environment
- Entertainment

Start a journal NOW! Make YOUR Plan!

Here's page 1 of that journal...

Caregiver Care-Receiving Planning Checklist

General information

- Full legal name
- Date of birth
- Legal state of residence
- Health status, including medications being taken [list on separate page if needed]
- Marital status
- Family members available for support [list on separate page if needed]
- Name, phone number, and address of attorney, physician, geriatric care manager or other advisor [list on separate page if needed]

Finances

- List income from Social Security, pension, employment, or other source [list on separate page if needed]
- Expenses – include loans, bill payments, subscriptions [list on separate page if needed]
- Assets [list on separate page if needed]
- Liabilities [list on separate page if needed]

Care Plan

Are assets sufficient to cover long-term care needs?

Have ways to fund long-term care been reviewed/evaluated?

If homeowner, has home equity as a use of funds been discussed?

Are long-term care insurance benefits available?

Have various housing options and their costs been considered?

- In-home care
- Living with a relative
- Continuing care retirement community
- Assisted living
- Nursing home
- Hospice and Palliative Care

Insurance Plan

Current Health Insurance plan(s) [list on separate page if needed]

- Medicare/Medicaid
- Private health insurance
- Prescription plans
- Long-term care insurance coverage – Have they been reviewed/evaluated?

Estate Plan

- Will
- Trust
- Advanced medical directives - POLST
- Durable power of attorney
- Living will
- Health-care proxy
- BOA – Board of Advisors
- ROA – Receiver of ALL
- EOL REP - End of Life Representative
- Have you communicated all this to everyone?

Important documents and records

- Bank account records (statements and passbooks)
- Monthly bills to be paid
- Stock certificates, bonds, and other investment records
- Retirement plan statements
- Real estate deeds, mortgages, and other property ownership records
- Vehicle titles
- Business agreements
- Insurance policies
- Will, trust, advanced medical directives, letters of instruction, and other documents
- Birth certificate, marriage certificate, divorce decree, military service papers

About You

What about ALL YOUR preferences? All the details that make you – you!

Make a LIST! Brands, Styles, Entertainment

Start a journal NOW! Make YOUR Plan!

Do the “I Am Someone Who...” and “My Favorite Things” worksheets.

Where are your KEYS? Which is which?

This Checklist will help you to assure that you are well prepared for the time that you will need to RECEIVE care!

Remember this can happen at any time!

All this will take some time! It is not something you will just throw together in a day!

Don't delay begin today!

Everyone in this picture
NEEDS A CARE-RECEIVING
PLAN!



Once you have YOUR Caregiving PLAN,
you MUST have a **FAMILY CAREGIVING
MEETING!**

Why make YOUR plan if no one knows
what it is? You can't get the support
you need unless your family knows how
to support you!

The time to plan a family meeting is
before you or anyone has a crisis that
requires immediate attention.

Better to be proactive. You never know
what may happen!

Planning a Family meeting

1. Meet ASAP.
2. Set the Agenda.
3. Establish Meeting Rules.
4. Give Everyone Time to Talk
5. Ask for Volunteers.
6. Be Specific
7. Focus on the Issue at Hand.
8. Look to the Future.
9. Establish a Spokesperson
10. Request a break

Include all the core family members - in-person or on a video call so that they are part of the conversation.



THIS IS NOT AN OPTION! IT IS MANDATORY!



Select a comfortable, neutral, and private location for the meeting. Make sure you find a place in which everyone can feel at ease. Also, anticipate that the meeting could get heated, so privacy is key.

Establish the main purpose of the meeting and set a short agenda. This will help your family stay on-task and organized rather than seek to solve every possible issue in just one meeting.

Collect, gather and share information, to ensure everyone has the same working knowledge of your condition(s) and/or disease(s). If you don't feel comfortable managing the meeting, bring in a mediator.



What would your Journey now be like if your Caree had done this?

Now that you have YOUR PLAN and have MADE IT PUBLIC...

YOU WILL NEED TO UPDATE IT!!

ONCE A YEAR AND NO MORE THAN EVERY 5 YEARS!!

Need more information?

Gimme A Break can connect you to:

- Resources
- Community
- Support





**We are here to support
Caregiver SURVIVAL
gab808.org**

**Weekly Support Sessions – Community –
Resources - Givers Guides ONLINE Magazine
Presentations – Workshops – Retreats and
MORE!**

Caregiver Support Sessions

Weekly Online — ZOOM meeting ID 8087543787

Every Tuesday

8:00PM
HST



gab808.org

Bringing a Community of Caregivers together!



Gimme A Break has
yearly retreats,
workshops, events and
pamper sessions!
To support CAREGIVER
WELLNES & SURVIVAL!

COMMUNITY



Gimme A Caregivers Retreat 2025

On Saturday October 11 8:30am-3:30pm
at Holy Nativity Church—Aina Haina
for A Full Day of Pampering for
your mind, body, and soul!

Breakfast, Lunch & Treats are included
You **DESERVE** this and it's **FREE**
Limited space - **REGISTER NOW**
gab808.org/retreat2025

Presented and Sponsored by:

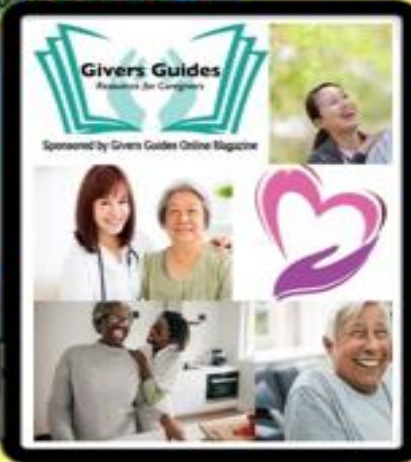


   **EVERY WEDNESDAY AT NOON HST!**









SEASON 16 COMING OCTOBER 2025

Streaming LIVE simultaneously on multi-platforms
Available on Podcast

 Listen on **Spotify Podcasts**



 Listen on **Apple Podcasts**

gab808.org/CCS

The Caring Caregiver Show LIVE every Wednesday at 12:00 NOON

Get connected to **RESOURCES**

Available on AUDIO podcast too!

SEASON 16 BEGINS OCTOBER 8th

GIVERS GUIDES



**MAHALO
GIFT**
OF 12 MONTHLY ISSUES
FOR YOUR
\$25
DONATION
gab808.org/DONATE

YOUR Care-RECEIVING Plan MATTERS!



"Gimme a Break"

caring for caregivers