

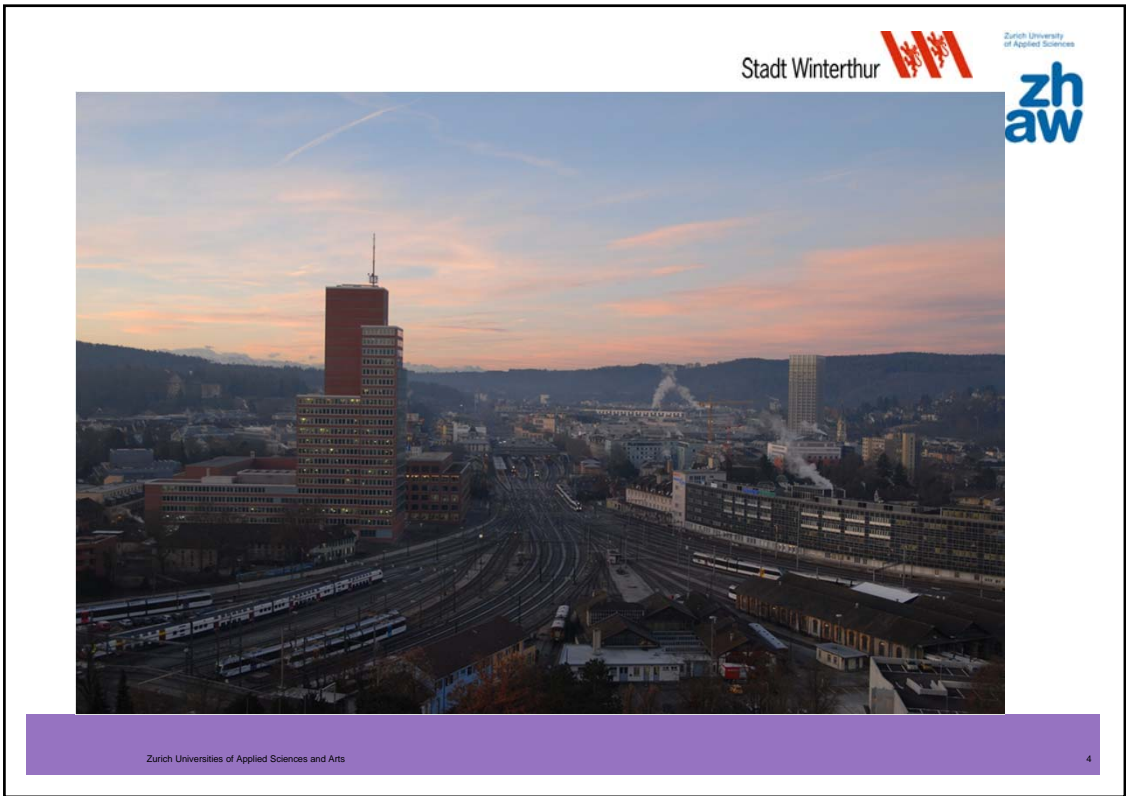
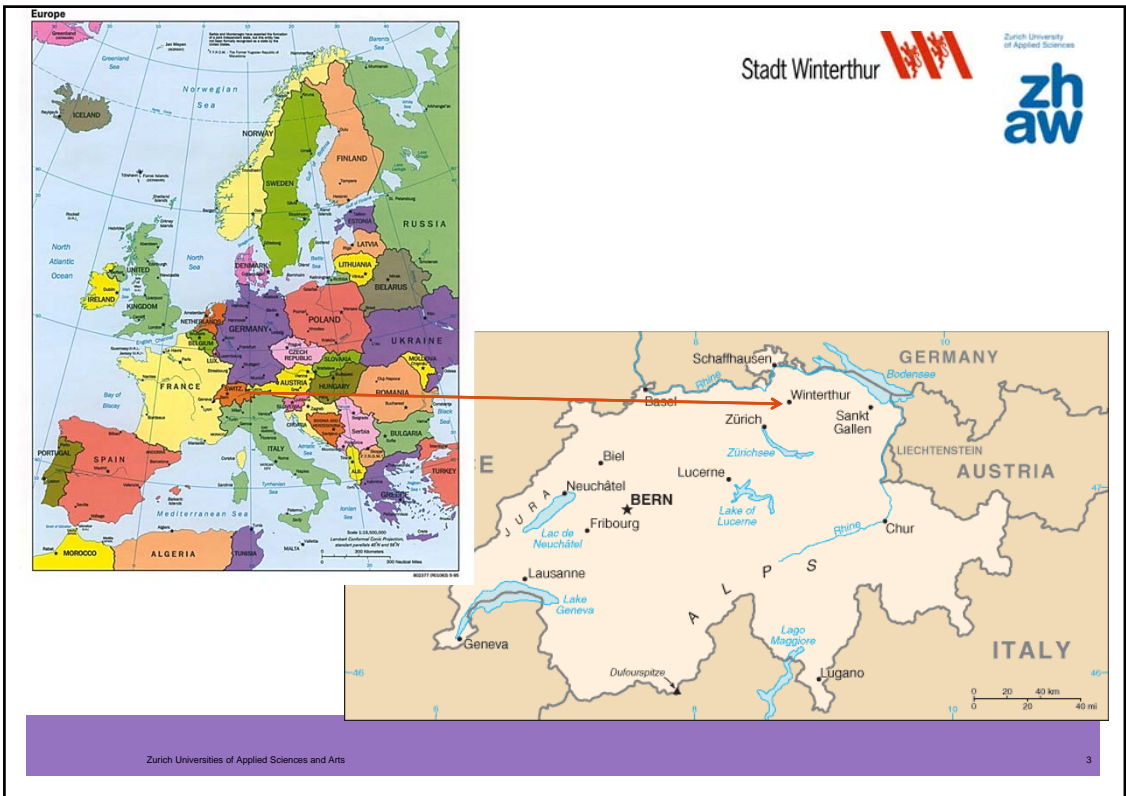
A Preliminary Evaluation of a Nurse-led Family-Counseling Program for Families of the Elderly

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Family support for elderly people 80+ years

	n	Mean	±SD	sum
hours / week	459	22.3	48.3	10'235
Intensive support (7/24)	40	168.0		6'719
support (not 7/24)	419	8.4	18.3	3'526

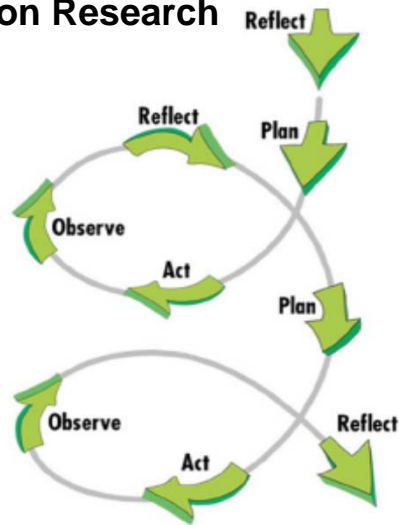
Imhof et al, 2012

Goal: Support families in diverse life situations



Methode: Community-Based Participatory Action Research

Stadt Winterthur



Glason et al, 2008

1. Connecting with the community

Stadt Winterthur



- Discussion at church reunions, special events for the elderly
- Focus groups with family members
- Focus groups with stakeholders
- Meetings with politicians and city council members

➡ **Need confirmed and funding provided**

2. Plan : Concept

- Individual counseling for single family members and/or family as a group
- Peer group for family members
- Public events for family caregivers



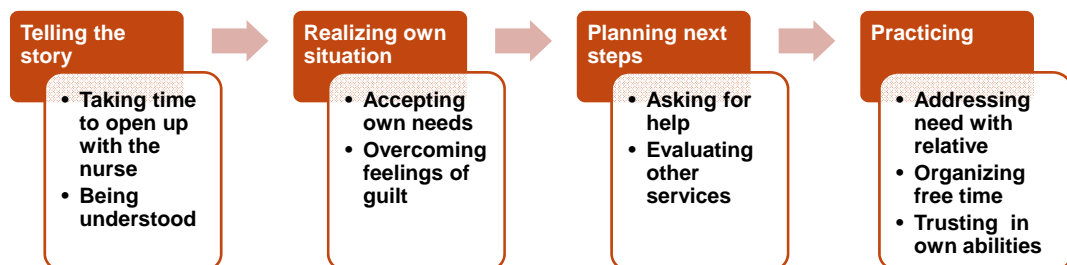
Plan Evaluation

- Individual counseling sessions
 - Preparedness for care and mutuality of family members (Family Care Inventory, Archbold et al,2001)
 - Caregiver Burden (Cargiver Burden Scale, Barkas 2004)
 - Quality of life of caregiver and care recipient (WHO bref, 1996)
 - Satisfaction with counseling (ANP-IQ, Imhof et al, 2010)
 - **Benefit of counseling** (semi-structured interviews)

3. Implement: Participants (N=8)

Age	mean, (min/max)	64 (46 - 79)
Gender	female / male	6 / 2
Years of support	mean (min/max)	4.7 (1-10)
Support hours/day	mean \pm SD	9.1 \pm 11.6

4. Observe and Reflect: Benefit of Counseling

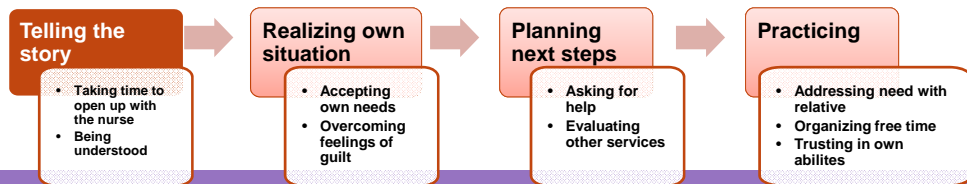


Observe and Reflect
Telling the story

- Caregiver highlighted that they took the time to participate and could open up, sometimes for the first time.
- Being understood

«The nurse really understood what I had to tell her. She really listen to me»

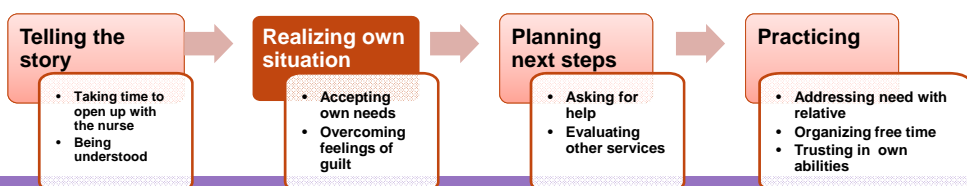
« I was amazed that they had time for me and I could tell what has been on my mind for so long»



Observe and Reflect
Realizing own situation

- Expressing feelings of anger and despair
- Realizing burden
- Assessing feelings of guilt and reconsider

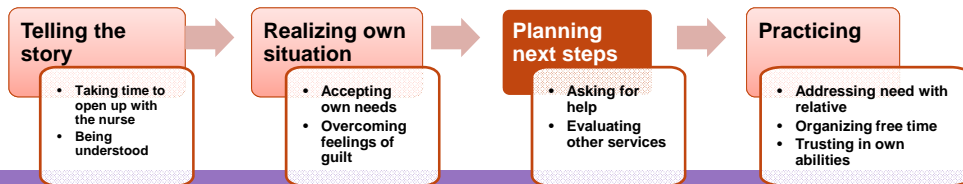
«I was so exhausted, but I could not tell him. I learned that this was the reason that I felt so guilty.»



Observe and Reflect
Planning next step

- Asking for help by scheduling time for oneself
- Evaluating and asking for community services
- Being supported in this request by the nurse

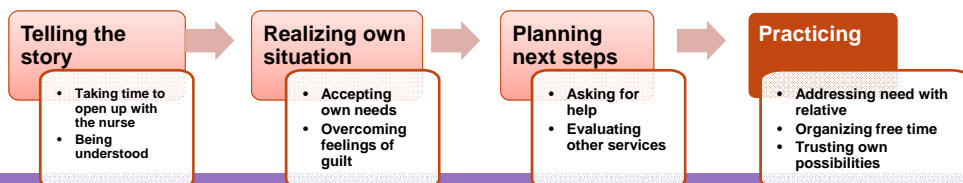
« She connected me with the social worker and I realized that it was my right to get help. All of a sudden I knew what to do.»



Observe and Reflect
Practicing

- Openly addressing needs toward the relative
- Planning time-outs from caregiving with care recipient
- Asking for professional services
- Becoming self-confident and trusting in abilities

« I had to practice to hold back and not to intervene. I know that I will be able to handle it if time is right»



5. Reflection: Lessons learned

- Counseling has to include the opportunity to
 - Tell the story
 - Reflect openly the situation within family
 - Plan next steps
 - Practice
- ➡ proactive follow-up by the nurse is necessary
- Research in CBPR can add burden to family members
- ➡ reduce burden of questionnaires to minimum
- Participating in CBPR as a family can help acknowledge expertise
- ➡ include family members as co-researchers in teams

Questions?



Thank you

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