



# Types and Levels of Caregiving

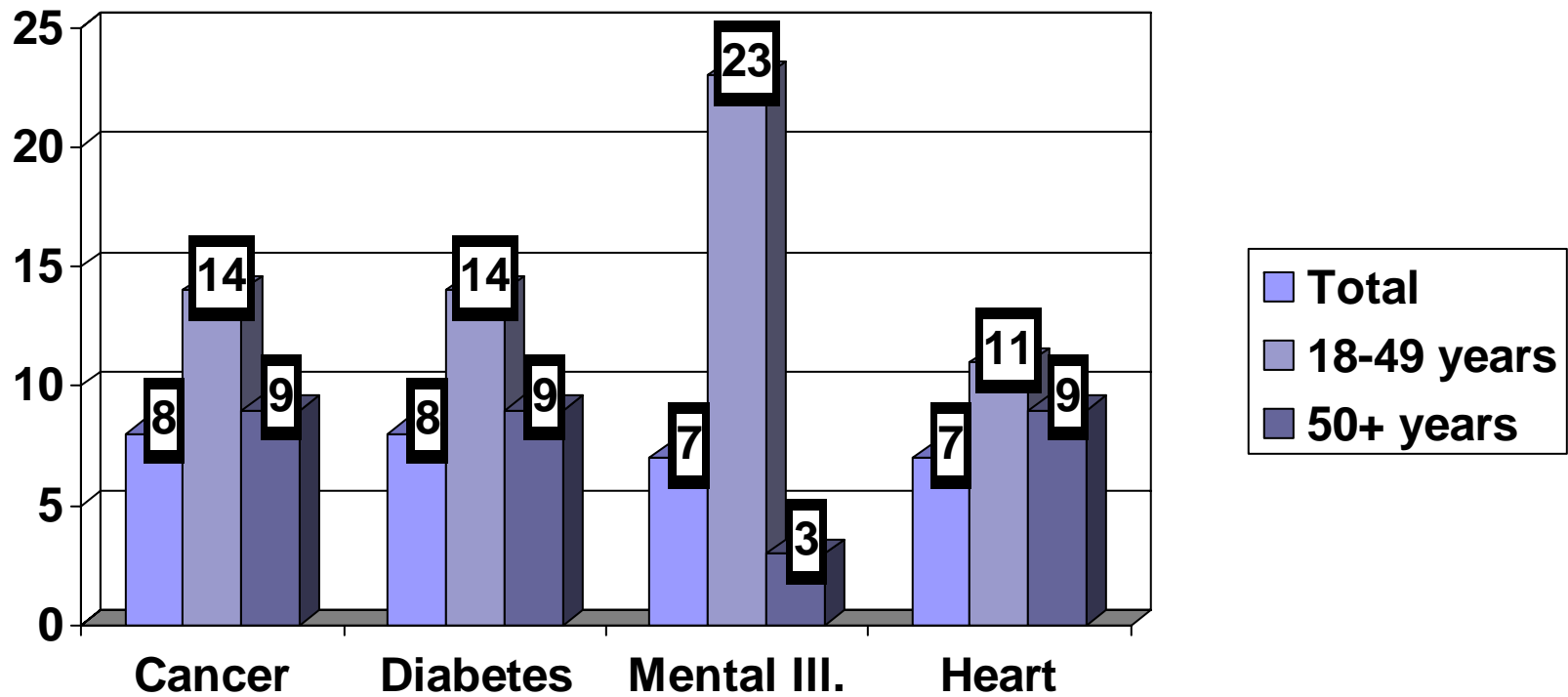
*Continuum of Caregiving*

# *Four Kinds of People in this World*

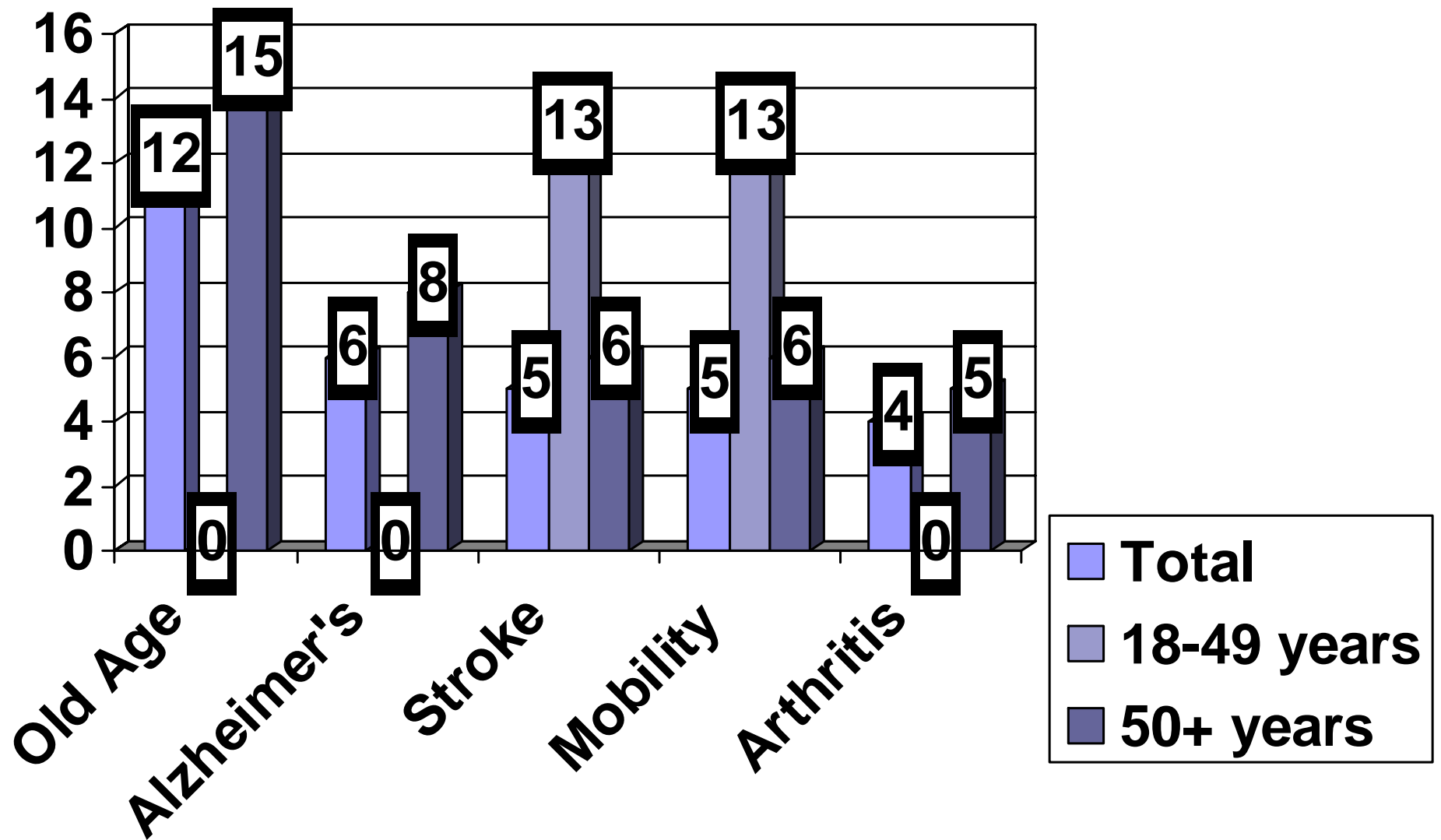
- *Those who have been caregivers,*
- *Those who are caregivers,*
- *Those who will be caregivers,*
- *Those who will need caregivers.*



# Primary Illnesses -ALL



# Primary Illnesses -Older



# Principle of Substitution

- Spouses
- Adult daughters
- Daughter-in-law
- Sons
- Other relatives
- Friends & Neighbors



# Types of Caregiver

- Formal
- Informal



# Types of Caregiving

- Personal care
- Medical care
- Mental health care
- Emotional care



# Levels of Burden

Activities of Daily Living  
**ADLs**

Instrumental  
Activities of Daily  
Living  
**IADLs**





# ADLs and IADLs



## Activities of Daily Living

- Bathing
- Dressing
- Walking
- Toileting
- Transferring
- Eating

## Instrumental Activities of Daily Living

- Transportation
- Shopping
- Housework
- Finances
- Cooking
- Taking meds
- Arranging services

# Extension Programs: ADLs and IADLs



## Activities of Daily Living

- Bathing
- Dressing
- Walking
- Toileting
- Transferring
- Eating

## Instrumental Activities of Daily Living

- Transportation
- Shopping
- Housework
- Finances
- Cooking
- Taking meds
- Arranging services



# Levels of Burden-Caregiving

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Total</b>	<b>33%</b>	<b>17%</b>	<b>15%</b>	<b>21%</b>	<b>10%</b>
<b>9+ Hours Week</b>	<b>2%</b>	<b>59%</b>	<b>50%</b>	<b>100%</b>	<b>100%</b>
<b>Mean Hrs/Week</b>	<b>3.5 hrs.</b>	<b>9.8 hrs.</b>	<b>12 hrs.</b>	<b>33 hrs.</b>	<b>87 hrs.</b>
<b>Mean # IADLs</b>	<b>3.1</b>	<b>4</b>	<b>4.3</b>	<b>5.2</b>	<b>5.9</b>
<b>Mean # ADLs</b>	<b>0</b>	<b>.4</b>	<b>2.2</b>	<b>2.9</b>	<b>4.2</b>

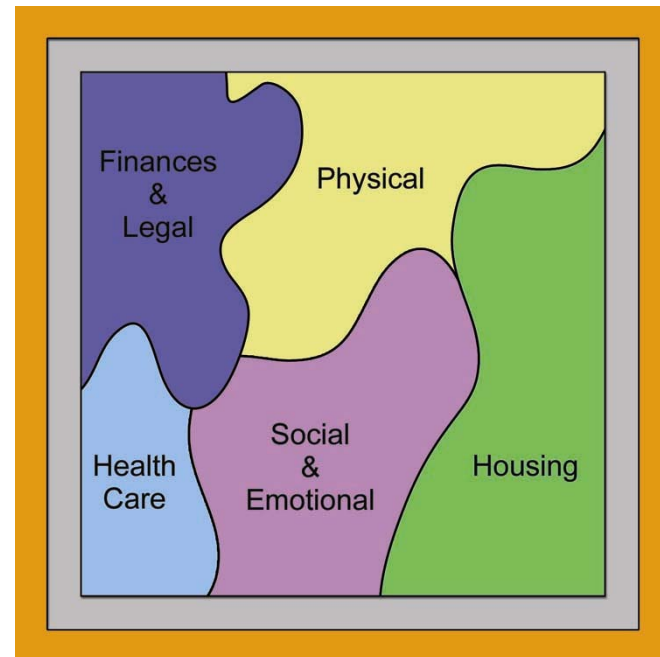
# Continuum of Caregiving

Level 1	Independent
Level 2	Semi-Independent
Level 3	Semi-Dependent
Level 4	Dependent @ Home
Level 5	Dependent Institutional



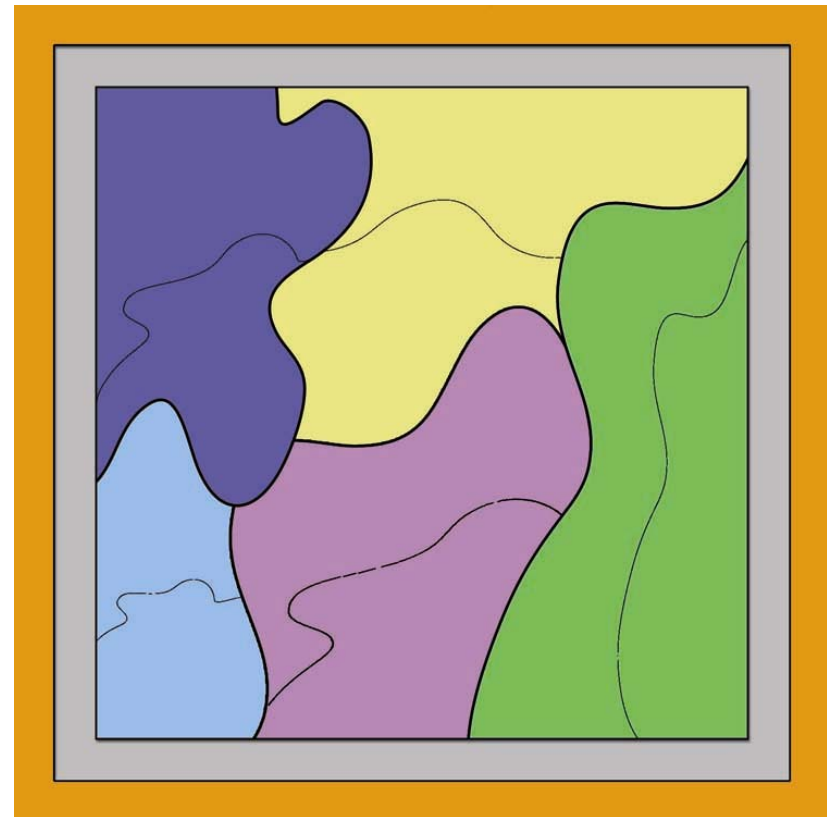
# Independent: Care<sup>1</sup>

- Errands
- Social and emotional support
- Assistance with heavy work
- Planning for potential needs



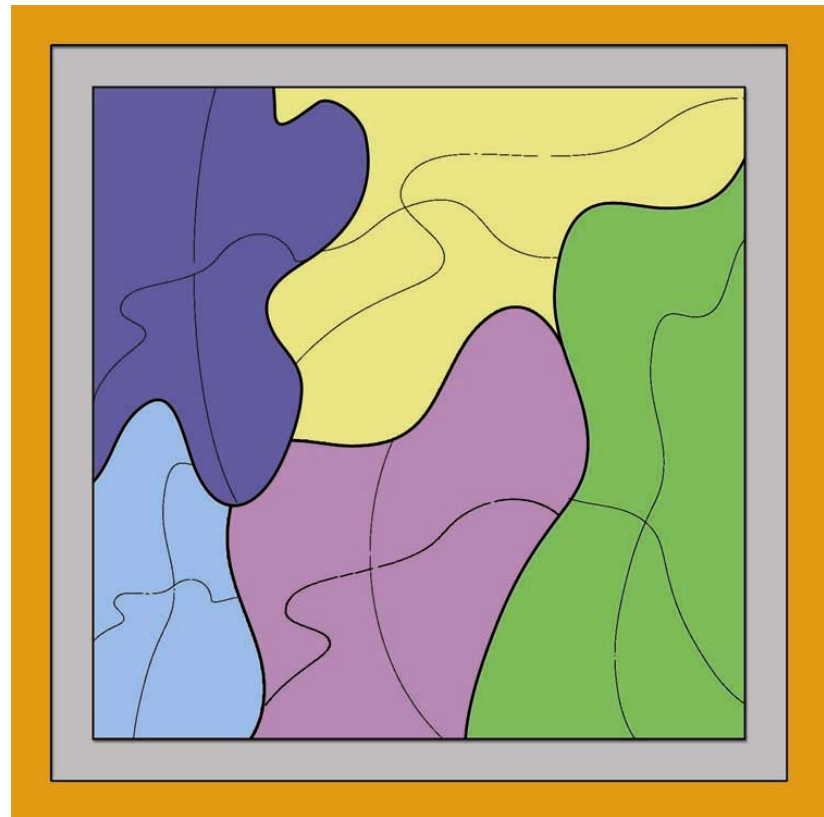
# Semi-Independent: Care<sup>2</sup>

- More time needed
- Expanded help with errands, heavy housework
- Provide guidance for financial, legal and healthcare management
- Beginning ADL needs



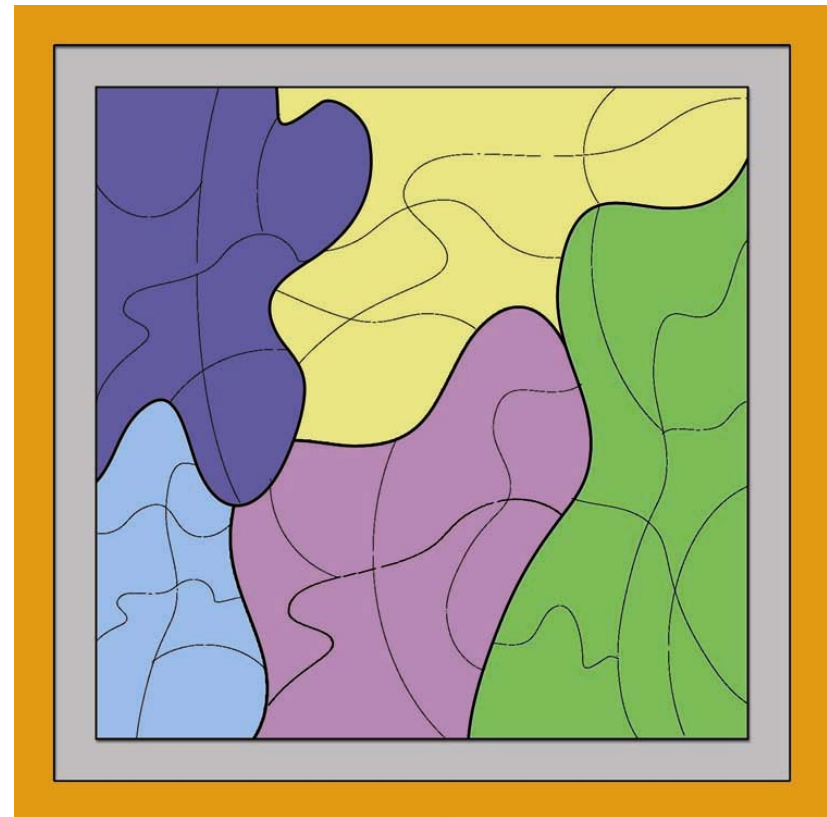
# Semi-Dependent: Care<sup>3</sup>

- Consider formal steps with finances, legal issues.
- 2+ ADLs require more direct care time
- More direct involvement: Time and in-person



# Dependent @ Home: Care<sup>4</sup>

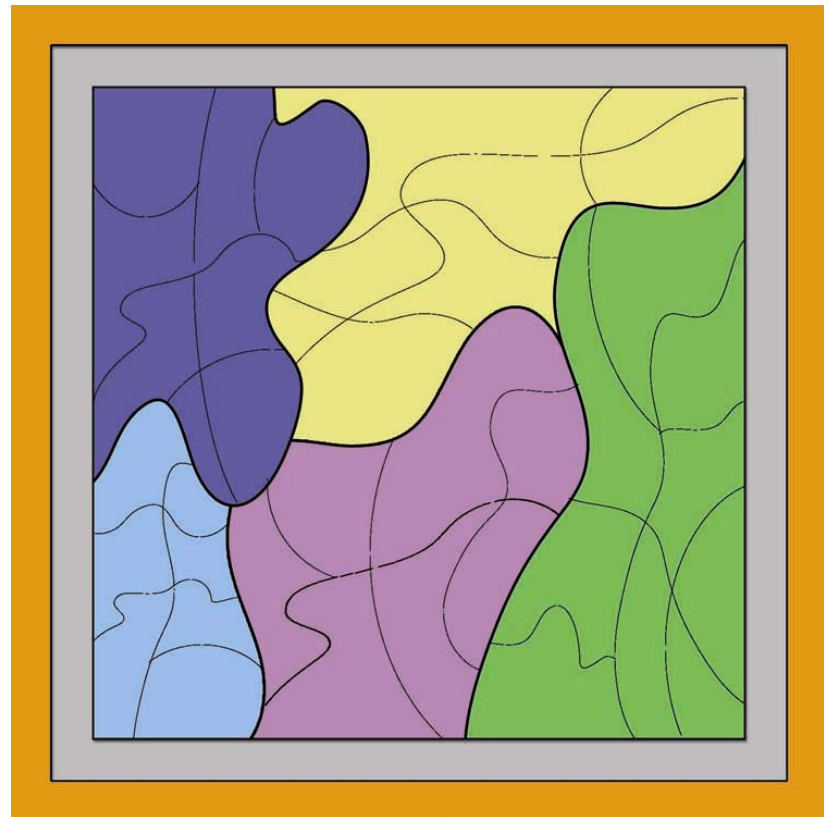
- Nearly full-time job
- Support for ADLs & IADLs increasing
- Caregiver needs respite
- Utilize myriad formal supports





# Dependent Institutional: Care<sup>5</sup>

- More than full-time job -80+ hours
- Support for most ADLs & IADLs
- Institutional care



# Integrated Continuum of Care

