

CAREGIVERS PLANNING FOR WHEN THEY ARE GONE – A CAREGIVER FOCUSED APPROACH

WHAT WAS HEARD	THE CHALLENGE
<p>PROFILE OF PERSON LIVING WITH MENTAL ILLNESSES AND/OR SUBSTANCE USE DISORDER</p> <ul style="list-style-type: none"> ▪ <i>Mentally ill and living with substance use disorder, history of homelessness, non-compliance with treatment, aggressive behaviour sometimes violent, manipulative and knows how to work the system and those that provide support including supported housing</i> ▪ <i>Anxious, fearful, shuts down and is on a variety of medications and struggles with going down the 'rabbit hole' at any moment, has insight and is afraid of being ill, wants to stay with family and no risk of self-harm and harm to others</i> ▪ <i>No path forward not knowing diagnosis supported by the appropriate treatment plan, no one in the extended family is aware of the situation, can be in room full of people and still feel alone, at time is skeptical with respect to treatment options, is 'anti-pharma'</i> ▪ <i>Family member resists treatment – does not want to live at home, challenge going forward to include transition to safe and secure place to live</i> 	<p><i>Supporting all caregivers planning for the housing needs for person living with mental illness and/or substance use disorders for when they are gone or are no longer able to provide the required supports</i></p> <p><i>The challenge is to develop a plan while addressing the following:</i></p> <ul style="list-style-type: none"> ▪ <i>Where caregivers and those they care for find themselves on the path to recovery</i> ▪ <i>The need for community supports and the varying level of support required along the way</i> ▪ <i>Caregivers' access to assets from the family home to legal and financial and legal arrangements in place to provide for continued access to safe and secure housing</i> ▪ <i>The need to build relationships among all concerned based on trust, accountability, and boundaries</i> ▪ <i>Providing access to a planning resource to support both the development of the housing plan and its implementation when the caregiver is gone or no longer able to provide the required supports</i>
<p>PROFILE OF CAREGIVER CARING FOR PERSON LIVING WITH MENTAL ILLNESSES AND/OR SUBSTANCE USE DISORDER</p> <ul style="list-style-type: none"> ▪ <i>Years of support both financial and personal and when required a place to stay that is safe and secure, significant strain financially from providing for food security to the purchase of clothing, cigarettes and so on. Sale of home to address financial needs and as a result now in a rental situation with limited resources to support future needs of family member. Caregiver also living with mental illness and other health issues, difficult to cope and frustration experienced by all concerned.</i> ▪ <i>How do you care for someone who is not compliant with treatment, difficult to support family member during changes in treatment, family member willing to participate in a care plan and planning focused on future needs, need to test the possibilities</i> ▪ <i>Assets available to support a care plan, case management and a transition to independent living including planning in place for when the caregiver is gone, third party oversight required to focus on physical and mental health well-being while family focuses on building relationships, impact on family included early retirement and an end to a promising career, at times feels like all concerned are driving to the edge of a cliff not knowing what is wrong and whether things are going to get better</i> ▪ <i>What kind of life will my family member have – a job, a partner, a family, focus on a future as a family, no one want to take the lead and there is always the question of resources, family member is vulnerable and is need of a 'surrogate caregiver'</i> ▪ <i>Difficult to access supports for family member, frustrating and not always clear what steps one needs to take when complying with process, caregiver not included in a circle of care, family member not able to make own decisions</i> 	