

Caring for the Caregiver: A Video Series for the Informal Caregiver

Kaitlyn LaRue

California State University, Long Beach
Department of Family and Consumer Sciences, Gerontology Program

Introduction

- Informal caregivers provide unpaid care to older adults
- Billions of hours of high-intensity care tasks
- Many hold jobs, care for their own children, and manage chronic conditions of their own
- Frequently results in stress, burnout, depression, and decreased life satisfaction
- Lack of accessible, timely, and relevant trainings and resources that caregivers can have on hand.

Aims of the Project

Provide informal caregivers with accessible and relevant video resources & handouts about caregiving skills and stress management techniques to reduce caregiver burden and burnout.

Results

- Video topics fell into two categories:
 - Caregiving Skills
 - Stress Management Techniques
- Expert panel provided feedback to improve clarity, depth of information, and video format
- Revised video outlines by improving clarity of language, adding helpful information, and removing distractions from the sample video
- Created matching handouts for each video topic
- Filmed & edited two videos on Mindfulness and Transferring and Mobility Methods

Methodology

- Research & pick topics that caregivers would like more information on
- Write 10 video outlines
- Receive feedback on video outlines and a sample video from a panel of experts
- Revise outlines & create handouts
- Film and edit videos and post them to YouTube



Contact

Kaitlyn LaRue
Email: KaitlynLaRue03@gmail.com

Discussion

- This project was created to meet the needs of informal caregivers by providing brief and practical video and handout resources that can be accessed at any time and any place
- Can reduce caregiver stress and burnout by providing access to necessary information that can better their caregiving abilities and stress management strategies

Conclusion

- Informal caregivers provide a necessary service without access to helpful skills and stress training
- A video series with a handout can provide this population with the necessary tools to better care for themselves and their care recipient