

# Care Coordination and Transitions

Presentation at the National Academies of Medicine: *Strategies and Interventions to Strengthen Support for Family Caregiving*  
*A Workshop*

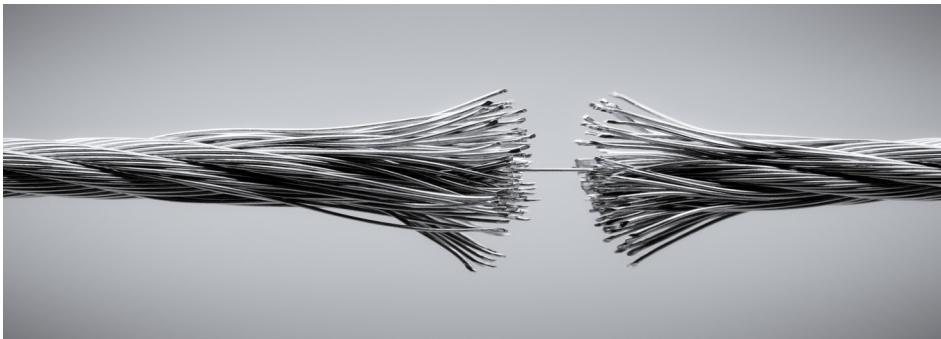
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# Health care providers and teams can do more to engage with caregivers

Providers and health care teams are encouraged to identify, engage, and assist caregivers in expert guidance, but evidence shows that they inconsistently address caregivers' needs. (1-4)



Providers are aware of the importance of caregivers, but report structural barriers in communicating with caregivers, such as time constraints. (5)

1. Schulz R, et al. doi:10.17226/23606
2. Wolff JL, et al. doi:10.1001/jamanetworkopen.2019.19866
3. AARP and National Alliance for Caregiving. doi.org/10.26419/ppi.00103.001
4. Riffin C, et al. doi.org/10.1111/jgs.16401
5. Skufca, L. doi.org/10.26419/res.00273.001

# Engaging with caregivers benefits patients, caregivers, and health care teams.

## Valuable context for care

Caregivers provide invaluable insights about a patient's daily life.

## Greater caregiver satisfaction

Sharing patient information with caregivers leads to higher patient and caregiver satisfaction.(1)

## Better quality of life

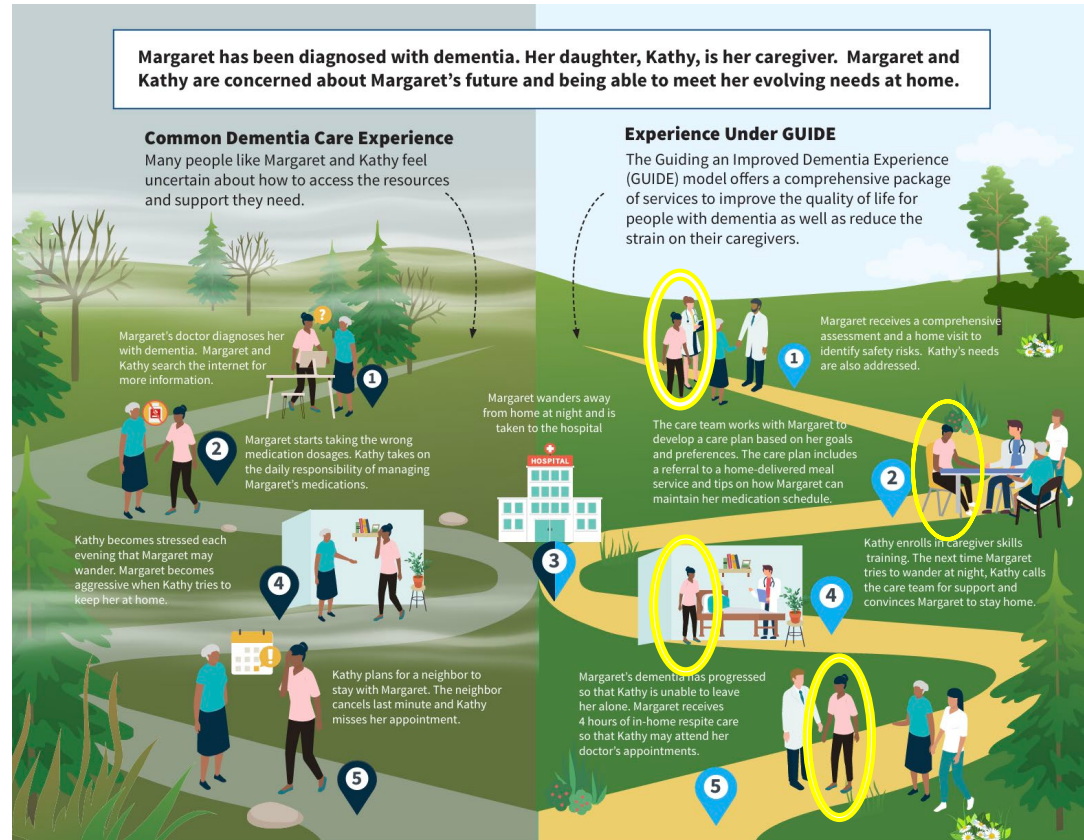
When caregivers feel prepared, they report less stress and depression, and better quality of life. (2)

## Reduced risk of adverse events

Integrating caregivers into discharge planning reduces the risk of the patient being readmitted after an acute illness. (3)

1. AARP and National Alliance for Caregiving. [doi.org/10.26419/ppi.00103.001](https://doi.org/10.26419/ppi.00103.001)
2. Uhm KE, et al. [doi.org/10.3389/fpubh.2023.1153588](https://doi.org/10.3389/fpubh.2023.1153588)
3. Rodakowski J, et [doi.org/10.1111/jgs.14873](https://doi.org/10.1111/jgs.14873)

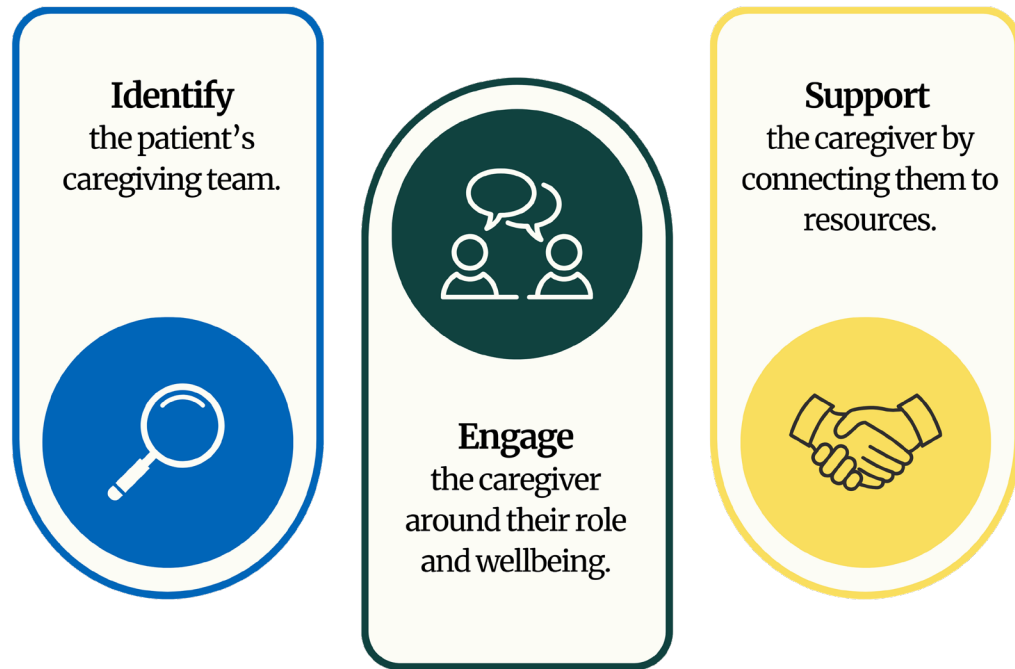
# Emerging opportunities in health care to engage caregivers~ example: the GUIDE model for dementia care navigation



GUIDE programs must:

- Do a caregiver assessment on caregiver strain (Zarit survey)
- Provide respite services (limited)
- Provide 24/7 telephone access
- Provide caregivers with:
  - caregiver skills training
  - dementia diagnosis education
  - support groups
  - access to a personal care navigator

# Addressing competencies: Caregivers as Partners in Care Teams (CAP-CT)



As a program of the National Caregiver Support Collaborative (funded by the Administration on Community Living), CAP-CT aims to advance inclusion and engagement of family caregivers within care teams.

CAP-CT is a nationwide training program that provides health care teams with the skills and confidence to include family caregivers in a patient's care journey. We also support Older American's Act-funded programs to engage with health care to further the role of caregivers.

Website: [carepartners.ucsf.edu/](http://carepartners.ucsf.edu/)