

ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

Support carers



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Sebastian Liste

Learning objectives

By the end of this module, you will be able to:

- Explain the care pathway to support the carers
- Explain how to assess carers' needs
- Describe the various types of support to be provided to carers





Supporting carers' well-being



When intrinsic capacity and functional ability decline, caregiving responsibilities usually fall to a spouse, family member or another household member.

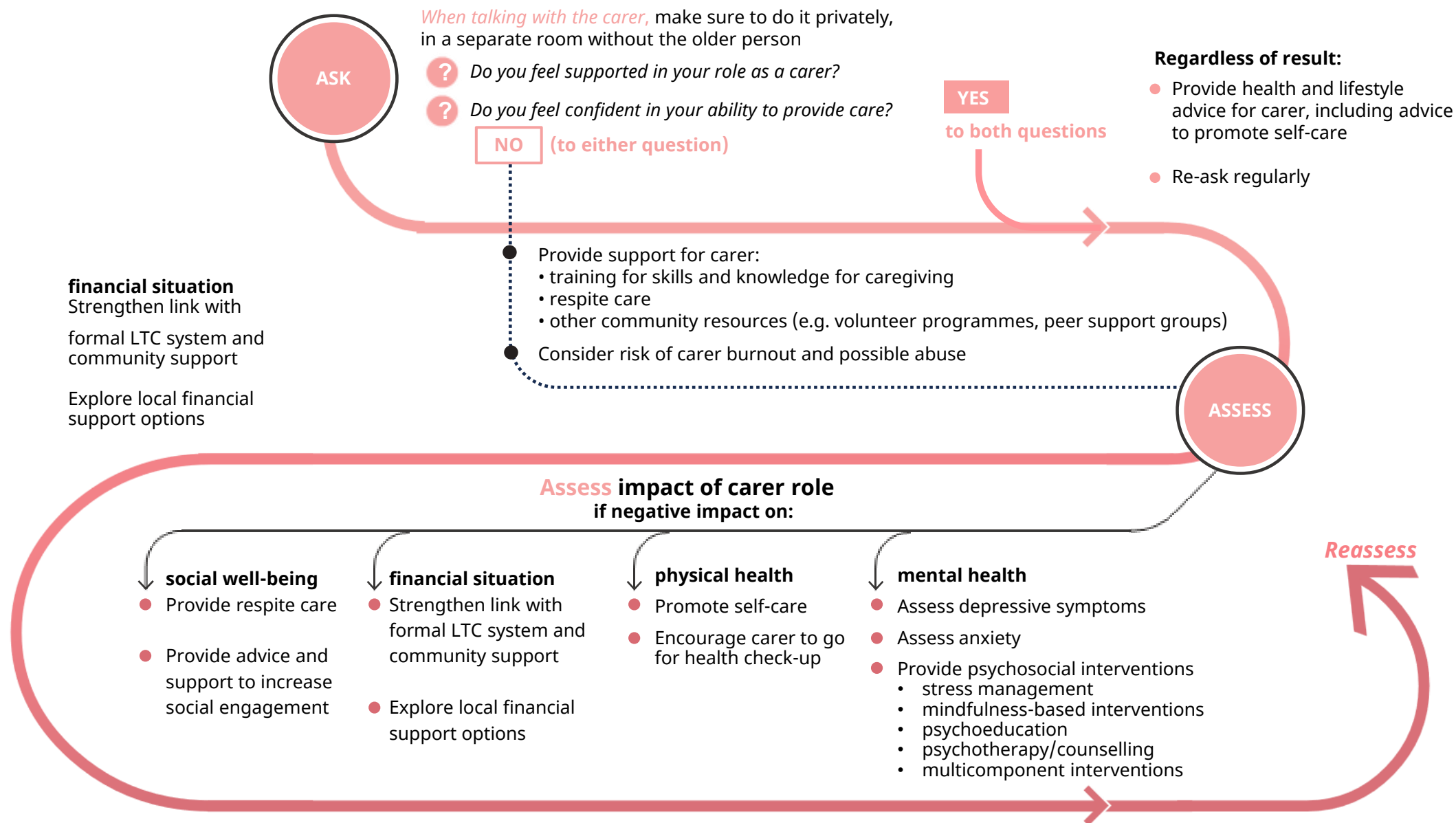


The care provided to the older person can impact the carer's well-being depending on the specific needs of the care recipient.



Community health and social care workers can monitor well-being and ensure they receive support for their own health and caregiving responsibilities.

Care pathway to support carers





Assess the impact of the carer's role

Assessments should be conducted regularly, as a carer's need for support may evolve over time.

Social well-being



Mental health
Depressive symptoms
and anxiety



Physical health



Financial situation





Health and lifestyle advice

Caring for someone can be exhausting and stressful, especially for family members.



- Return to or do activities you enjoy.
- Maintain a regular sleep routine.
- Stay as physically active as possible.
- Follow a healthy diet and have regular meals.
- Spend time with friends and family.
- Get involved in community and social activities.
- Take regular breaks to recharge.



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Community-based health care

- In some countries, carers can access benefits such as paid leave and cash-for-care transfers.
- Community organizations may help identify carers in need through peer groups and social events.
- Easy access to information about local support resources, especially respite care, is crucial.
- Home-based care organizations offer advice and respite care services to ease the burden on family carers.
- Community health workers provide immediate support, including health advice and stress reduction techniques for struggling carers.





Support for carers

Training

- Understand the carer's needs and observe care aspects that can be improved.
- Provide support and advice on how to deliver good-quality care.

Respite care

- Keep the caring relationship healthy and sustainable.
- Explore whether another person can temporarily supervise and care.
- Advise on available services.

Psychological interventions

- Stress management
- Mindfulness-based interventions
- Psychoeducation
- Psychotherapy, counselling
- Multicomponent interventions

Physical health and social well-being

- Advise the carer to look after their own health.
- Advise on ways to tackle loneliness and isolation.
- If the carer is an older person, advise to get an ICOPE basic assessment.

Financial support

- Provide advice and connect the carer to available sources of information and support.
- Check eligibility for financial support through social protection schemes.



Consider the risk of carer burnout and possible abuse of the older person.

Summary



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- Community health workers can identify carers' needs and support their well-being.
- Interventions such as advice, training, respite care, financial help and psychological support can enable carers to maintain their health and well-being while providing quality care.
- For older carers, assessing their own health is recommended.
- Health workers should look for signs of abuse during assessments of older persons and their carers, ensuring the carer's role is recognized and supported.
- Community stakeholders can advocate for carers and provide ongoing training and support.

References

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