

Caring for Caregivers

FACILITATOR: Gurcharan Dhillon, Program Supervisor, South Asian Day Program for Older Adults, **Archway Community Services**

SCENARIO: Jinder is 96 years old, lost their partner a few years ago, and is relatively free of health problems other than difficulty walking. However, Jinder is struggling with their adult child, Raj, who is 57 years old. Raj has mental health issues and cognitive challenges. Raj currently lives on their own, but their family thinks they should not be, that they are a danger to themselves and others (i.e. they leave things on the stove, the landlord has expressed concern about fire damage). Jinder goes to the Gurdwara every day to volunteer and then bring food to Raj but then feel they must stay the night for Raj's safety. Jinder is functioning as a caregiver for their child.

Jinder's family doesn't want Jinder to have to take care of anyone anymore. They want both Raj and Jinder to live with the family so that they can take care of both. But Raj does not want move. Raj wants to keep living on their own and is firm with that decision. The whole family has tried to do what they can but are very challenged with Raj's behavior and have largely given up. Jinder feels they must support their child until their last breath and cannot give up like the family has. But it is a struggle to travel by local bus to Raj's suite every day and stay over often. As no one is willing to give Raj a place to live because of the mental health issues, Jinder doesn't know what to do. Jinder worries about what will happen to Raj when they die.

HOW THIS ORGANIZATION, ARCHWAY, SUPPORTS:

Archway offers the Caring for Caregivers program, which Jinder could attend, which would offer Jinder support and allow Archway to understand the issues and connect with other organizations who offer services that Archway does not.

Archway would invite Raj to the caregiver program along with Jinder, but it might be challenging to get Raj to commit to regular attendance.

Archway would try to work with the family. But, even if the family is more than willing to help, they are unable to cope with Raj's behavioural issues. Also, Raj refuses to move back in with the family.

HOW ARCHWAY WOULD WORK WITH OTHER ORGANIZATIONS IN THIS SCENARIO:

Archway would book an assessment for Raj with *Community Living BC (CLBC)*, but it might be a challenge to get Raj to cooperate and attend an assessment.

Archway would set up an appointment with *Abbotsford Mental Health (Fraser Health)*, but it might be challenging to get Raj to commit to attending the appointment.

Through the Caring for Caregiver program, Archway staff support Jinder. Jinder comes regularly, talks to staff, cries and gets very emotional. Jinder says that since their partner passed, life has changed, the partner used to handle Raj and provide all the support.

HOW CAN OTHER ORGANIZATIONS SUPPORT? What else can we do?