



# The Role of a Care Plan Manager and OT in Supporting Family Caregivers in Dementia Care

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## INTRODUCTION:

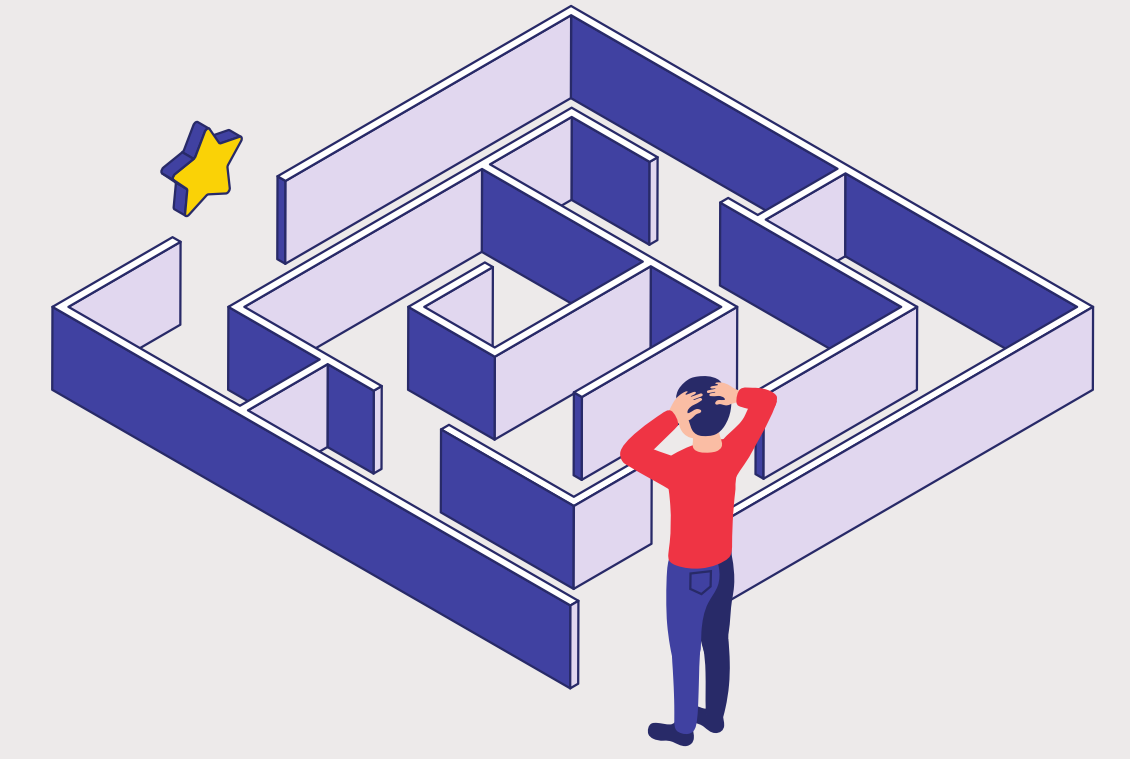
While the prevalence of Dementia is expected to continue to grow (1,2), government funding for home care remains limited. To support the desire of people living with Dementia to age at home, there is a pressing need for effective and innovative support systems.

This presentation explores the indispensable role of the Care Plan Manager (CPM) in assisting people living with Dementia, their families and care partners in navigating the complexities of Dementia care.



## CARE PLAN MANAGERS CAN PROVIDE THE FOLLOWING SUPPORT:

- **System Navigation:** Dementia care is multifaceted, involving numerous medical appointments, treatments and therapies. A CPM serves as a pivotal guide, helping people living with Dementia and their care partners understand and coordinate the intricate health and social care systems.

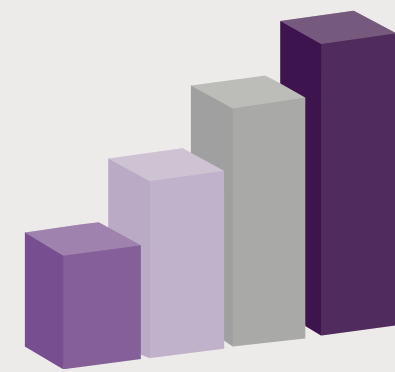


- **Facilitating Communication with other members of the care team:** CPMs can help to prepare for appointments, compile relevant medical histories, and articulate concerns to healthcare professionals. This ensures that doctors receive a complete and accurate description of the person's health, leading to more tailored and effective care plans.

- **Reducing Caregiver Burden:** CPMs provide essential support by offering resources and strategies to help manage caregiving responsibilities effectively and allowing family members to maintain their own health and well-being. Studies indicate that care partners of people living with Dementia may experience depression, anxiety, and physical ailments, due to the constant demands of caregiving (3).



## CURRENT STATISTICS (4,5,6,7,8):



- 52% of falls in Canada resulting in hospitalization occurred in a household residence
- Between 2036-2041, Canada's older population will grow to 25% of the total population
- 92.1% of seniors in Canada live in private dwellings in the community
- 42.7% of home care clients in Canada had a caregiver who experienced distress
- 70% of Canadians 45 years or over have two or more chronic diseases and 80% of adult visits to GPs in Canada are due to chronic disease management
- In 2020 in Ontario approximately 250,300 people were living with dementia, this number is expected to increase to 756,100 by 2050[1]
- Approximately 61% of older adults with dementia in Canada live at home
- In Canada, only 35% of family doctors felt well-prepared to manage dementia care in the community

## SOME OF THE ROLES OF OCCUPATIONAL THERAPY IN DEMENTIA CARE (9):



- Conducting environmental assessments and modifications to support safety and independence
- Conducting assessments of the person's ability to participate in activities of daily living
- Teaching the person strategies to help them complete their activities of daily living and/or modify the activity to support participation and independence
- Prescribing assistive devices
- Supporting caregivers, family members, and the person living with dementia in adapting to changing roles
- Providing caregiver skills training
- Reduce caregiver burnout by providing memory strategies to help manage memory difficulties, help with routine planning, help with community access;

## SUMMARY:

Care Plan Managers can help to oversee the medical and rehabilitative needs of clients in the home and community. CPMs can arrange services, work closely with families and health care providers and help clients navigate the medical system. Having a dedicated person to oversee the care, can help to reduce caregiver burden.

## CONCLUSION:

Despite the increased demand for Dementia care, government funding for home care services remains limited. Care Plan Managers support people living with Dementia to continue living in a place of their choice by facilitating timely access to services and improving communication and coordination amongst members of the care team. Integrating CPMs into Dementia care enhances the quality of life for both people living with Dementia and their care partners.

### References:

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