

Guided Care: Education and Support for Informal Caregivers
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The stress and adverse health effects of providing assistance to older relatives or friends with chronic conditions are well-known. To recognize and assist patients' informal caregivers, each Guided Care Nurse GCN conducts a longitudinal "Program for Families and Friends." In this program, the GCN provides for the person identified by the patient as helping the most with health-related tasks: (1) an initial in-person meeting, (2) educational materials and referral to community resources, (3) ongoing "coaching" related to patients' health-related needs, (4) a 6-session skill-building workshop focused on self-management techniques, and (5) monthly meetings of an ongoing Support Group. This presentation will describe the conceptual basis for GCN-support of family caregivers and how these concepts were translated to a multi-faceted component of the Guided Care model of primary care.

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