



The Caregiver Initiative

A Customized Caregiver Empowerment Project

The Caregiver Initiative offers family caregivers of adults 65 and older the education and support needed to take care of themselves while caring for others. It provides a thorough assessment followed by services tailored to the needs of family caregivers.

Services include:

- **The Teach-Back Clinic** – work with professionals to learn exactly what you need to know to provide the best care possible.
- **Family Care Planning Meetings** – you and the person you care for meet with social workers for 4-5 sessions to make care plans that reflect the values and wellness goals of everyone involved.
- **Goals of Medical Care Meetings** – meet with the patient’s care team in one scheduled discussion, including health care personnel both at Rush and elsewhere, in-person or by phone or video conferencing to coordinate care.

Though some services are billable, all are provided regardless of ability to pay. The Caregiver Initiative is made available through a generous grant from **The Retirement Research Foundation**.

For more information, or to request an assessment, call the Caregiver Initiative at **312.563.0350**

Tower Resource Center
1620 W. Harrison St.
4th Floor, Suite 04527

Parking is available at the Rush garage on the southeast corner of Paulina and Harrison Streets. From the 4th floor, follow the signs to the Tower. Valet parking is also available in front 1620 W. Harrison St. Parking at both of these locations will be validated in full.



Excellence is just the beginning.

A HEALTHIER TODAY
Rush Generations
AND A VITAL TOMORROW

The Caregiver Initiative: A Customized Caregiver Empowerment Project

Family caregivers are the backbone of the long-term care system in the United States, but for far too long, the needs of family caregivers themselves have been overlooked. Social Work and Community Health's Caregiver Health and Wellness Initiative at Rush University Medical Center, funded by a grant from the Retirement Research Foundation, provides training, education and support for family caregivers of adults 65 and older, and no one is refused service due to inability to pay. These services may be delivered in person, by telephone or via videoconferencing.

Participation in the Caregiver Initiative begins with a call to 312-563-0350 to set up an assessment to determine the family caregiver's level of need and stress, and the family caregiver may access any of the following services:

1. A **Teach-Back Clinic** will engage occupational therapists, nurses, pharmacists, nutritionists, social workers and Rush's preferred providers of home health services in teaching skills to caregivers, such as transferring a patient from a wheel chair to a car or toilet, changing a catheter, making a bed with the patient in it, lifting safely and using equipment properly. Participants will be performing these skills on site under professional supervision.
2. **Family Care Planning** will be done with LCSWs who meet with couples and families to discuss each person's values, make future specific care plans that reflect those values, commit to helping each other live their lives as fully as possible, and incorporate others into the plan in very specific ways. This will be offered to family caregivers and patients in dyads and can include the broader family as needed.
3. Older adult patients and family caregivers involved in the Caregiver Initiative will be offered the opportunity to schedule **Goals of Care Meetings** with their care teams, including health care personnel both at Rush and elsewhere, in-person and/or virtually, to coordinate care.
4. **Care Management** services, **Rush Generations** programs or **Psychotherapy** services provided by department staff.

For further information about the Caregiver Initiative

please call Ellen Carbonell, LCSW, 312.947.4448 or email [Ellen L Carbonell@rush.edu](mailto:Ellen_L_Carbonell@rush.edu)

To refer to the Caregiver Initiative,

place an order for Social Work services, send an inbasket message through Epic, or call the Caregiver Initiative line at 312-563-0350.