



GEORGIA CARE CONSULTATION

A Project of the Rosalynn Carter Institute, the Administration on Aging, the Benjamin Rose Institute on Aging and a partner of the Aging and Disabilities Resource Connection (ADRC)

Care Consultation is the name of an evidence-based practice that was developed through a series of research studies. Care Consultation is an information and coaching service delivered by telephone (supplemented by online communication) that targets two main individuals who are of equal importance:

1. An adult with a chronic physical or mental health condition or disability (e.g. Alzheimer's disease and related dementias, heart disease, arthritis, diabetes, cancer, depression, anxiety, physical frailty, developmental disabilities). This person is called the **care receiver**.
2. The family member or friend who helps the adult the most with daily activities, tasks, and/or health-related decisions. This person is called the **primary caregiver**.

Key features of Care Consultation

- ✓ Care Consultation empowers clients to manage care and decision-making more effectively.
- ✓ Care Consultation finds simple and practical solutions that are not overwhelming or confusing.
- ✓ Care Consultation helps clients find services and understand insurances.
- ✓ Care Consultation facilitates effective communication with doctors and other health care providers.
- ✓ Care Consultation sustains a long-term relationship with clients.
- ✓ Care Consultation is both standardized and personalized.
- ✓ Care Consultation focuses on preventing crises by helping clients prepare for change and plan for the future.

Benefits of Care Consultation

- ✓ Improved Care
- ✓ Reduced Hospital Admissions
- ✓ Delayed Nursing Home Placement
- ✓ Fewer Emergency Department Visits
- ✓ Decreased Symptoms of Caregiver Depression and Strain
- ✓ Improved Quality of Life
- ✓ Decreased Embarrassment and Isolation
- ✓ Improved Access to Information

Four types of Assistance

1. Health and Care-Related Information
2. Family and Friend Involvement in Care
3. Awareness and Use of Community Services
4. Coaching and Support

For more information please contact:

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