

Caritas

Betreuen
und
Pflegen

Psychosocial Counselling Service for Carers

Vienna Study Days 2011

One Part of our Home
Care Services

The term carer is taken to mean informal caregivers

This psychosocial intervention is addressed to the primary caregivers of diseased persons with a serious chronic illness. Most of the carers (between 50 to 60 %) take care for someone with dementia.

The problems experienced by dementia carers have been well documented. They often experience high levels of psychological stress, and may be at increased risk for psychiatric and physical morbidity and have increased mortality rates.

There is a need to develop a range of flexible psychosocial approaches.

The aim was to set up a counselling service offering home visits and a phone service for carers who feel out of touch and may not be able to get to support groups, or who can't get out of the house very often because of their caring responsibilities, very old age, immobility ...

Psychosocial Counselling Service for Carers – free of cost

- **Individual and competent counselling support** - offered inside the Caritas or, if required, by home visits in Vienna by two part-time counsellors (20 and 30 hours per week)
- **"Carers Telephone"** – counselling service by phone - once a week for 3 hours
- **Grief Counselling**
- **Dementia Carer Support Group** called „The long Goodbye” (once a month for two hours)



Mag.a Sabine Kloibmüller
Mag.a Christine Maieron-Coloni

Psychosocial Counselling Service for Carers - free of cost

The counsellors are addressing the individual, social and environmental aspects of the carers situation.

Psychosocial approaches need to be individualized and tailored to the person's needs, personality, biography, goals, strengths, and preferences.

The aim of psychosocial approaches should be to enhance the person's sense of self and quality of life.

Most of the carers are spouses and daughters – very often highly distressed.

Psychosocial intervention

- can have a significant benefit for caregivers, especially spouse-caregivers because they are very isolated
- can improve social support and reduce depression among the caregivers
- can help prevent violence
- can help prevent or postpone nursing home placement
- If psychosocial interventions are delivered to the primary caregiver - it is intended to help both the patient and the carer

Dementia Carer Support Group “The Long Goodbye”

- Knowledge transfer, getting informations
- Getting emotional support by experiencing emotions such as sadness, guilt, depression, exhaustion, frustration, anger etc.
- Being with people who understand the pressures of caring
- To strengthen resources and skills
- To prevent carers health and to prevent from isolation, from violence
- Carer support groups respect confidentiality

Thank you for your
attention!

**Caritas
&Du**

Gemeinsam Wunder wirken.