Building a Care Team

Adriana Gonzalez, LCSW
Lisa Damron, CMC
Presentation Goals

1. Define the framework of a care team for someone living with Parkinson’s disease

2. Examine the Social Work and care partner’s role within a care team

3. Provide local supportive resources

4. Explain how to identify and coordinate your own unique care team
Care Team Basics

A group of clinicians or experts from various disciplines who assess and plan care in a collaborative manner

Every person should have an identified care team as we age or are living with a chronic disease

No single person will be able to meet all of your needs

Establish clinical care team immediately, identify supportive services early
Care Team Components

Your team should be tailored to you

Framework may include:

- Person with Parkinson’s disease
- Neurologist, specifically a movement disorder specialist
- Nurse Practitioner or Physician Assistant
- Physical Therapist, Occupational Therapist, Speech Therapist
- Social Work
- Formal and informal care partners
Social Work

A practice consisting of the professional application of social work values, principles, and techniques to one or more of the following ends:

- Helping people obtain tangible services
- Counseling and psychotherapy with individuals, families, and groups
- Helping communities or groups provide or improve social and health services
- Participating in legislative processes
Social Work

What is it?
What do we do?
Social Work Roles in Chronic Disease Management

**Care Manager**: improve patient care and reduce the need for medical services

- Enhance coordination of care
- Eliminate duplication
- Help patients and care partners effectively manage health conditions
- Private pay or community agency

**Case Manager**: serves as a support for you

- Facilitates care between health care providers and community resources
- Health insurance, VA programs, health systems

**Advocate**: an individual who assists people in accessing and understanding information & services
Social Work Roles in Chronic Disease Management

Therapist: licensed clinician who works with individuals, couples or families to promote optimum mental and emotional health.

• May help with issues associated with family, parenting, and marital problems; stress management; self-esteem; and aging.

• Private pay/health insurance: including Medi-Cal & Medicare

Support Group Facilitator: therapeutic support group leader for patients and/or caregivers, partners or family members.

• Can be limited in sessions or on-going

• Community agencies/health systems

Information & Referrals: An agency or individual who assists with providing information & referrals to community/government agencies or programs

• 2-1-1, Elderhelp San Diego
Community Resources

For Parkinson’s disease specific information & support:

UCSD support group network
www.Support4PD.org

Parkinson’s Association San Diego
www.ParkinsonsAssociation.org

Parkinson’s Foundation
www.Parkinson.org
(800) 473-4646

For caregiver support, information & resources:

Family Caregiver Alliance
www.Caregiver.org
(800) 445-8106

Southern Caregiver Resource Center
www.CaregiverCenter.org
(800) 827-1008
Community Resources

Care Management Services

Jewish Family Service San Diego
www.JFSSD.org
(858) 637-3210

Mental Health Therapy

HELP-Therapist
www.HELPTherapist.com
(858) 481-8827

Psychiatric Centers of San Diego
www.PsychiatricCenters.com
(619) 528-4600

Information and Referral Lines

San Diego Access & Crisis Line
(mental health referrals, information & support)
(888) 724-7240

2-1-1 San Diego
Dial 211 from any phone

Elderhelp Information & Referral
(619) 284-9281
**Formal and Informal Care Partners**

**Informal caregiver:** any individual who has a significant personal relationship with and provides a broad range of assistance for another person facing health related challenges

- A relative, partner, friend or neighbor coming to take Elizabeth to lunch

**Formal caregiver:** a provider associated with a formal service system, whether a paid worker or a volunteer

- Volunteer coming to home for 2 to spend time with Jack while Mary goes the grocery store
- Using an agency to hire a vetted caregiver to take care of my mother while I am at work

How is in your network?
Care Team Foundation

✔ Assess the Core of the Team - YOU
  • What does your present look like? What unmet needs do you have?
  • What do you hope for your future?

✔ Have conversations about these items with your loved ones

✔ Write it down to create your plan, revisit regularly

✔ Learn about Parkinson’s disease

✔ Identify resources and components of care team early
  • Know what is available before needed
You are not alone!

Access the individuals, programs and resources that are in your community and can offer support, information or respite.

Your quality of life & emotional well-being is important. Ask for help when you need it.