

National RN Case Manager Certificate Program

Practice Development Activity: Partnering with Family Caregivers

RNCMs recognize that there are enormous pressures and risks of family caregiving – burnout, compromised health, depression, and depletion of financial resources – are a reality of daily life for millions of American families and pose great strain on family caregivers, many of whom are struggling to balance work and family responsibilities. Families need information and their own support services to preserve their critical role as caregivers, but frequently they do not know where to turn for help.

With your Resources I have posted a set of Family Caregiver Support articles from the American Journal of Nursing. This set bridges the challenge of family caregiver support with evidence-based practices consistent with an age-friendly health system.

Key Articles:

- The 4 Ms of an Age Friendly Healthcare System (AJN, 2021)
- Addressing What Matters (AJN, 2022)
- Optimizing Older Adult's Medication Use (AJN 2022)
- Recognizing and Acting on Mentation Concerns (AJN 2022)
- Preventing Falls and Fall-Related Injuries at Home (AJN, 2022)

Use this activity to:

1. Review and identify the resources for nurses and nurse practice guides for use in your practice.
2. Identify one action you can take today to include family caregivers in your practice.

