Geneva action plan for dementia 2016-2019
Geneva action plan for informal caregivers 2017-2020

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The population of the canton of Geneva (N = 500,000) is becoming older. Associated with this is an increased prevalence of several chronic health conditions, and a corresponding increase in the complexity of health needs.

Approximately 8,700 people have Alzheimer's disease or another form of dementia in Geneva (figures from 2019). There are approx. 12,000 people in Geneva who provide care for a family member with long-term health problems. Among them, approx. 3,600 provide care for people with some form of dementia.
1. December 2009: The home care law gives an initial definition of informal caregivers as well as actions to be taken.

2. February 2012: Creation of an Advisory Committee to support home-based family caregivers and develop a support programme for them.


4. • Geneva action plan for dementia 2016-2019
   • Geneva action plan for informal caregivers 2017-2020

5. • Caregiver Support Programme 2017-2020 – Federal Office of Public Health
   • Coordination between the actions of the 26 Swiss cantons
Services to support informal caregivers

Information system

- Caregiver Institutional Charter
- Emergency card
- Psychological support
- Modular training programme
- Places for listening and support
- Respite measures
- Financial and administrative support

Where to turn for help

GENEVA ACTION PLAN FOR DEMENTIA

2016-2019
Services to support informal caregivers

Information plan

- Caregiver Institutional Charter
- Psychological support
- Emergency card
- Modular training programme
- Listening and support places
- Respite measures
- Financial and administrative support

Information system

Where to turn for help
Services to support informal caregivers

Information plan

Information and counselling

- Central telephone office
  - 058 317 7000

- Web site
  - prochesaidants.ge.ch
  - GE suis proche aidant
  - Proches.aidants@etat.ge.ch

- Media
  - Agency
  - Partnership
  - Municipality

- Media
  - Facebook
  - Movie
  - Comics

Informal caregivers day

- Flyer – Leaflets

Flyer – Leaflets

www.journee-proches-aidants.ch

30 OCTOBRE
JOURNÉE DES PROCHES AIDANTS
Services to support informal caregivers

Information system

- Caregiver Institutional Charter
- Emergency card
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- Financial and administrative support
- Respite measures
- Psychological support
- Listening and support places

Where to turn for help

Information system

Geneva Action Plan for Dementia
2016-2019
Services to support informal caregivers

Places for listening and support

Meeting places
• Alzheimer Association Geneva
• Nursing home: Le Nouveau Prieuré
• Municipalities and cities

Psychological support
• Memory Centre – Geneva University Hospitals (HUG)
Services to support informal caregivers

Information system

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- Financial and administrative support
- Respite measures

Where to turn for help
Family caregivers must have access to affordable, accessible and high quality respite services as a key component of the support network.

We provide:

• Home respite services
  – During the day

• Respite within institutions
  – 1 to 45 days (day + night)

• Holidays for two
  – A week’s holiday with the loved one. Holidays organized by the Geneva chapter of the Swiss Alzheimer association.
Services to support informal caregivers

Information system

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Where to turn for help

GENEVA ACTION PLAN FOR DEMENTIA 2016-2019
Families need information and financial help as well as family-friendly policies in the workplace. Today, we can offer:

- **Cantonal support**: essentially indirect financial support

- **Federal support**
  - Paid leave
  - Extra contributions to federal pension fund
Services to support informal caregivers

Information system

Caregiver Institutional Charter
Psychological support
Emergency card
Listening and support places
Respite measures
Financial and administrative support

Information system
Where to turn for help

Modular training programme

GENEVA ACTION PLAN FOR DEMENTIA
2016-2019
Family caregivers must be able to receive appropriate, timely and ongoing education and training in order to successfully meet their caregiving responsibilities and to become advocates for their loved ones across care settings. They must have the opportunity to learn new skills as they become necessary, access new resources, and learn about options for care as the situation changes.

We provide:
• A choice of 27 training periods, each lasting 3 hours
• At-home respite, including for loved ones
## Services to support informal caregivers

### Modular training programme

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>What to do when illness is involved in the relationship with your loved one</td>
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<tr>
<td>2</td>
<td>How to be a caregiver: attitude, expectations and limits</td>
</tr>
<tr>
<td>3</td>
<td>How to maintain a good relationship with your loved one</td>
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<tr>
<td>4</td>
<td>How to reconcile being a caregiver and holding down a job</td>
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<tr>
<td>5</td>
<td>How to find your place among the health professionals</td>
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<tr>
<td>6</td>
<td>How to reconcile being with your loved one and leading an everyday life</td>
</tr>
<tr>
<td>7</td>
<td>What types of financial support are available and how to use them</td>
</tr>
</tbody>
</table>

Focus groups with informal caregivers have been carried out to investigate their precise needs.
Services to support informal caregivers

Information system

- Caregiver Institutional Charter
- Emotional support
- Emergency card
- Modular training programme
- Financial and administrative support
- Respite measures
- Listening and support places

Where to turn for help
If an informal caregiver has an accident/emergency or is taken seriously ill, then the card can be used:

- To identify herself/himself as an informal caregiver
- To alert and contact a relay person who can take care of the loved one(s)

This card was designed to avoid a break in care for the person being helped, a break that could have serious consequences.
Services to support informal caregivers

Information system

- Caregiver Institutional Charter
- Information system
  - Where to turn for help
  - Psychological support
  - Emergency card
  - Listening and support places
  - Modular training programme
  - Respite measures
  - Financial and administrative support

GENEVA ACTION PLAN FOR DEMENTIA 2016-2019
The partners who sign the charter recognize the caregiver as a full partner. This means:

- Create a partnership between the informal caregiver and health/social professionals
- Create an alliance around the medical and social care for the helped loved one
- Inform and guide the informal caregiver about the assistance and care network
- Listen to the caregiver who is in a difficult situation and support them in their role
- Share with professionals the knowledge of the informal caregiver about the loved one, including lifestyle, habits, values and preferences
Services to support informal caregivers
What is missing today in Geneva?

We are now working towards:

• **Better family-friendly policies at the workplace** which include: flexible working hours; working from home; job sharing; counselling

• **A coordination of information and services** such as case management services, to link people up with available services

• **Communication tools** that integrate the contribution of caregivers (e.g. Advanced Care Planning – ACP)

• **Direct financial compensation** or a reduction in taxes for informal caregivers
Supporting informal caregivers is one of the most cost-effective investments that we can make.

Thank you for your attention!