



VIMI MEDICARE WATCH

VIRGIN ISLANDS MEDICAL INSTITUTE, INC.

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The Quality Improvement Organization for the US Virgin Islands
Dedicated to Improving the Quality of Medical Care

Help for Caregivers on the Way!

The Virgin Islands Medical Institute, Inc. (VIMI) in partnership with AARP and the Continuum-of-Care Hospice will be developing a training program designed to help Caregivers provide better care for their family, relatives and friends.

What is a Caregiver?

Anyone, but chiefly family members and friends, who provide care to those in need at home. Caregivers can be on duty 24 hours per day, seven days per week with little, if any, respite. They often sacrifice income, health and their own sanity to care for their loved ones.

Why is a Training Program for Caregivers necessary?

VIMI conducted a Health Outcomes Survey (HOS) between May, 2000 and December, 2000. The purpose of the survey was to evaluate the health of Medicare beneficiaries in the US Virgin Islands. Because the findings from the HOS could be generalized to anyone in the population regardless of age, The Centers for Medicare and Medicaid Services (CMS) changed the original name from the Health of Seniors Survey.

The HOS survey had some important findings

1. Our seniors wanted to be able to call 911 in an emergency.
2. Our seniors prefer to remain in their own homes as opposed to going to an institution.
3. Seniors did better and recuperated faster when cared for in their own homes.



"Perhaps this is because we feel that our home is our castle, our refuge from the storm. When we are not feeling well we want to be at home with our loved ones."

www.medicare.gov

The **Caregivers Training Program** will show you:

- How to change the bed with your bedridden loved one in it
- How to help your loved one brush his/her teeth and have good oral hygiene
- How to prepare attractive and dietary meals
- How to help your loved one improve his/her ability to walk
- Help to give the prescribed medications to your loved one
- Help your loved one to exercise



Where to get help?

The Training Program will also give you guidance about:

Home Health Care



Home Health Care can range from nursing to physical therapy, speech therapy, occupational therapy, podiatry, nutrition, and hospice care. Even people who are seriously ill or dying may be treated at home by trained nurses. Home Health Care also covers the use of assistive devices including crutches, canes, walkers, IV setups, hospital beds, wheelchairs, prostheses and oxygen.

Seaview Health Care Services is the only Home Health Agency in the Territory and it is certified by medicare.

Nursing Home Facility

Entering a nursing home is a very important decision. A nursing home provides care to people who can not be cared for at home or in the community. Nursing homes provide 24 hour skilled health care services. Seaview Nursing and Rehabilitation Facility is the only Medicare Certified Nursing Home in the Territory. The Department of Human Services operates three nursing homes that are not certified by Medicare.

Hospice Care

Hospice care is a program of supportive care for terminally ill persons and their families. Emphasis is placed on pain relief and psychological well-being of the terminally ill person in the home or facility. Moreover, hospice care provides emotional and spiritual support for the family. Currently Continuum Care, Inc. in St. Croix is the only Medicare certified hospice care service available.

Respite Care

Respite care is a general term for a variety of short-term services available to caregivers, or to a dependent individual. These services may include day care, companionship, and temporary placement for your loved one.



TEST YOUR KNOWLEDGE

TAKE THE FOLLOWING SHORT QUIZ

CIRCLE (T) IF YOU THINK THE ANSWER IS TRUE

CIRCLE (F) IF YOU THINK THE ANSWER IS FALSE

- | | | |
|---|---|---|
| 1. A Caregiver is anyone who provides care to someone who needs any level of care. | T | F |
| 2. Caregivers should be trained to provide good care. | T | F |
| 3. Seniors do better in a hospital or nursing home depending on the level of care they require. | T | F |
| 4. Seniors do better and recuperate faster in their own homes. | T | F |
| 5. Home Health care is care given at home and can include many types of services. | T | F |
| 6. A Nursing Home is for people who can not be cared for at home. | T | F |
| 7. The purpose of hospice is to cure illness. | T | F |
| 8. There are four (4) Medicare Certified nursing homes and three (3) Medicare Certified home health agencies in the VI. | T | F |

Answers



- 1 True** - Anyone can be a caregiver
- 2 True** - They need the training to acquire the appropriate skills and confidence
- 3 True** - It depends on the level of care required
- 4 True** - Studies have shown that seniors do better in their own homes
- 5 True** - It can include personal, nursing and specific medical care
- 6 True** - Individuals in nursing homes often require some type of skilled care.
- 7 False** - The purpose of hospice is to provide supportive care for the terminally ill person emphasizing pain relief and psychological well-being rather than attempting to cure.
- 8 False** - There is only one Medicare certified Nursing Home in the VI, Seaview Nursing and Rehabilitation Facility and only one (1) Medicare certified Home Health Agency in the VI, Seaview Health Care Services.

Consumer Advisory Council

Represented Organizations

AARP Virgin Islands
VI SHIP
Veteran Affairs
Queen Louise Home
University of the Virgin Islands
American Red Cross
Interfaith
SSA
Seaview Nursing & Rehabilitation Facility
Herbert Grigg Home
Senior Services Inc.
MAP
Hospital Facilities Board
Lutheran Social Services
Massac Nursing Home
Department of Human Services
Roy Lester Schnieder Hospital & Community Center
Juan F. Luis Hospital & Medical Center
Consumers
Caregivers

VIMI Beneficiary

HOTLINE

Call **712-2444**

*For quality of care problems or
if you are receiving information
that you do not understand or
that is not in your language.*

Call **1-800-MEDICARE**

For Medicare Questions

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