

ELDER'S FAMILY LEARNING INITIATIVE: PROGRAM OVERVIEW

About Elder's Family Learning Initiative

Elder's Family Learning Initiative assists families in navigating and coping with the long-term care system. Its education training classes aim to help families through challenges and struggles associated with the process of placing their aging relative in long-term care. The program assists families in understanding many areas of long-term care, including aging process and related health issues, housing options, insurance, including Medicare and Medicaid, family dynamics, legal issues, and how to work with staff in long term care facilities to facilitate optimum care.

The Elder's Family Learning Initiative helps to educate and empower family members to become partners with social service and medical staff in providing the best care for their elders. It offers not only caregiving support, but also critical information that helps to educate family members on the natural aging process, challenges elders experience as they age, and information on the complex systems of long term care. Additionally, the EFLI program's online learning component is a new approach to educating family members on long term care and elder care topics that will offer on-demand access to both local and national resources as well as an opportunity to connect and learn through shared experiences.

Course Overview

The Elder's Family Learning Initiative consists of *two parts*. Part One, "*General Family Training*" course, is intended for families new to the long term care setting as well as community members considering the issues of aging. This section covers what leads people to need intervention and care, understanding elder care options and planning.

Part Two, "*Advanced Family Training*," covers family interaction and involvement, planning and care across different settings and end-of-life issues. It is intended for families already in the long term care setting.

Time of Class

The EFLI class can be given in two four-hour sessions or four two-hour sessions. In our testing, we've found that family members are more able to attend classes on the weekend and that participants seem most alert and available in the morning. Other options include presenting Parts One and Two on consecutive weekends, or presenting a series of two-hour classes on a weekday night.

Class Size

We recommend classes no larger than 12 people in order to facilitate effective group discussion.

Presentation Methods

This course is meant to be adapted to your facility, teaching methods, and style of presentation. The EFLI team will work with you to adapt the course and its presentation to your and your audience's needs.

The EFLI kit lends itself to a variety of presentation methods: overheads, PowerPoint slides, written introductory exercises, and group sharing. Verbal presentation, handouts, and time for question and answers are all important elements of this course as well. For example, written introductory exercises found at the beginning of each handout section can be useful as ice-breakers, to encourage group sharing, or to focus participants on the course content. Group discussion, Q&A, real-life examples, and document samples keep participants engaged. Local resources, issues, and policy examples can make the class more relevant and useful to participants.

Handouts, which we encourage you to review for clarity and presentation content, will be included on the accompanying CD-ROM and on the EFLI webpage:

www.cedarsinai.org/teaching-learning/elders-family-learning-initiative