



WHAT IS OPERATION FAMILY CAREGIVER (OFC)?

OFC IS A COACHING PROGRAM THAT HELPS CAREGIVERS FIGURE OUT HOW TO PROVIDE THE BEST SUPPORT TO THEIR LOVED ONES WITHOUT NEGLECTING THEMSELVES.

- ❖ OFC is available to **ANYONE** caring for a Service Member or Veteran with an injury due to military service.
- ❖ OFC Coach provides one-on-one support:
 - ❖ over 4-6 months
 - ❖ in areas of **problem solving strategies** and **self care**.
- ❖ OFC sessions are provided in a combination of:
 - ❖ In person (convenience of caregiver—in home or community)
 - ❖ Virtually, via Skype/ FaceTime
 - ❖ Phone calls
- ❖ OFC is **FREE!**

AND HOW DOES IT WORK?

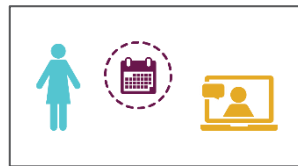
Together, caregivers and their OFC coaches develop strategies that can help them get through the tough times and make plans for how to manage over the long term.



**1 CAREGIVER
REACHES
OUT FOR
HELP**



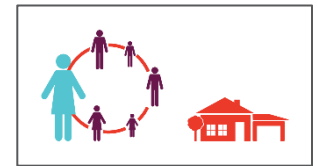
**2 CAREGIVER
CONNECTS
WITH OFC
COACH**



**3 CAREGIVER
AND COACH
DEVELOP
A PLAN**



**4 CAREGIVER
DEVELOPS
AND
PRACTICES
NEW SKILLS**



**5 CAREGIVER,
FAMILY, AND
ENTIRE
COMMUNITY
GROWS
STRONGER**

KEY COMPONENTS

- Pre and post-assessment of strengths and challenges
- Skills training and problem-solving strategies to address **self-selected** challenges

FOCUS: Facts Optimism Creativity Understanding Solve

- Additionally: Self-care, Safety, Suicide Awareness/Prevention, Ongoing Motivation, Encouragement, and Support
- Tools provided in NC: (to support sustainability!)
 - FOCUS Model worksheets
 - OFC Caregiver Guide
 - NC4VETS Resource Guide
 - Caregiver Resource Directory (Office of Warrior Care)
- Link to additional resources



OPERATION FAMILY CAREGIVER



- Non-clinical supplement to any other support the person is receiving OR it can be a stand alone support.
- Takes basic education a step further to help facilitate sustainable behavioral change through problem solving strategies...

Aka...

Filling their tool box!

PROVEN APPROACH

Evidence in support of problem-solving training

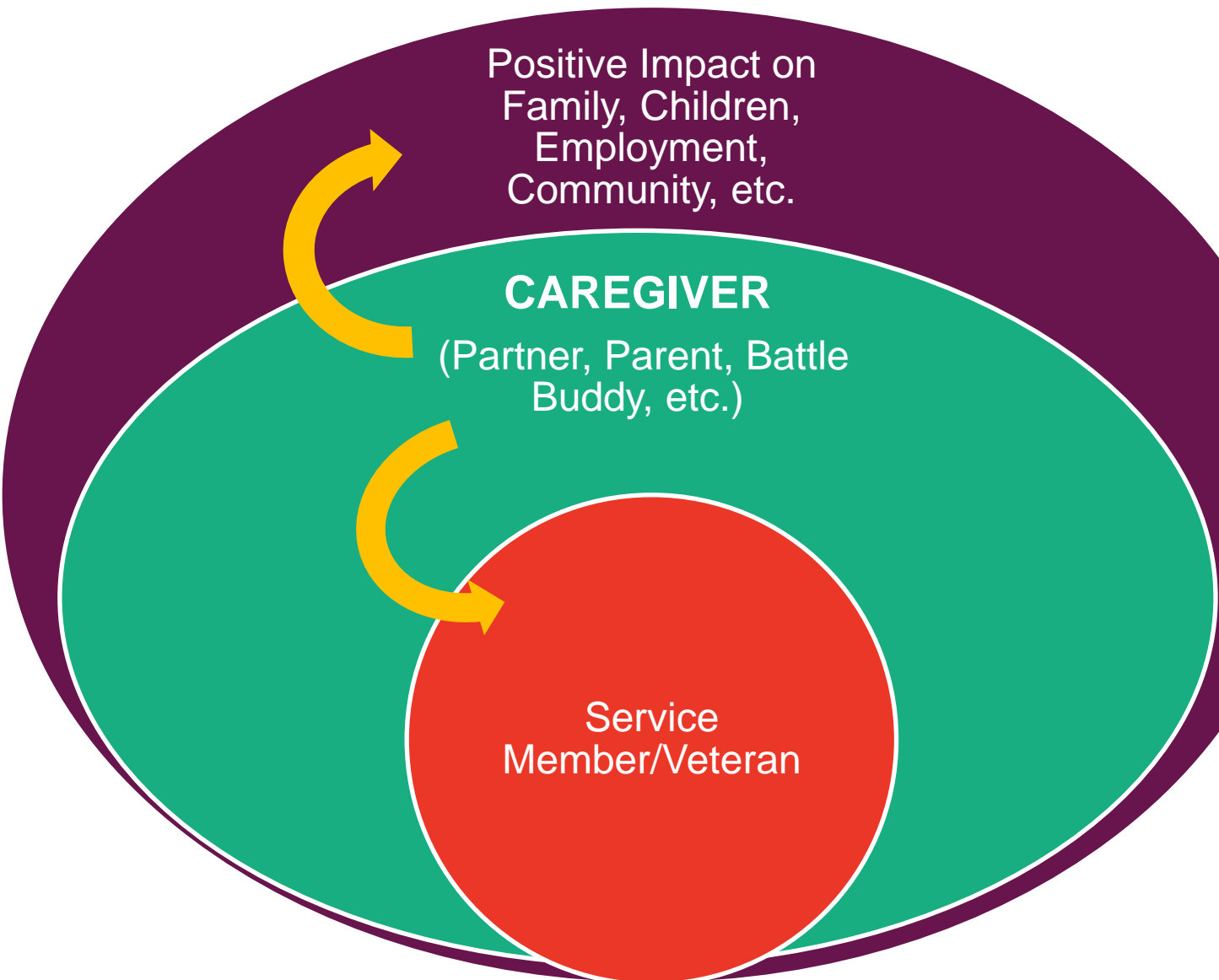
- FOCUS on the Family Caregiver: A Problem-Solving Training Intervention (2001)
- Problem-Solving Training for Family Caregivers of Persons with Traumatic Brain Injuries: A Randomized Control Trial (2008)
- Problem-Solving Training via Videoconferencing for Family Caregivers of Persons with Spinal Cord Injuries: A Randomized Control Trial (2008)
- Does Problem-Solving Training for Family Caregivers Benefit Their Care Recipients with Severe Disabilities? (2012)
- Telephone-Based Problem-Solving Intervention for Family Caregivers of Stroke Survivors: A Randomized Control Trial (2014)

PROVEN APPROACH

Evidence in support of problem-solving training

- Evidence shows that caregivers who are good at problem-solving are less likely to develop depression, anxiety, and poor health in their years of providing care.
- Those who have strong problem-solving skills are better at regulating their emotions, staying positive about their ability to cope with problems as they arise, and are better able to be realistic about what they can and can't do.

OFC – Direct and Extended Impact



4-6 month Problem Solving Training

Significant reduction in:

Health Complaints

Caregiver Burden

Depression

Significant increase in:

Life Satisfaction

RESULT:

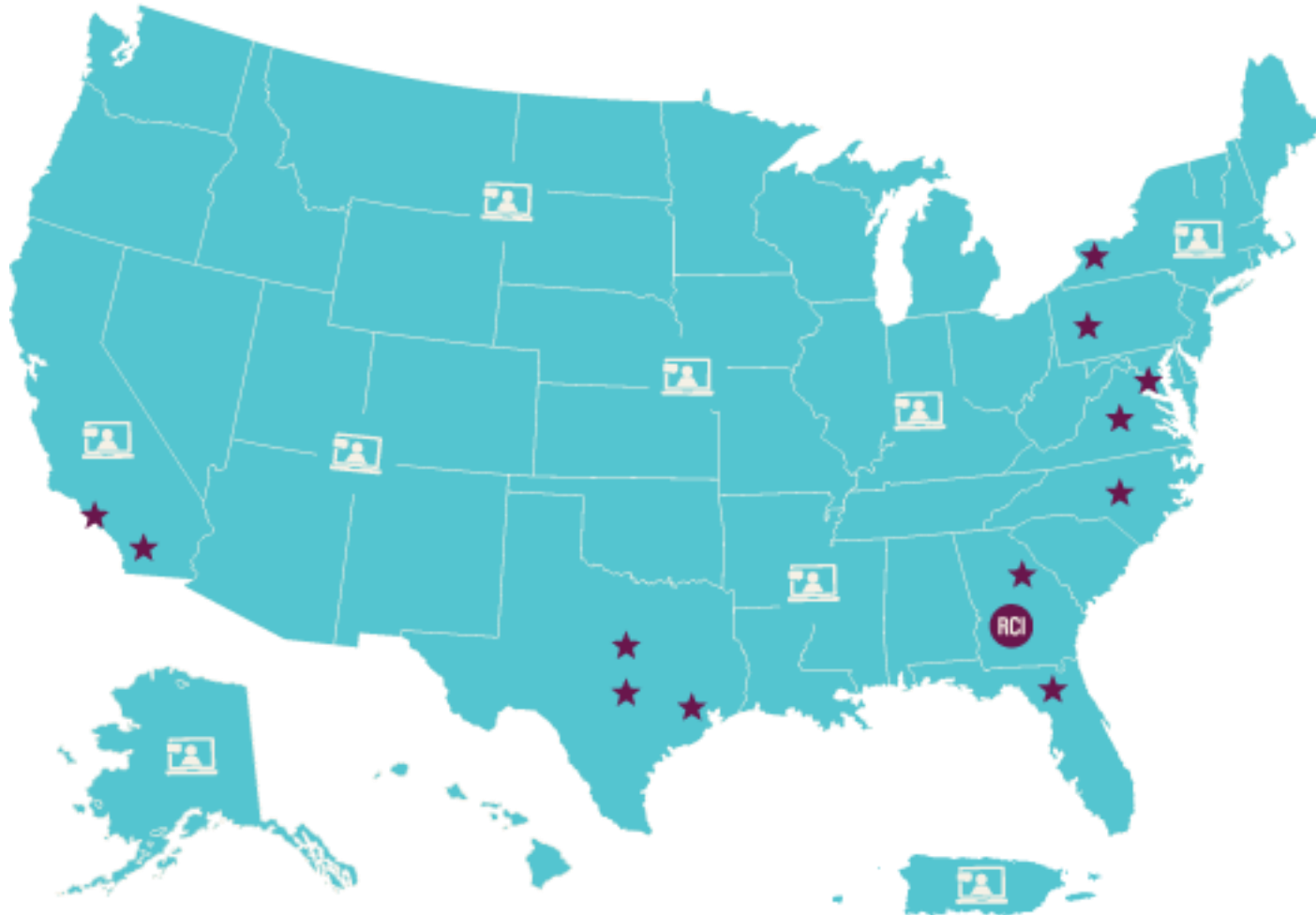
Better prepared to provide long-term care

UNIQUE, ONE-OF-A-KIND PROGRAM

- Evidence-based
- Proven effective
- Unique to each caregiver
- Delivered anywhere by Skype/FaceTime
- Minimizes stigma
- Civilian program



ACTIVE IN 12 LOCATIONS ACROSS THE COUNTRY



HOW CAN YOU HELP?

1. **Display OFC Brochures in your community (self referrals)**
2. **Supplement your program by making referrals to OFC! (It's as easy as a phone call or email !) 😊**
3. **Provide a quiet space at your location for coaching sessions as needed.**
4. **Schedule an information session for your staff to learn about OFC to ensure their comfort in making referrals.**
5. **Invite ESUCP/ OFC to display at conferences or community events.**

THANK YOU!

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