

# October Newsletter Australia and New Zealand Chapter IFNA



**Newsletter Number 35: October 2023**

## [Australian and New Zealand Chapter News](#)

This month's newsletter has a focus on family as caregivers. Informal caregivers are the primary source of care-giving when someone faces a health adversity. This includes household tasks, medical care, transport, emotional support, all of which reduce the cost to the health system and are a cost to the person or persons providing care. As nurses we often see the distress in the families as they struggle to provide care and manage their lives and work.

# THE COST\$ OF CAREGIVING



Families spend \$6,954 on average out of pocket on caregiving costs.

Long-distance caregivers spend \$11,923/year.



By 2050, the ratio of potential caregivers to elders will be 3:1.

**\$470B** 

40+ million family caregivers provide \$470 billion worth of unpaid care services.

## QUALITY OF LIFE

Caregivers have higher levels of stress.

Caregivers are less likely to engage in preventive health behaviors. Substance abuse rates are higher.

40 to 70% have clinically significant symptoms of depression.



## ECONOMIC LOSSES

47% of working caregivers have used up all or most of their savings.

Average lost wages for caregivers is \$143,000.

Average loss to a caregiver: \$303,880 (wages, SS, pensions)

## WORKFORCE CHALLENGES



American businesses lose an estimated \$34 billion each year due to employees' need to care for aging loved ones.

## WORKING CAREGIVERS...

**33%** **29%** **20%** **16%**

decreased work hours   passed up promotions   switched to part-time   quit their jobs

EasyLiving, Inc.

Find help at: [www.easylivingfl.com](http://www.easylivingfl.com)

## Australian Healthcare and Hospital Association (AHHA)

Dr Winter recently had the opportunity to work with the Australian Healthcare and Hospital Association (AHHA) to write a policy brief focusing on family carers' wellbeing. In this brief we **highlighted how carers represent a huge cost savings** to the government in unpaid care, however, have minimal support for the negative impacts on their own health and wellbeing as a direct result of their caring role.

We make a series of recommendations in how carers can be better integrated into the healthcare system to have their needs identified and relevant resources provided. Underpinning these strategies is the **need to collect routine, comprehensive, and consistent data about carers in our community**, and use a **co-design approach** involving all stakeholder groups to develop strategies to support carers' wellbeing, alongside that of the person living with illness. Education, skills development, and support for clinicians is a vital step needed to promote adoption and sustainability of new practices. **Ongoing evaluation** is required to determine the success of implemented strategies and identify areas for improvement.

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*I worked with the wonderful team at AHHA and developed an understanding government processes and how to position my work for government audiences.*

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This six-week scholarship was an experience that I will always value. I worked with the wonderful team at AHHA and developed an understanding government processes and how to position my work for government audiences. The style of policy writing is an entirely different process which challenged the skills I have developed in academia. Through this scholarship I have been able to see the importance of disseminating my work to a variety of audiences including academic peers, and government bodies to have a higher level of impact and advocate for the wellbeing of carers in the community.

This work was undertaken as part of the Deeble Institute Summer Research Scholarship funded by Hesta and co-authored by Rebecca Haddock.

< <https://ahha.asn.au/publication/health-policy-issue-briefs/deeble-issues-brief-no-50-prioritising-carers'-health-and>>

## What does caregiving cost?

When providing care for a person with cancer the costs, averaged \$4,809 per month. Caregiver costs were highest when the family member was in a palliative care phase of the cancer trajectory (Counoundouros et al., 2019; Girgis & Lambert, 2017). There are benefits to care-giving such as a sense of love, reward and giving back to family (Kardosod et al., 2023).

### Recommendations

- Discuss with family who is the main carer and ask if there is any thing that may help
- Organise time with the family to discuss care options and resources that may be helpful

- Remind the family and caregivers of the need for self-care
- Allow time for the family to share with the health professional to understand their care needs.



## Resources for your family research and clinical practice

Don't forget to access the **International Family Nursing website** for a range of family theory, scales and publications to help build your research.

<https://internationalfamilynursing.org/>



# International Family Nursing Association

## Position Statement on Pre-Licensure Family Nursing Education

### Background

The promotion of family health and healing are values many nurses share globally. The International Family Nursing Association (IFNA) has developed a Position Statement on Pre-Licensure Family Nursing Education to encourage and assist all nurse educators to include family nursing education worldwide.

For the full Position Statement, visit [internationalfamilynursing.org](http://internationalfamilynursing.org)

The Position Statement is available in several languages.



### Family Nursing

Many definitions of family nursing exist in nursing literature and practice. The common attribute is the integration of nursing care to both the family as a whole and the individual family members, with attention to relationships among members.

Family nursing education encompasses the teaching of practice based and evidence informed theoretical knowledge and skills that are clinically developed through supervised practice.



**Theory-Driven**  
Family nursing theories support family nursing education.



**Collaborative**  
Family nursing education includes collaborative relationships.



**Evidence-Informed**  
Practice models that guide family nursing are informed by evidence.

### Position Statement

A focus on family nursing should extend beyond a single course and be integrated throughout nursing curricula in ways to influence critical thinking and clinical judgment.

One of the primary mechanisms for developing the knowledge and skills necessary for family-focused care is the intentional inclusion of family during all aspects of pre-licensure nursing education.

Family-focused nursing care should be a standard of practice across the lifespan and should include family assessment, planning, nursing actions or interventions, and outcome evaluation.

Nursing curricula should include a systematic and progressive introduction to family-focused health care supported by evidence-informed family-derived theoretical frameworks.

### Foundational Competencies

- Therapeutic communication skills
- Individual and family empowerment
- Appreciation of diversity
- Intentionally family-focused actions
- Critical reflection about nurse's beliefs about family
- Links between individual, family, community, and health systems
- Effective partnering or collaboration
- Coordinated care including experiences of individual and family
- Integration of family needs and desires
- Value of individual and family outcomes
- Collaborative goal setting and outcome measurement
- Policies that address individual and family care needs



## 2024 travel to Denmark in May for the Nordic Family Health Conference

Abstracts open:

Call for Submissions: Nordic Family Health and Care Conference 2024 

We are thrilled to announce that the submission phase for the upcoming Nordic Family Health and Care Conference 2024 is now officially open! ✨🌟

This prestigious conference, dedicated to advancing the field of family-focused health and care, presents a unique platform for researchers, practitioners, and advocates to share their insights and contribute to the improvement of family well-being across the Nordic region and beyond.



- Submission Deadline: 1st December 2023

- Conference Dates: 21st - 23rd May 2024

Whether you are an accomplished researcher, a passionate practitioner, or an enthusiastic student, this is your chance to showcase your work, exchange ideas, and engage with a community of like-minded individuals committed to enhancing family health and care practices.

 Submission Categories:

Health Promotion

Palliative care

Establish relationships and communication

Treatment and supportive care

Rehabilitation

Palliative care

Methods & Methodologies in family health

Innovation

Other (Please specify it in the abstract and add a keyword.)

 [Submission link](#)

Let's collectively shape the future of family health and care by contributing our knowledge and expertise. Spread the word among your colleagues and networks, and let's make this conference a resounding success!

For more information and updates, visit the official conference website: See the comments section for more details.

Looking forward to seeing your innovative submissions and to the enriching discussions that will undoubtedly take place during the conference. 🤝📄

[#NordicFamilyHealthCare](#) [#Conference2023](#) [#CallForSubmissions](#) [#HealthcareInnovation](#) [#FamilyWellbeing](#) [#CollaborationInCare](#)

Contact Dr Elisabeth Coyne for more information. [E.coyne@griffith.edu.au](mailto:E.coyne@griffith.edu.au)



Next meeting Wednesday • Oct 11th , 1400-1500 AEST

**Microsoft Teams meeting**

[Click here to join the meeting](#)

Written by Dr Natalie Winter, edited by Dr Elisabeth Coyne.

## References

Coumoundouros, C., Ould Brahim, L., Lambert, S. D., & McCusker, J. (2019). The direct and indirect financial costs of informal cancer care: A scoping review. *Health & Social Care in the Community*, 27(5), e622-e636. <https://doi.org/10.1111/hsc.12808>

Girgis, A., & Lambert, S. (2017). Cost of informal caregiving in cancer care. *Cancer Forum*, 41(2), 16-22.

Kardosod, A., Needham, J., & Coyne, E. (2023). The experiences and needs of metastatic spinal cancer family caregivers at home: a systematic review. *Support Care Cancer*, 31(5), 310. <https://doi.org/10.1007/s00520-023-07777-5>