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caring science is a nursing practice model that balances evidence based caregiving with addressing the mental emotional and healing needs of nurses and patients alike effective policies are needed that can bridge the gaps between public health health care and other sectors of the economy focusing on social determinants of health and preventive measures to caring requires nurses who focus on the relationship with the human being by seeing understanding and taking responsibility in professional nursing practice a common understanding of nursing caring and an awareness of ethical inner values are necessary this chapter reviews what is known about the effectiveness of interventions designed to support family caregivers of older adults including education and skills training environmental modifications care management counseling and multicomponent models introduction family caregivers are relatives friends partners or neighbors who provide assistance typically unpaid to someone who has limitations in their physical mental or cognitive functioning caregivers represent a broad and diverse group of individuals evidence based practice in nursing involves providing holistic quality care based on the most up to date research and knowledge rather than traditional methods advice from colleagues or personal beliefs adult day care services can provide a much needed break for caregivers at home these programs provide a safe environment for older adults with trained staff in a nearby facility an adult day care center may offer social activities exercise meals personal care and basic health care services the terms family caregiver and informal caregiver refer to an unpaid family member friend or neighbor who provides care to an individual who has an acute or chronic condition and needs assistance to manage a variety of tasks from bathing dressing and taking medications to tube feeding and ventilator care value based care is a term that medicare medicaid doctors and other health care professionals sometimes use to describe health care that is designed to focus on quality of care provider performance and the patient experience with the growth of the older adult population and the increasing emphasis on community based care for older adults understanding the factors that affect the health and well being of family caregivers is more important than ever caregivers are family members or friends who typically provide unpaid long term community based care and assistance to older adults and people with chronic health conditions or disabilities caregivers help with a variety of routine tasks such as shopping paying bills bathing dressing and managing medicines 1 give them a much needed break as mentioned above caregiving can be exhausting recent research from the aarp shows that 40 of caregivers feel emotionally stressed and 20 feel physically strained a good place to start helping caregivers is simply giving them time off time they can spend caring for themselves in the united states approximately 150 000 youth and 1 4 million adults identify as transgender 1 2 as sociocultural acceptance patterns evolve clinicians will likely care for an increasing discover the principles and strategies of value based care tailored for senior living and unlock the potential of resident centric care with our guide see how senior living leaders are revolutionizing their business with data and our modernized software platform this paper explores the merits of an ethics of care approach to sustainability transformations it argues that more radical transformative change can be fostered via three mutually reinforcing dimensions a ethically informed practices b relational response ability and c emotional awareness 1 work to develop caring loving relationships with your kids why children learn caring and respect when they are treated that way when our children feel loved they also become attached to us that attachment makes them more receptive to our values and teaching how increase awareness of and access to evidence based programs and services that can help caregivers and care recipients and increase access to these programs and services encourage caregivers to get regular check ups use preventive services and engage in self care to maintain health caring4cal is a program for current and prospective licensed or certified providers in home and community based services hcbs or those working as a home community health worker chw eligible participants must currently live in california the author offers four suggestions 1 start with self care we can t share with others a resource that we lack ourselves 2 ask for help when you need it if you don t ask for that committee on ways and means subcommittee on health of the u s house of representatives improving value based care for patients and providers june 26 2024 on behalf of our nearly 5 000 member hospitals health systems and other health care organizations our clinician partners including more than 270 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