

HIGH RISK BEHAVIORS OF CAREGIVERS AND HIGH RISK FAMILY SYSTEMS

Indicators of High Risk Caregivers

Caregiver constantly talks about the cost of client's care
Caregiver does not let adult answer questions
Caregiver exhibits abnormal behavior, e.g., overly hostile or frustrated; secretive;
shows little concern for the adult; demonstrates poor self-control,
"blames" adult; exhibits exaggerated defensiveness and denial; lacks
physical, facial or eye contact with adult; shows over concern about correcting
adult's "bad" behavior; unrealistic expectation of the adult
Caregiver feels his/her health is threatened by caring for the adult
Caregiver has lost control of own life, i.e., has given up a career, marriage,
education, etc., to care for the adult
Caregiver indicates embarrassment over adult's behavior, i.e., will not have friends over
Caregiver inexperienced in care giving
Caregiver is alienated, socially isolated, has poor self-image
Caregiver is forced by circumstances to care of the adult
Caregiver is unemployed, without sufficient funds, financially dependent on client for
housing and daily living expenses
Caregiver is young, immature, and behavior indicates own dependency needs have not
been met
Caregiver lacks knowledge about client's medical treatment or medications
Caregiver refuses offers of respite care/will not leave others alone with adult
Caregiver was abused as a child; especially if abused by adult needing his/her care
Caregiver's and/or client's poor health or chronic illness may exacerbate poor
relationship
Excessive use of alcohol, drug abuse /suicidal thoughts or tendencies
Lack of money for adult's care

Indicators of High Risk Family Systems

Caregiver reluctance
Desire for premature institutionalization
Disharmony in shared responsibility among family members and/or caregivers
History of physical abuse or neglect/domestic violence
Intra family problems, i.e., economic pressures, alcoholism, drug abuse, etc.
Isolation
Lack of family support
Long-standing marital or family conflict
Overcrowding/inappropriate living arrangements

Denies problem despite the evidence

Discrepancies between adult's financial resources and his/her standard of living, e.g. home needs essential repairs, poor nutrition, inadequate medical care, etc.

Eviction notice arrives when adult thought he/she owned the house

Exhibits an exaggerated startle response to sudden movement

Exhibits distrust of others

Exhibits fear of caregiver (abuser) and hesitates to speak while others are in the room

Exhibits stress related illnesses, e.g., hypertension, arthritis, asthmatic attacks, somatized pain, etc.

Expresses a desire to die, and/or hopelessness and helplessness; suicidal thoughts, talk and/or wishes/eyes downcast/no smile

Expresses unrealistic or magical expectations that he/she will receive adequate care

Has a rapid progression of physical deterioration

Has a sudden loss of appetite unrelated to a medical condition

Has become emotionally numb, withdrawn, and/or detached

Has nightmares or difficulty sleeping

Has suddenly become more dependent on the caregiver, adopting the role of the child

Implausible stories about the finances by caregiver and/or adult

Is dependent on the caregiver for emotional support, affection

Is difficult to care for by reason of emotional outbursts, constant criticism of the caregiver, cursing, hitting or scratching the caregiver

Is hyper alert, vigilant in watching actions of caregiver (abuser)

Is incontinent, malodorous, unpleasant to be around

Is resistant to taking medication, being bathed, eating or allowing caregiver to provide care

Lack of solid arrangements for financial management

Obsesses, worries or is anxious about his/her own performance, e.g. losing dentures or being incontinent/is anxious to please the caregiver

Shakes, trembles, and cowers in presence of caregiver (abuser)

Speaks of the caregiver in glowing terms, despite apparent abuse/neglect

Talks about the past and avoids talking about the present or future

Was physically abusive, violent as a parent of the caregiver