

ECHO Script



Project:	Caregiving
Script Type/ID:	Digital Short
Title in ENGLISH:	"Caregiving for Older Adults – A Part of Our Culture"
Title in [LANGUAGE]:	
Date:	27 May 2015
Version:	Final Approved for Translation
Language:	English
Word Count:	567
Reading Grade Level:	7.1
Background:	<i>The purpose of this digital short is to raise awareness of the practice of caregiving, to encourage caregivers to see themselves as such, to promote planning and self-care strategies, and to alert them to helpful resources and supports for them in their work.</i>

Scene	Audio	Video
1	In our [American/Latino/Hmong/Somali] culture, taking care of members of our community is just part of who we are. We believe that everyone should be cared for, especially our elders.	Intergenerational family with elder(s).
2	Hello, my name is Sanni. In the United States, when someone helps another person—whether it's their aging parent, or a neighbor with a disability—they are called "caregivers". Being a caregiver can be as easy as picking up groceries once a week, or as serious as providing around-the-clock care.	Host on camera.
3	Believe it or not, family members and close friends provide nearly all of the care for elders and adults with disabilities.	Caregiving in action with smiles.
4	This allows elders and others to stay where they want to be: in their own homes and communities.	Satellite view of neighborhood, stars pop up on many homes.
5	And yet, only about 1 in 5 people who are helping others think of themselves as "caregivers". Maybe YOU are one of these other 4 people. You think of it as just helping out a relative or an old friend. But you ARE giving care, and that makes you a VERY important person.	Five people of said cultures in a line, one sheepishly raises her hand.
6	Becoming a caregiver may take you by surprise. Maybe you started helping out with small tasks. Eventually, you are spending a lot of time caring for that person. Or, caregiving can happen quickly if someone gets sick or injured, and suddenly needs a lot of help. No matter how it happens, your life has changed.	Caregiver doing small task. Same CG doing much more. CG looks overwhelmed.

ECHO *Script*



Scene	Audio	Video
7	Once you realize, “Hey, I AM a caregiver!” you may also realize, “Hey, I could use some help!” Providing care for someone can feel really good, but it can also be challenging. It can be tiring for your body, your mind and your spirit. You can feel overwhelmed, frustrated, or even lonely.	Host on camera.
8	When you care for others it’s easy to forget about your own needs. This can harm your health, your family life, and even your job.	Frustrated caregiver.
9	You don’t have to do it alone. Caregiving is not a one-person job. Know your limits and accept help from others. Think about what needs to be done, and who can help. Getting help from others can help you stay healthy and reduce your stress.	Frustrated caregiver talking with friend.
10	The Senior LinkAge Line® can help you find services in your community that can support you in providing care. And they have interpreters to work with you in [your own language]. You may be able to get help around the house with chores, meals, or even some personal care tasks. Senior LinkAge Line® can also help you understand health insurance and Medicare.	Senior LinkAge® Line logo and number, over shots of caregiving.
11	Senior LinkAge Line® can help connect you to classes and support groups where you can learn skills to make providing care easier. Find people in your community who can come to provide care while you take a break. Work with trained experts to figure out what you need to stay healthy, so you can keep giving good care to others.	Caregivers on phone, reading resources, in class, meeting, respite care.
12	You can also visit CaregivingLink.org to find information about caregiving in [your own language].	CGL URL.
13	Giving care to others is part of our cultural tradition, and can be a wonderful gift to a loved one. But in this busy, modern world, caregiving can easily become more than one person can handle. If you help out with the care of a family member, friend or neighbor, you ARE a caregiver! Get the help, support and knowledge you need so that you can keep yourself in good physical and emotional health. Thanks for watching.	Host on camera.