



Caregiver Self-Care

MOVING FORWARD WITH CONFIDENCE

Presented by Julie Regan
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“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the things which you think you cannot do.”

— Eleanor Roosevelt

“It is not how much you do, but how much love you put in the doing.”

— Mother Theresa

“To care for those who once cared for us is one of the highest honors.”

— Tia Walker, author

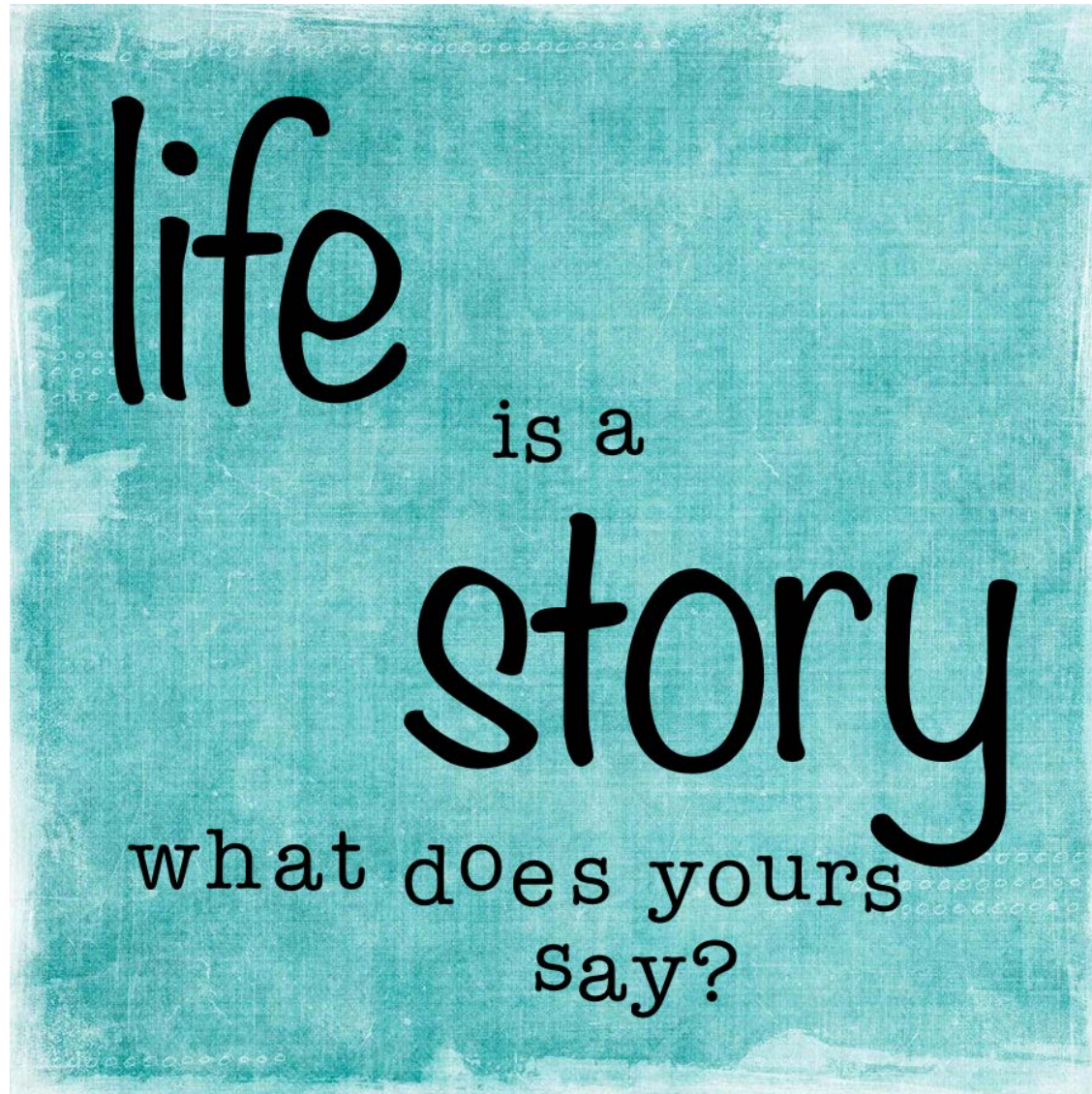
“There are only four kinds of people in the world.

Those who have been caregivers.

Those who are currently caregivers.

Those who will be caregivers, and those who will need a caregiver.”

— Rosalyn Carter



Caregiver Self-Care: Moving Forward with Confidence



Carlee

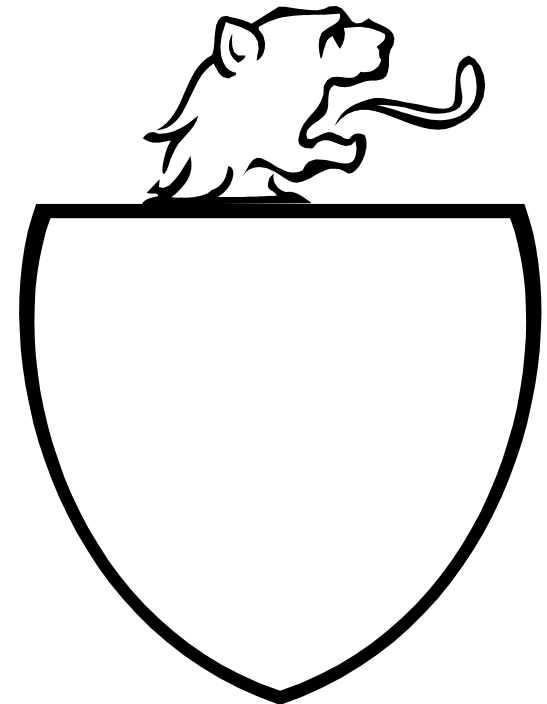


Grandma

Self-Reflection

Draw your personal coat of arms. Divide your paper into 4 quadrants which will represent the following:

1. My greatest strength
2. Three people I can always count on
3. What I love to do as a hobby to relax
4. What I want to be remembered for



Change Is Part of Life

Change is inevitable.

Growth is optional.

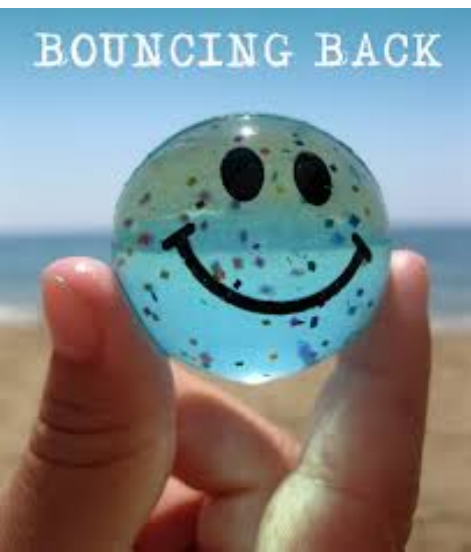
Change resilience helps you **GROW!**



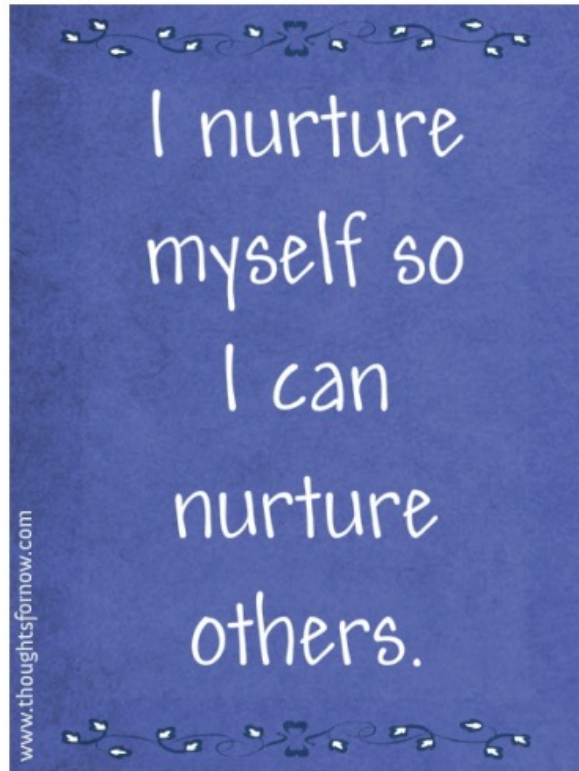
Change Resilience = Adapting

“Resilience” is *strength* in the midst of change & stressful life events;
the **bouncing back**
or *recovering readily*
from adversity.

WELCOA Special Report, 2005



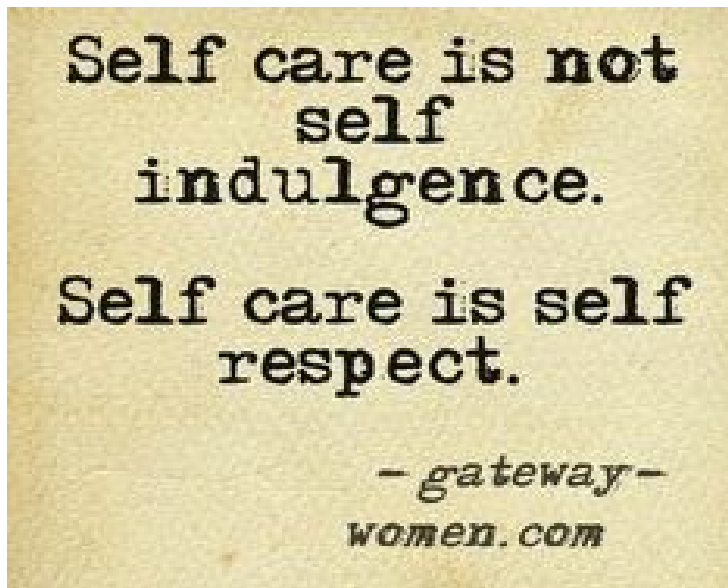
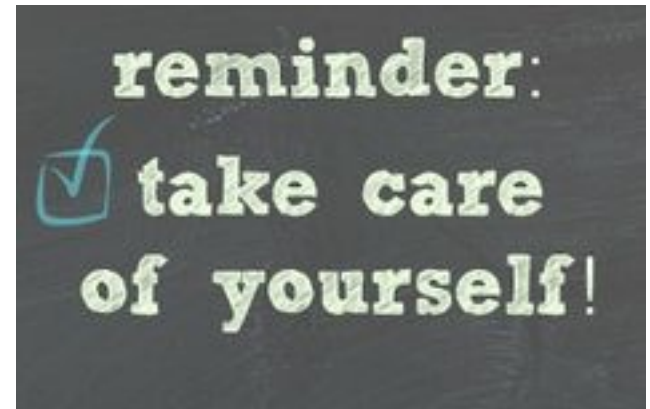
Truths of Caregiving



- 42 million Americans are caregivers
-www.AARP.org
- Communication is essential
- Teamwork from all family members
- Resources
- Caregivers feel guilty...
 - Time for my children
 - Time for my marriage
 - Time for my career
 - Time for myself

We all have Four Tanks... to Self-Care

- Time
- Physical Health and Energy
- Emotional Health and Energy
- Mental Energy



Types of expectations

- The type of spouse/parent/boss/employee... we should be
- The level of success we should achieve
- The type of home we should have
- How our children should behave
- How perfect our work should be

SHOULD

EXPECTATIONS
vs.
REALITY

Re-setting Expectations

- Do other people share them?
- Renegotiate commitments
- Let go of the baggage
- Ask for help!
- Reframe your self image



Lessons Learned

- Identify Stressors
- Hold family meetings
- Check-in with family members
- Don't sweat the small things
- Develop a communication network – site for updates



Lessons Learned



- Surround yourself with empathy
- Educate family
- Know Resources
- Support Group
- Grow leaders

Lessons Learned

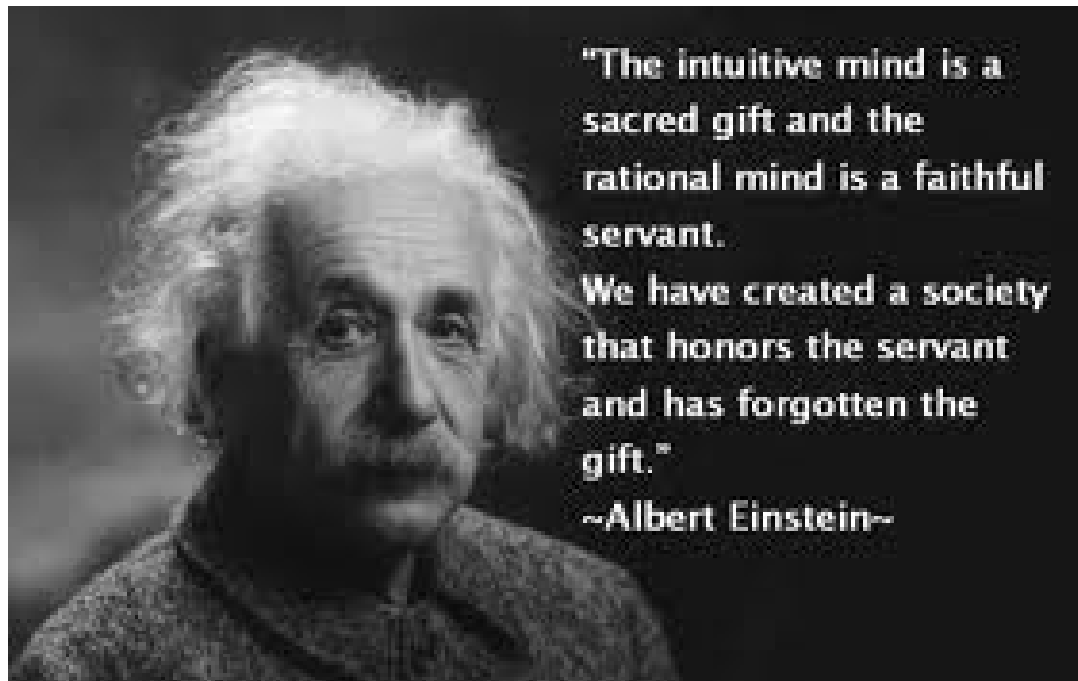
...Grow leaders



Leaders with heart create a masterpiece wherever they go.

Caregiver Confidence

- You are the voice
- Intuition
- High Self-Esteem



Caregiver Confidence

- Smile
- Laugh
- Celebrate
- Slow Down
- Enjoy moments
- Self-Reflection

