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Caring for the Caregiver

13th Annual Art and Science of Aging Conference

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Powerful Tools
for Caregivers

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Overview

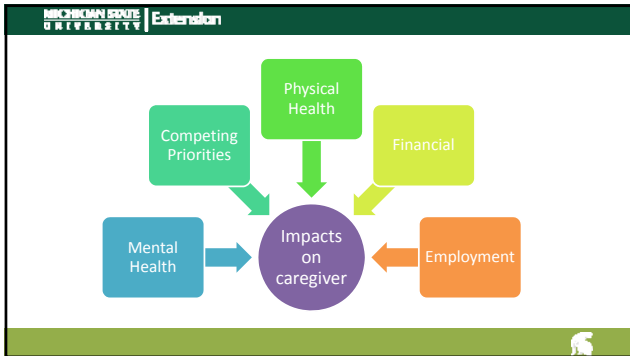


- Recognize the importance of caregivers and caring for self in long-term caregiving situations
- Practice some strategies of positive self-care through sampling Powerful Tools for Caregivers
- Determine how the Powerful Tools for Caregivers workshop can complement current programming



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SELF-CARE MEANS...

- Take responsibility
- Have realistic expectations
- Focus on "what I can do"
- Communicate effectively with others
- Deal with our emotions
- Set goals and work toward them

The slide includes a list of six self-care practices and a photograph of a woman standing on a pier by a lake, looking up with her arms outstretched.

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Reducing Personal Stress

- Identifying signs and sources of stress
- Results of neglecting stress
- Stress reducers
- Breathing for relaxation
- Progressive muscle relaxation
- Guided imagery

The slide includes a list of six stress-reduction techniques and a photograph of a person meditating on a beach at sunset.

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Communicating Feelings and Needs

- Principles of good communication
- How to best express yourself
- Using "I" messages
- Assertive versus aggressive
- The family meeting



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Dealing with emotions





- Listening to our emotions
- Dealing with anger, guilt and depression
- Guidelines for managing emotions
- Power of optimism



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Self-Care Strategy Practice: Problem Solving



- Identify problem
- List ideas
- Select one to try
- Evaluate
- Substitute another idea
- Use other resources
- Accept that it can't be solved right now



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Action Plan


- Something YOU want to do
- Reachable
- Behavior specific
- Answers:
 - What?
 - How much?
 - When?
 - How often?
- Confidence level



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Powerful Tools Format

- Six lessons taught once a week for six weeks
- Three versions
 1. Worksite Wellness – 90 minutes per lesson
 2. General Caregivers – 2.5 hours per lesson
 3. Parents & Caregiver of Special Needs Children – 2.5 hours per lesson
- Two facilitators required
- Caregiver handbook – loaned or purchased (\$30)



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How does this fit with what you do?
Do you have any questions or comments?



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Thank you for attending

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