Caring for the Caregiver

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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
Impacts on caregiver

Mental Health

Competing Priorities

Physical Health

Financial

Employment

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

Reducing Personal Stress

• Identifying signs and sources of stress
• Results of neglecting stress
• Stress reducers
• Breathing for relaxation
• Progressive muscle relaxation
• Guided imagery
Communicating Feelings and Needs

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

Dealing with emotions

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

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

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)

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

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