

ME MYSELF & I

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"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

TAKING CARE OF ME MYSELF & I

"You Is Smart, You Is Kind, You Is Important"

Sometimes we have to be reminded that we are important to other people

- Spouse – Children – Parents – Grand Children
- Aunts & Uncles - Cousins
- Friends – Neighbors – Co-workers
- Social Groups – Bible Studies, Golf, Bridge, Cards, Bunco
- Volunteer Groups
- Support Groups

JOURNALING

MY LOVED ONE

- MEDICATIONS
- HABITS; SLEEPING
EATING
BATHROOM
- MOODS; DEPRESSED
UPSET
CRANKY – ETC
- FUNNY COMMENTS
- HISTORY ABOUT THEIR LIFE

ALL ABOUT ME

- IMPORTANT PEOPLE
- RESOURCES
- FEELINGS; HAPPY DAYS
ROUGH DAYS
SAD DAYS – ETC
- FRUSTRATIONS
- THOUGHTS
- NEEDS & WANTS
- SUPPORT GROUP NOTES
- RECORD YOUR LOSSES & WINS

- ❖ Journaling is a great outlet for caregivers.
- ❖ It is an excellent way to express your feelings safely on paper.
- ❖ By writing down your feelings you are helping to avoid the negative consequences of burying your emotions.
- ❖ By journaling you can clear the way for more positive thinking that will only help you feel stronger and see what's possible

NEEDS-THOUGHT-FEELINGS -WANTS

Your feelings and health are affected by your caregiving. It takes time to figure out how to work **YOU** into your caregiving.

- ❖ Every time you are frustrated that your feelings are not being considered, and that
- ❖ No one is listening to you, and
- ❖ You never have time to do what you want to do.
- ❖ Your frustration proves just how important your feelings are to you.

TAKING CARE OF YOU

- Caregiving is very hard work and it takes a toll on your health.
- Many exhausted, ill caregivers today don't seek help
- Caregivers don't realize that they have a recognizable condition that needs medical attention.
- Stress hits your health in ways you do not recognize and
- Stress affects everyone differently.

YOU ARE IMPORTANT

- Go to the doctors and get a physical
- Without your physical health YOU will be next in line to have a caregiver.

You cannot stop living;
your life cannot come to a halt,
because you are the primary caregiver.

“YOUR BODY IS THE ONLY PLACE YOU HAVE TO LIVE”



**Take a deep breath and relax,
picture your most favorite place in the world
and go there**

ME MYSELF & I

- ✓ Caregiving can be very rewarding and satisfying
- ✓ Do not forget who you are and what your needs are
- ✓ Educate yourself
- ✓ The more you understand the disease of your loved one
and
- ✓ What resources are available, caregiving will be easier
- ✓ The more you know – the more you understand – the less stress

EDUCATE YOURSELF

- Learn all about the needs of your loved one
- Know what is happening now
- Know what to expect in the future
- Research caregiving; go to different sites and read everything
- Use the internet - use reputable sites like .org or .gov
- Support groups – gain support from those in the same situation
- Powerful Tools For Caregivers***
- Use available Resources

*** contact AAA1b – topics covered are...

- Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of local services)

BREAKS

If you are saying that you are the only one who can do the job...and you are frustrated.
You are not doing the job the way YOU want it done. Take a break and get some help.

One hour a day for yourself!

A solid hour? break it up

- TRY :
- Four 15 min. breaks
 - Three 20 min. breaks
 - Two half hour breaks

Listen to your needs:

- Do you need sleep
- Are you feeling sick?
- Are you drinking enough water?
- Are you depressed?

Put Yourself First

TAKE CARE OF YOU
-find yourself again-

THE CARE YOU GIVE TO YOURSELF IS THE CARE YOU GIVE TO YOUR LOVED ONES

Caregiver.org

“Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is gone, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.”

Groucho Marx

PUTTING YOURSELF FIRST & TAKING CARE OF YOU

- ✓ Starts first thing in the morning
 - the minute you wake up
- ✓ Getting yourself ready for the day ahead
 - How do you wake and prepare for the day?
 - Is this how you want to start you day?
- ✓ What do you look forward to each day
 - Bible study
 - Game of golf
 - Favorite TV show
 - Support Group

THIS IS IMPORTANT TO YOU AS A CAREGIVER; TAKE TIME FOR YOU

YOU CAN'T DO EVERYTHING

If Friends offer to help – take them up on their offer –

- Let them mow the lawn, do the dishes, or grocery shop
- Sit with your loved one while you mow, do the dishes

Get family members to help out

- Have a family meeting
- Prepare an outline for discussion
- Help needed in areas A.B.& C.
- Doctors report
- Use a mediator (if needed)

Sharing the work load

Reduces your stress and helps you to enjoy the day

HEALTH – MIND & BODY

- Your physical health is very important
- Often family caregivers do not take preventative care of their health
- Caregivers are more likely to have a chronic illness than are non-caregivers
- Those caring for a close relative, such as a spouse or parent, are at a much greater risk of declining health as a result of caregiving.
- The toll on the caregiver's health appears to increase over time

“Caregiving in the U.S. 2015.”

The National Alliance for Caregiving (NAC)

AARP Public Policy Institute

EMOTIONAL STRESS OF CAREGIVING

- Caregiving can be an emotional roller coaster
- Four in ten caregivers consider their caregiving situation to be highly stressful
- Nearly half of full-time and part-time caregivers find their role emotionally stressful
- When you are done with caregiving what do you want to do?
- Will you be able to accomplish your goals if do not take care of yourself?
- What do you need to do to change the way your situation is now?

You do not have to perform all the work to care for your loved one. By providing them with someone to carry out the task, you are taking care of them – and yourself.

SUPPORT GROUPS

- ❖ You do not have to say anything at all when you visit a support group
- ❖ Listen and learn from others
- ❖ Everyone is caregiving at different stages
 - ❖ you might gain some insight into the future
 - ❖ maybe you will help someone with your experience
- ❖ You might hear a solution to a situation that has caused you a problem
 - ❖ That's a great idea! I'm going to try that.
- ❖ You will find that you are not alone
- ❖ Other caregivers will be there to support you in your journey
- ❖ If your first support group is not a good fit, look for another one

If you're not going to a support group, it is important to have a friend you can call just to let off steam and complain.

IT'S OK TO SAY "NO"

You are worn out and exhausted, always putting your loved one first.

Really it is OK to say No,

❖ When you are on Break!

❖ When it is your time...

Dinner – TV Show – Reading a book /magazine

❖ It's OK to say "I am eating and will be 15 minutes, I will do _____ after I finish my dinner"

❖ I give myself permission to say "No"

When you say NO - it really means Yes.
Except the Yes just won't happen this minute.
You will do it, just after your break.

WHICH PICTURE DO YOU RELATE WITH?

STRESS FREE & HAPPY
(HAS HELP)



STRESSED & OVERWORKED
(NEEDS HELP)



**“IT’S NOT THE LOAD THAT BREAKS YOU DOWN.
IT’S THE WAY YOU CARRY IT”**

Lena Horne

BALANCING ACT

“Sometimes asking for help is the most meaningful example of self-reliance”
unknown, (caregivers.com)

First & Foremost Care for yourself

- Time for you
- Eat healthy
- Appointments
- Breaks
- Exercise

Get the help that you need

- Friends, relatives
- CNA's (Certified Nurses Aids)
- Respite
- Professional to talk to

BALANCING ACT

CARE FOR YOUR own FAMILY – DON'T LEAVE THEM BEHIND
Save some of YOU for them!

Take time to spend with your

- **SPOUSE** – you need each other
- **CHILDREN** – they are only little once
- **TEENS** – at this age they need you more then ever at home
- **FRIENDS** – great way to unwind and have fun (PS. No caregiving talk)

BALANCING ACT

Give them all the care and love they need when you are present

Third;

Caregiving for your loved one

Take a Break

- Be the best that you can be
- Easy to do when you are rested
- Spend quality time with them
- Have help with caregiving

Finding quality care while you are gone

- Look at your journal (important people)
- AAA1b for resources
- Other in-home companies
- Nursing Homes can have respite

HOW DO I KNOW WHEN TO ASK FOR HELP

What are RED FLAGS for a Caregiver



- When you are feeling overwhelmed
- You have lost your motivation to do things that you once enjoyed
- You are not talking to your friends that you have in the past.
- You are Eating more or Eating less (eating and depression affects different people different ways)
- Frustration from loved one being repetitive

Create a perfectly wonderful moment; a moment that puts a smile on their face, a twinkle in their eye, or triggers a memory.

RED FLAGS



- Denial about the needs of your loved one and its effect on the person who's been diagnosed.
- Social withdrawal
 - Friends
 - Activities that once brought pleasure.
- Anxiety about facing another day and what the future holds
- Anger
 - At the one you are caring for
 - that no cure exists
 - people don't understand what's going on

RED FLAGS



- Exhaustion that makes it nearly impossible to complete necessary daily tasks.
- Sleeplessness caused by a never-ending list of concerns
- Irritability that leads to moodiness and triggers negative responses and actions
- Lack of concentration that makes it difficult to perform familiar tasks
- Health problems that begin to take their toll, both mentally and physically

DEPRESSION



Intense negative emotions

- Deep Sadness
- Unremitting anger
- Relentless guilt
- Frustration
- Violence
- Arguing
- Lack of sleep
- If you are losing your temper when the person you take care of becomes difficult

If you have more than three

1. Talk to a professional
2. It's OK to be depressed
3. This is temporary

RESOURCES... just a few

- ❖ I just realized I'm a family caregiver – I've been a caregiver for years – I don't live by my family, but I'm a caregiver – I have a job and I'm a caregiver and Top 10 Tips for Caregivers

<http://caregiveraction.org/>

- ❖ Well Spouse – support for spouses, caring for your spouse is different than a family member <http://www.wellspouse.org/>

- ❖ Goal; Improve the health, function, and quality of life of older adults.

<https://www.healthypeople.gov/2020/topics-objectives/topic/older-adults>

- ❖ Find Services near you for a support group from A-Z (or call AAA1b)

<https://healthfinder.gov/FindServices/SearchContext.aspx?topic=833>

- ❖ Check out direct links of your specific need (examples)

- ❖ Brain Injury Association <http://www.biausa.org/>

- ❖ Alzheimer's Association <http://www.alz.org/care/>

- ❖ Parkinson's Association http://www.pdf.org/caregiving_fam_issues

MORE RESOURCES

AAA1b

Services for Seniors

- Info and assistance
- In-Home Care, Meals on Wheels (SE Michigan)
- Community Dining Programs
- Moving from the Nursing Home

Caregiver resources has information on

- Adult Day Programs
- Workshops for Alzheimer's and Dementia
- Classes for Family Caregivers
- Support Groups

Medicare and Medicaid Help

Senior Health and Wellness

- Fall Prevention
- Diabetes Management
- Manage Chronic Illness
- Living with Cancer
- Fitness/Nutrition

Community Resources

- Senior centers (Adult day programs for your loved one)
- Paratransit transport (SMART Bus, www.smartbus.org)
- Nursing Homes [select] have (Short-term stays for respite)
- In home care – there are many reputable companies that will come to your home to help you in caring for your loved one
- Meals on Wheels – take a break from cooking

It is OK to Take a Break

Tell yourself that

“it is OK to take a break”

If your loved one is “fighting” you when you are helping them, then it might be time to get outside help.
For you – for your loved one.