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Providing families with
Care Management
Home Care
Advocacy
Counseling
Support Groups & Education
since 1989.

*Experts in Life Transitions,
Partners in Caring.*

Caring for the Caregiver

Presented by:

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CEO and Clinical Director

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Overview

- Burnout
- Communication
- It's Not Personal
- It's Not Reasonable
- Forget About it
- Balance

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Burnout

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Burnout

Possible signs of caregiver burnout:

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Burnout

Possible signs of caregiver burnout:

1. Irritability

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Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression

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Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety

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Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety
4. Belief he/she is the only one who can provide care

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Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety
4. Belief he/she is the only one who can provide care
5. Declining physical health

Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety
4. Belief he/she is the only one who can provide care
5. Declining physical health
6. Lack of social life or isolation

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Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety
4. Belief he/she is the only one who can provide care
5. Declining physical health
6. Lack of social life or isolation
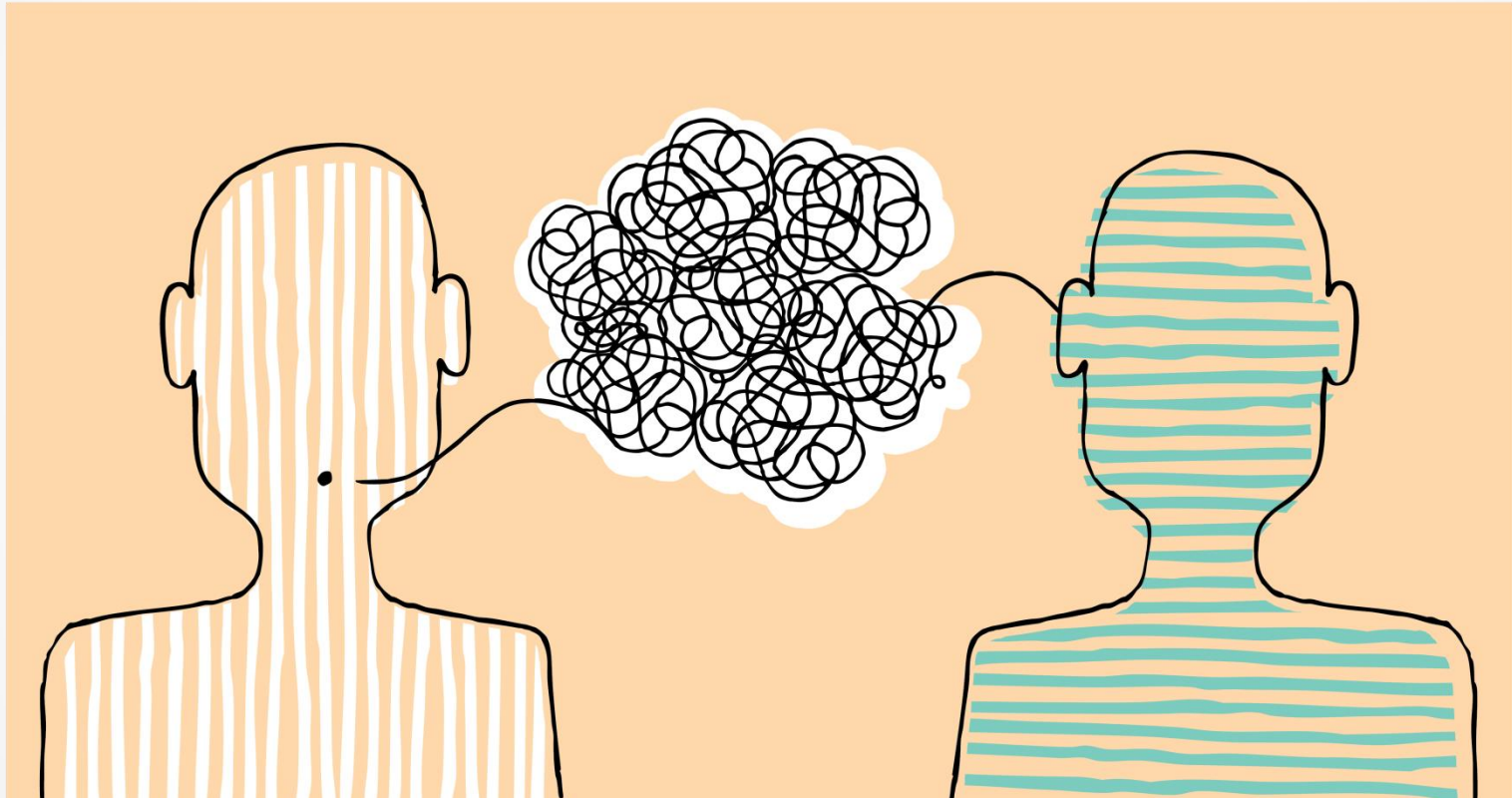7. Competing demands

Burnout

Possible signs of caregiver burnout:

1. Irritability
2. Depression
3. Anxiety
4. Belief he/she is the only one who can provide care
5. Declining physical health
6. Lack of social life or isolation
7. Competing demands
8. Spiritual practice neglect

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Communication

Communication

1. Distinguish behaviors from emotions

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Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise

Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise
3. Respond empathically

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Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise
3. Respond empathically
4. Use short sentences and wait

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Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise
3. Respond empathically
4. Use short sentences and wait
5. Remain confident

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Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise
3. Respond empathically
4. Use short sentences and wait
5. Remain confident
6. Use distraction (after above steps)

Communication

1. Distinguish behaviors from emotions
2. Emotion identification: Exercise
3. Respond empathically
4. Use short sentences and wait
5. Remain confident
6. Use distraction (after above steps)
7. Use a timeout when appropriate

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It's Not Personal

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It's Not Personal

1. Don't take it personally, it's not about you

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It's Not Personal

1. Don't take it personally, it's not about you
2. "She called me a pinhead"

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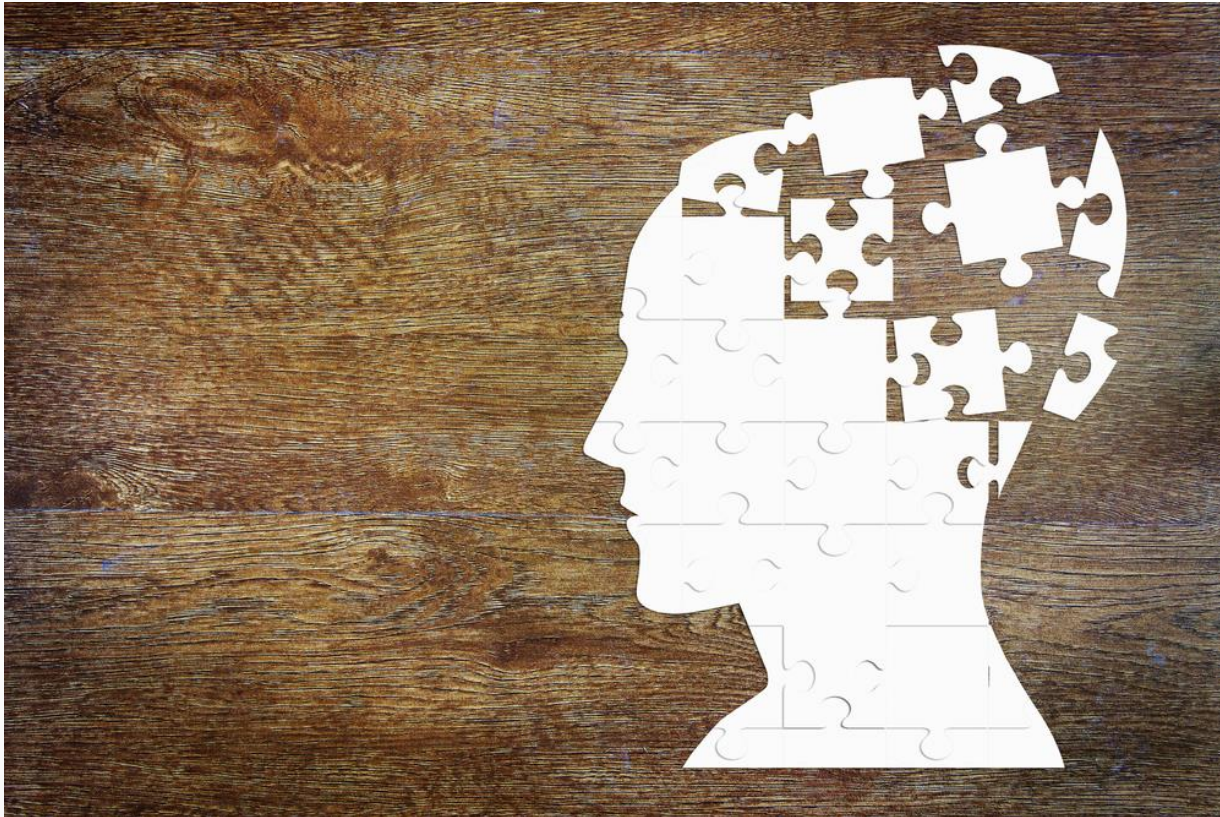Services
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It's Not Personal

1. Don't take it personally, it's not about you
2. "She called me a pinhead"
3. Can't do it alone

It's Not Personal

1. Don't take it personally, it's not about you
2. "She called me a pinhead"
3. Can't do it alone
4. Get help

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It's Not Reasonable

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It's Not Reasonable

1. "Well, she isn't really a pinhead, she just wants to help you"

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It's Not Reasonable

1. "Well, she isn't really a pinhead, she just wants to help you."

2. Respond empathically

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It's Not Reasonable

1. "Well, she isn't really a pinhead, she just wants to help you."
2. Respond empathically
3. "Therapeutic fiblets"

It's Not Reasonable

1. "Well, she isn't really a pinhead, she just wants to help you."
2. Respond empathically
3. "Therapeutic fiblets"
4. No advance notice

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Forget About It

Forget About It

1. Bad news: Memory impairment causes anxiety

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Forget About It

1. Bad news: Memory impairment causes anxiety
2. Good news: Memory impairment can be used to alleviate anxiety

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Forget About It

1. Bad news: Memory impairment causes anxiety
2. Good news: Memory impairment can be used to alleviate anxiety
3. Respond empathically

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Forget About It

1. Bad news: Memory impairment causes anxiety
2. Good news: Memory impairment can be used to alleviate anxiety
3. Respond empathically
4. Re-direct

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Forget About It

1. Bad news: Memory impairment causes anxiety
2. Good news: Memory impairment can be used to alleviate anxiety
3. Respond empathically
4. Re-direct
5. Time out: For care recipient **and** care provider

Balance

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Balance

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Questions