


# Keeping Hope and Heart Alive in Sharing Care

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# Basic Premises

Caresharing stresses reciprocity

Hope and heart can flourish in difficult times.

Family: those you can “count on.”



Caresharing journeys can be shared.

Creativity can help develop new avenues of connection.





# Caresharing


**The persons giving care**

**The person receiving care**


**CARE PARTNERS**




# Care Partnering

- ▶ Every caring situation is unique.
  - ▶ There is no cookbook.
  - ▶ Strengths emerge as families change.
  - ▶ Those who seem “frail” have much to teach the “well.”
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# Care Partnering:

- ▶ Includes a network of people no matter what their role
  - ▶ Does not depend on the intellect and works to adapt to physical changes
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- ▶ Leads to respect of all connected to the process
  - ▶ Balances the needs of all involved
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How do you define “hope?”


For yourself?

For the person you care for  
and about?



# What Hope is and Is Not

## ▶ NOT:

- Suggesting a situation will improve when it will not
  - A disregard of facts
  - Wishful thinking
- 

▶ IS:


- Reasonable and directed by “bounded choices”
- The “half–full” glass perspective
- Finding little things that bring joy




"Everything  
that is done  
in the world  
is done  
by hope."

Martin Luther King


# Characteristics of Hope

- ▶ **Transcendent process**
    - How we deal with “suffering”
  - ▶ **Rational thought process**
    - Goals, resources, person’s active involvement, personal control as possible, and time
  - ▶ **Relational process**
    - Being with persons “shoulder to shoulder” and in the “holding times”
  - ▶ **Spiritual process**
    - Belief system or religious principles/practices
- Adapted from Farran, Herth & Popovich. (1995). *Hope and Hopelessness: Critical Clinical Constructs*. Thousand Oaks, CA: Sage.
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# Carer's Spiritual Needs

- ▶ The need for meaning and purpose in the caring role
  - ▶ The need to give love
  - ▶ The need to receive love
  - ▶ The need for forgiveness, hope and creativity
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# Hope and Heart

- ▶ Have courage...encourage others.
  - ▶ Avoid discouragement.
  - ▶ See “the moment” as sacred.
  - ▶ Remember the starfish!
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*“Hope is not about believing that we can change things. Hope is about believing that what we do makes a difference.”*


Václav Havel



# The Starfish Story



# Stay Connected To Keep Hope in “Community”

- ▶ Ask “what is on your heart today?”
  - ▶ Okay to say “I don’t know what to say.”
  - ▶ Use technology; remember the phone.
  - ▶ Asking for assistance is a **strength**, not sign of weakness.
- 



***“HOPE CHANGES”***

Hospice

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What are the causes of your stress?

How do you know when you are stressed out?




# Causes of Stress


- ▶ Never enough time”
  - ▶ Family members who need us 24/7
  - ▶ Rocky relationships
  - ▶ A sense of “too-muchness”
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- ▶ The larger world around us (Covid-19)
  - ▶ Loss and grief and no way to grieve
  - ▶ Lack of having adequate resources (external/internal)
  - ▶ Internal needs for perfection
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# Dealing with Stress

- ▶ **MOST IMPORTANT:** name your stress.
  - ▶ Remember you are not **ALONE**.
  - ▶ Set realistic boundaries on what you can do.
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- ▶ Remember small successes.
  - ▶ Find persons with whom you can share your stress.
  - ▶ Set up a personal de-stress plan.
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The difference  
between  
stumbling  
blocks  
and stepping  
stones  
is how you  
use them.

Anonymous



We may need to  
*Reframe* our  
situations  
to maintain a sense of  
*Hope*




# Building on Resilience

- ▶ Bouncing back from difficult times
- ▶ Staying positive about the future
- ▶ Having a purpose for moving forward







- ▶ Growing and getting stronger in spite of difficulties
  - ▶ Living in life's reality without being overwhelmed
- 


***“We do not serve the weak or the broken. What we serve is the wholeness of each other and the wholeness of life.”***

***Rachael Naomi Remen ( 2001). My Grandfather's Blessings: Stories of Strength, Refuge and Belonging.***



# Making A Difference

- ▶ We do make a difference in the lives of the persons we care for.
  - ▶ What makes a difference for you? For the person cared for?
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- ▶ Small gestures can have great value.
  - ▶ Savor “moments.” Be “present.”
  - ▶ Find little blessings.
- 





***“Hope is an embrace of the unknown and the unknowable, an alternative to the certainty of both optimists and pessimists.”***


***Rebecca Solnit***




# Stress and Hope

- ▶ Keeps life in balance
  - ▶ Assists in seeing a “glass half full”
  - ▶ Say “I am doing the best I can,” or  
“What I did was ‘good enough.’”
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- ▶ Realistic hope manages difficulty.
  - ▶ Reflect on previous life challenges. What you did to overcome them? Can you adapt that process now?
  - ▶ Live in life's reality without being overcome.
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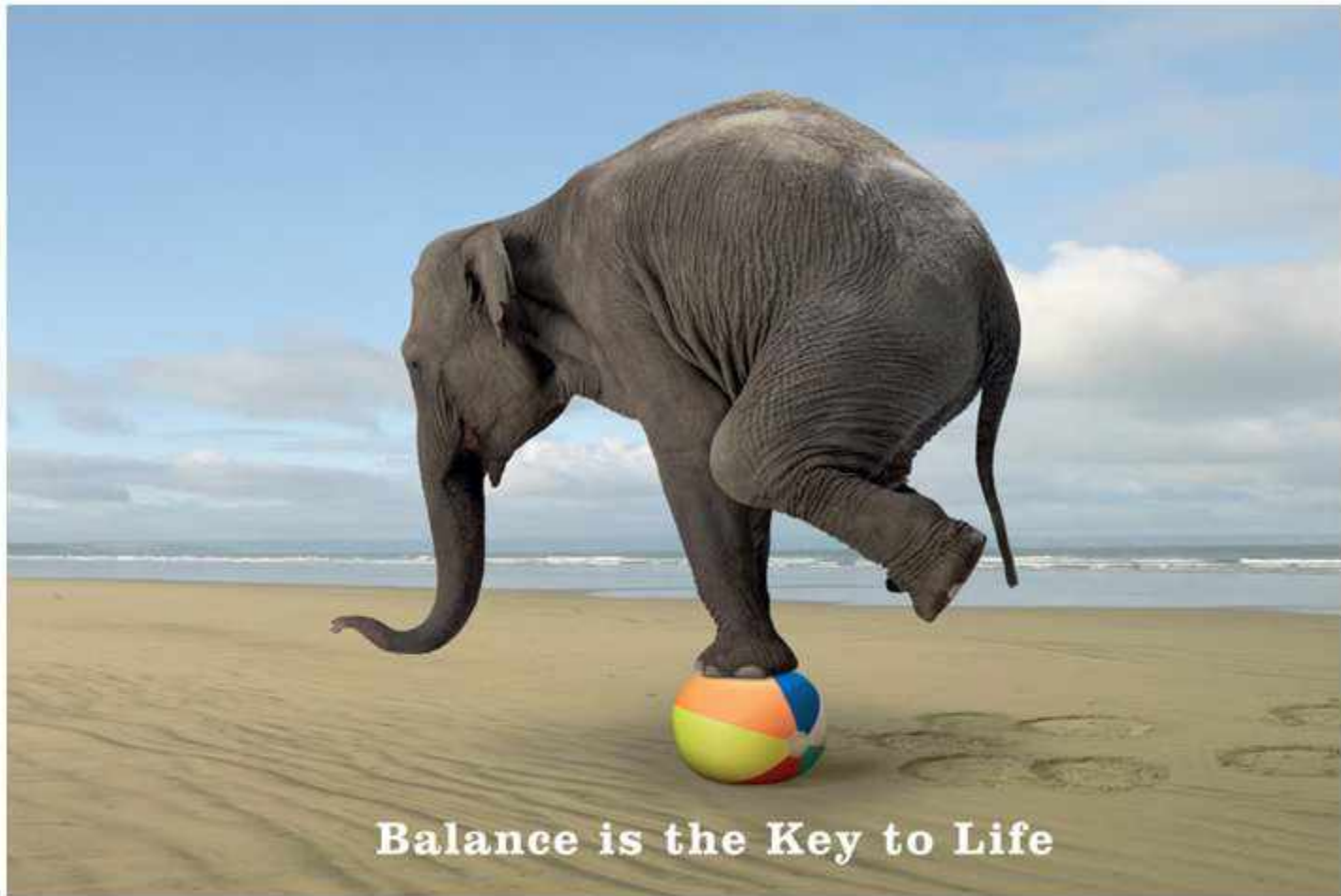
- ▶ Breathe deeply.
  - ▶ Build on resilience.
  - ▶ Remember we are PEOPLE loving and caring about other PEOPLE.
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# Hope and Gratitude

- ▶ What has your care receiver taught you?
  - ▶ Gratitude: remember what is “right” and not what is “wrong.”
  - ▶ Keep a journal; each day write 5 things for which you are thankful.
  - ▶ Remember you did “the best you could.”
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# Health/Humor/Joy


- ▶ Humor gets through the bleakest of times.
  - ▶ Practice wonder.
  - ▶ Take care of physical, mental, emotional and spiritual health.
  - ▶ Breathe deeply.
- 



**Balance is the Key to Life**


# ABC's for Keeping Hope


***Each situation is unique.  
Take what is helpful and  
leave the rest!***











- ▶ **Ask for needed assistance; it is a strength.**
  - ▶ **Be “present” to your loved one**
  - ▶ **Celebrate the “moment” and small success.**
  - ▶ **Develop an “attitude of gratitude.”**
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- ▶ **Expect the unexpected; be flexible.**
  - ▶ **Find and build on your resilience.**
  - ▶ **Gain information on the “isms” in caring; work to change them.**
  - ▶ **Honor your spiritual/belief system.**
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- ▶ Infuse humor when needed.
  - ▶ Journal about your situation and feelings.
  - ▶ Keep yourself fit. Exercise online. Walk.
  - ▶ Learn from your care partner.
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- ▶ **Make a connection plan even when staying at home.**
  - ▶ **Name and work through loss/grief, and forgiveness/“unfinished business.”**
  - ▶ **Open yourself to vulnerability.**
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- ▶ Prepare quiet places to “recharge.”
  - ▶ Quit feeling guilty about what you “shoulda, coulda done.”
  - ▶ Recognize reciprocity in relationships.
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- ▶ Stand “shoulder to shoulder” with others.
  - ▶ Tell stories; build on narratives.
  - ▶ Utilize rituals/rites to maneuver transitions.
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- ▶ Visualize the “glass half full in caring.”
  - ▶ Work on unconditionally sharing love no matter the mentation or physical issues.
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- ▶ **EX**amine your situation. Give yourself permission to take care of yourself and care partner.
  - ▶ Yearn to understand that hope changes over time.
  - ▶ Zealously keep courage and encourage others.
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# Creating an Plan For Keeping Hope Alive

Make a self-care list for  
responding rather than reacting  
negatively to life's stresses:

- Mental aspects
  - Emotional aspects
  - Spiritual aspects
  - Physical aspects
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- ▶ Think of a one word theme for your list.
  - ▶ Ask others to assist you.
  - ▶ Put the plan in a prominent place as a reminder.
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*Joy Is Love Dancing!*

***“Hope is an act of collaboration. It cannot be achieved alone. We offer grains or fragments of hope to one another so that everyone’s sense of possibility can grow. In this way we can do together what might seem impossible alone.” Kathleen Fischer***

