"I'm a Caregiver, Now What?!!"

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February 5, 2022
“I’m a Caregiver, Now What?!?” Overview

Self-Care

Personal Barriers/Negative Self-Talk

Take 5

Breathing Exercise

“...Now What?!”
"I'm a Caregiver, Now What?!

Caregiver vs Care Partner

Caregiver
- Caregivers do things to or for their person.
- Ex. Help feed your person.

Care Partner
- Care Partners do things with their person.
- Ex. Cook or Do a puzzle
You're a Priority, too.

**What is "Self-Care?"**

<table>
<thead>
<tr>
<th>Self Care Is</th>
<th>Self Care Is NOT</th>
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<tbody>
<tr>
<td>Energizing</td>
<td>Time-Consuming</td>
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<tr>
<td>Fulfilling</td>
<td>Selfish</td>
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<tr>
<td>Self-Kindness</td>
<td>Self-Indulging</td>
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<tr>
<td>Relaxing</td>
<td>Trivial</td>
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<tr>
<td>Growth</td>
<td>Unnecessary</td>
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<tr>
<td>Necessary</td>
<td>Hurried</td>
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"Self Care is giving your person and the world your best you instead of what is left of you."

~Katie Reed, Speaker & Mental Health Advocate
What are Your Personal Barriers?

There are several barriers to Self-Care...

- Is it selfish to put your needs first?
- Is there a physical response thinking about your own needs? Fear? Anxiety? Why do you think that is?
- Is it difficult to ask for help? To ask for what you need? Why is that?
- Have you been identified as "the strong one" and feel you must uphold the expectation?
"Negative self-talk is usually produced by overwhelm, uncertainty, and disappointment."

Calm consideration of negative self-talk is key to resist its gloomy affects.
Take 5...Self-Care Solutions
“...Now What?!”: The News
Diagnosis...Ask Questions

✓ What kind of dementia does my person have? (There are specific kinds)
✓ What treatment options are available?
✓ Which medicine will you be prescribing?
“…Now What?!“ Get Organized
### ADLs "Activities of Daily Living"
- Eating
- Bathing/Showering
- Dressing
- Using the Bathroom

### IADLs "Instrumental Activities of Daily Living"
- Shopping for Groceries
- Cooking Meals
- Transportation
- Managing Finances
“...Now What?!”: Learning and Growing

What Information/Skill Will I Need to Care for my Person?

- How does this disease progress and how will that affect your person’s ability to take care of him or herself?
- What are the care needs now and what are they likely to be in the future?
- What are the physical limitations that your person has now or will have?
- What are the cognitive changes you can expect?
“…Now What?!”: Caregiver Support
“…Now What?!”: Routine
“...Now What?!”: Ask for HELP!
“…Now What?!”: Caregiver Resilience
THANK YOU!

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