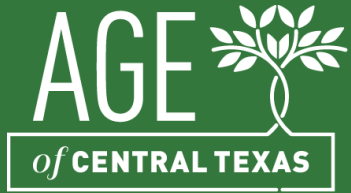


"I'm a Caregiver, Now What?!"

Mary Etuk, CaregiverU Program Associate
February 5, 2022

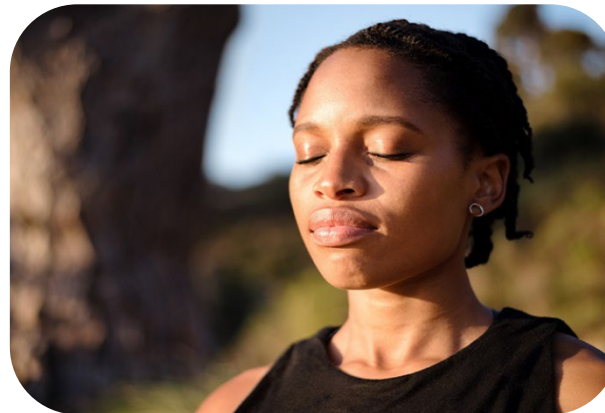
“I’m a Caregiver, Now What?!” Overview



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



What is "Self-Care?"



"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

You're a Priority, too.

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?

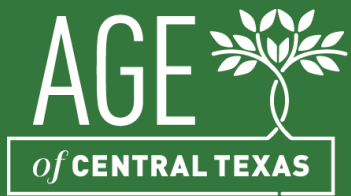
Negative Self-Talk



"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



“...Now What?!”: Medical Terminology



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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