



I'm a Caregiver...
Now What??

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CaregiverU Educator

**Where's my
orientation
or on-the-
job
training???**

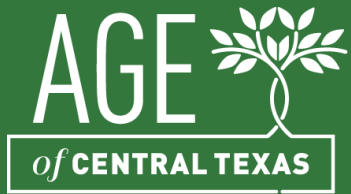


Overview

Objective: To learn tools to help effectively navigate caregiving for a person with a chronic disease or condition

Topics:

- **The Faces & Tasks of Caregiving**
- **Caregiving Terms**
- **Getting Organized**
- **Creating a Routine**
- **Establishing Respite**



The Faces of Caregiving



”

*Caregiving
is a marathon,
not a sprint.*

ANONYMOUS



ACUTE

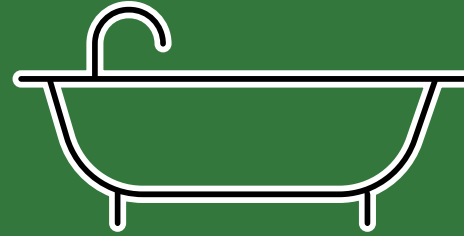
- VS -

CHRONIC

What's the difference?

Activities of Daily Living (ADLs)

- Walking
- Feeding
- Dressing and grooming
- Toileting
- Bathing



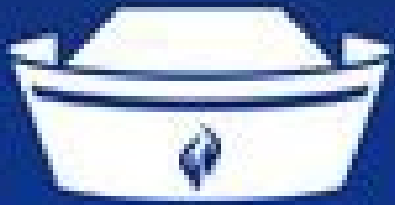
Instrumental Activities of Daily Living (IADLs)



- Managing finances
- Managing transportation
- Shopping and meal preparation
- House cleaning and home maintenance
- Managing household communication
- Managing medications



What are your caregiving tasks?



**KEEP
CALM
AND
GET
ORGANIZED**

- Learn About Disease/Condition
- Create a Binder
- Keep Medications List & Legal Forms
- Plan for Safety

Create a Routine

- Consistency
- Simplifies decision making
- Feeling of security for your care receiver
- Improve sleep schedule



Establish Respite Care Options

In-Home Care

- Paid Care
 - Agency
 - Individual
- Family / Friend / Neighbor

Out-of-Home Care

- Adult Day Centers
- Social Respite Groups
- Assisted Living / Skilled Nursing / Memory Care Communities



Ways to Prevent Caregiver Burnout

- **Recognize and cope with your negative emotions.**
- **Develop a toolbox of coping skills.**
- **Practice letting go.**
- **Don't go it alone. Let others help you.**

**Self-Care:
It's Not
Selfish!!**

“Self-care is a deliberate choice to gift ourselves with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit.”

— Laurie Buchanan



Types of self Care



Physical



Emotional



Social



Spiritual



Intellectual



Mental



Financial



Environment

Sources of Information

Community
Organizations

Online
Information
& Websites

Seminars and
Conferences

Classes

Print
Materials

Support
Network
Referrals –
ask!

Working with Providers of Resources and Services



- ✓ **Be Informed**
- ✓ **Be Organized**
- ✓ **Be Efficient**
- ✓ **Be Patient**
- ✓ **Be Persistent**
- ✓ **Be Polite**

Don't Forget YOU!



**GENERAL
HEALTH CARE**



ASK FOR HELP



TAKE A BREAK



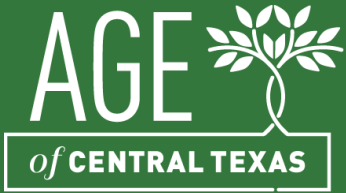
**JOIN A
SUPPORT
GROUP**



**CAREGIVERU
CLASSES**

Classes: CAREGIVERUCENTX.ORG

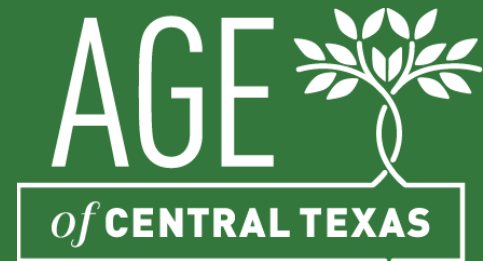
- ***Powerful Tools for Caregivers***
- ***The Savvy Caregiver***
- ***A Matter of Balance***
- ***Empowering YOU to be a Smart and Healthy Caregiver***
- ***Empowering YOU to be a Strategic Dementia Caregiver***
- ***Empowering YOU to Prevent Falls***







THANK YOU!



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