



Taking Care of Yourself through the Ups and Downs of Caregiving

Supporter:



Partners:



Alzheimer Society



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Schroeder Girls, Mom & Nanny
1997



Mom, Dad & Joey
1992



Taking Care of Yourself through the Ups and Downs of Caregiving



Today, we will explore the

- physical and emotional changes that can come with each **stage of caregiving**
- **range of feelings** (the ups and the downs) as a natural part of caregiving
- **ways to spot stress** and other mental health concerns
- **tips to staying healthy and well**





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John's Story







“If the health care system were a plant, family caregivers would be the roots: invisible, fragile and vital.”



The Stages of Caregiving

Adapted from *Stages of Caregiving*, Denise Brown, 2008, www.caregiving.com/the-caregiving-years

The Expectant Caregiver



- Growing concern.
- **Keyword:** ASK
- **Purpose:** Prepare, research options, gather information.

The New Caregiver



- Caring for a short time.
- **Keyword:** FIND
- **Purpose:** Take proactive steps to understand your role & care for yourself.

The Committed Caregiver

- Daily care.
- **Keyword:** RECEIVE
- **Purpose:** Balances the needs of the person you are caring for AND you.

The Experienced Caregiver



- You have been through it all!
- **Keyword:** WELCOME
- **Purpose:** Personal growth and reflection.

The Transitioning Caregiver

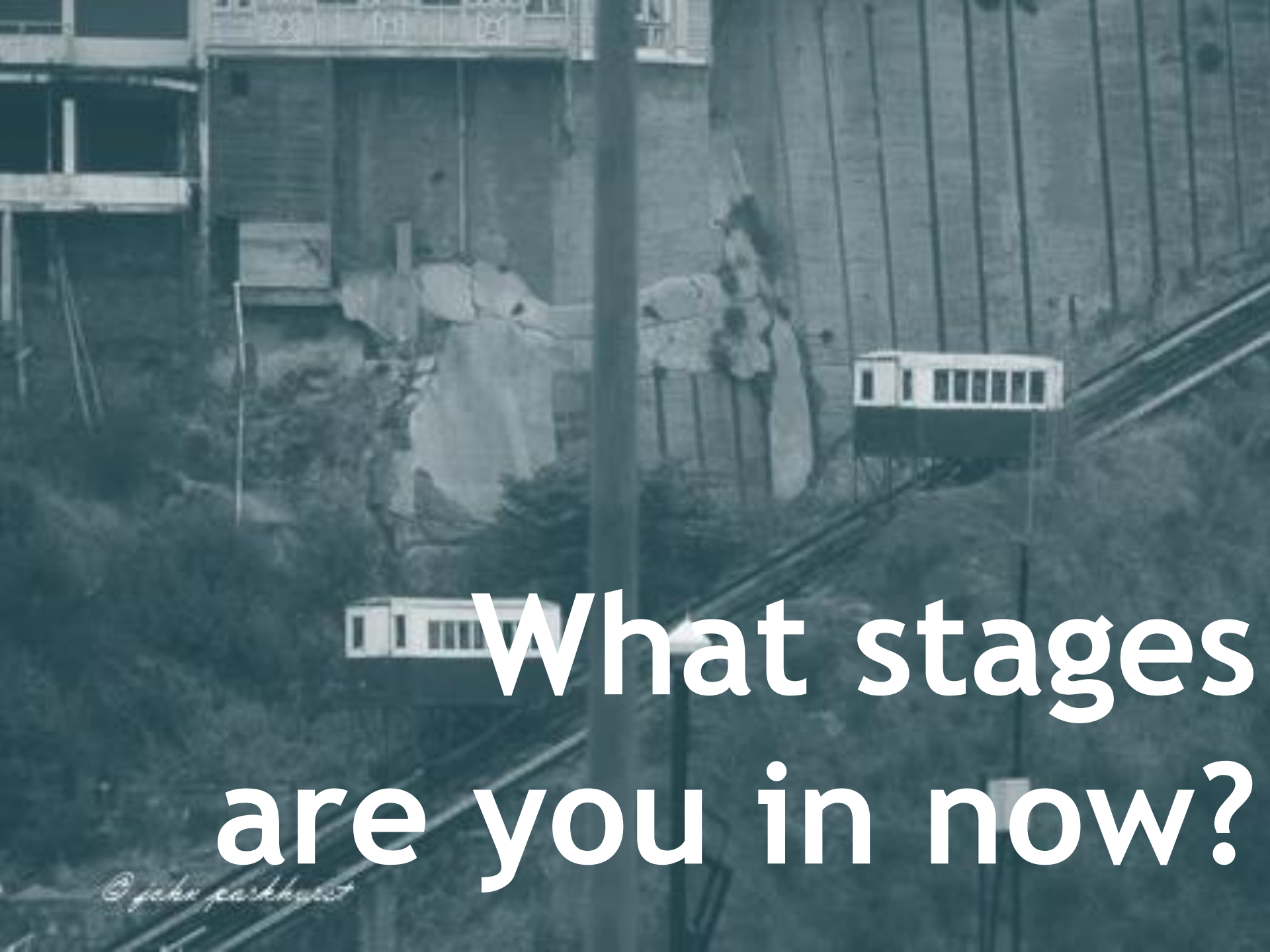


- Your role is changing.
- **Keyword:** ALLOW
- **Purpose:** Walk with your family member.

The Treasuring Caregiver

The background of the slide is a faded, vintage-style map. A telescope is positioned diagonally across the map, pointing towards the upper right. In the bottom left corner, there is a compass rose. The map features various geographical labels and a small sailing ship.

- Your caregiving has ended.
- **Keyword: TREASURE**
- **Purpose:** Reap the benefits of your efforts.



**What stages
are you in now?**

Range of Emotions





Do you need support?



1-800-268-7582

info@mssociety.ca

www.mssociety.ca

I am a caregiver for someone with MS



1-800-565-3000

info@parkinson.ca

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For caregivers

Alzheimer*Society*

1-800-616-8816

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www.alzheimer.ca/en/provincial-office-directory

Caring for someone with dementia



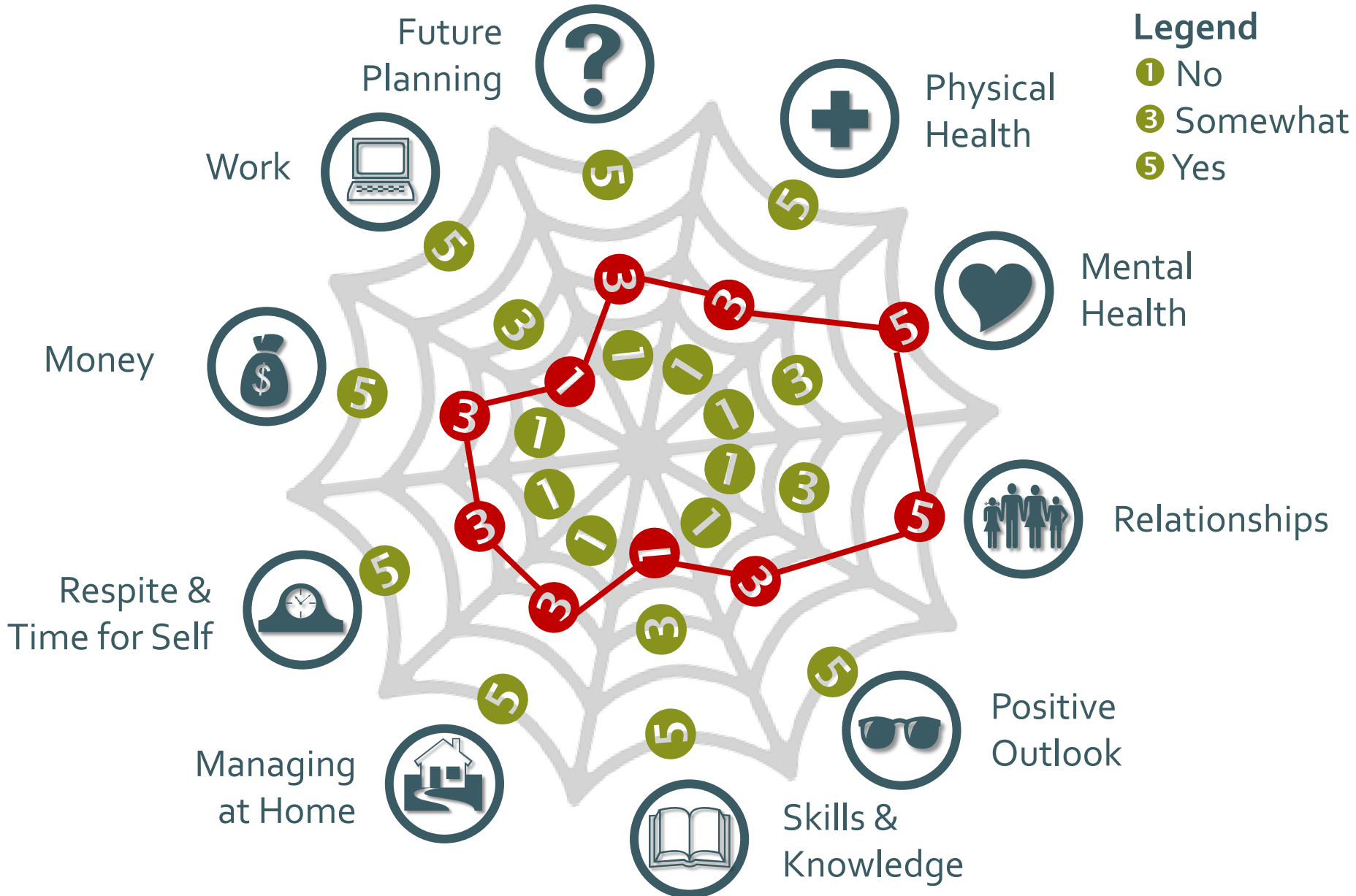
Identifying Stress



Are I in balance?



Am I in balance?





IN EMERGENCY
PUSH

A close-up photograph of a metal door handle. The handle is dark and has a circular inset in the center. Below the inset, the word "UP" is embossed in a bold, sans-serif font. The background shows the texture of the door and some decorative patterns.

UP

Tips to Staying
Healthy & Well



Physical
Health



Mental
Health

Keeping active and moving is key to your physical and mental health.

- Walk, lift weights, swim, dance, bowl or garden. Keep your body moving.
- Already active? Increase the time you spend being active. Minutes count!
- Take time to plan and eat healthy meals.
- Get a good night sleep.
- Join a support group. Talk with other caregivers about your experiences.
- Talk to your doctor about your mental health.



Relationships

Over time you may lose touch with family and friends. Relationships are important and need to be nurtured.

- Take your caregiving hat off. Focus on your relationship with the person.
- Call a friend and invite for a coffee or a walk.
- Ask other family members to help out – be specific.



Positive Outlook

In tough times, we may focus on the negative. Changing your point of view can help you to see things differently.

- Write down your thoughts. Journaling has been proven to change a person's outlook for the better.
- Make a list of the things you are most thankful for in your life. List the benefits of being a caregiver.
- Spot your bad thoughts. Ask yourself if it is true? What would your friend say about you?



Skills & Knowledge

Caregivers need new knowledge and skills to do it well.

- Talk with your doctor and/or home care provider about how you can learn skills safely.
- Attend a caregiver education course in your community.
- Be clear on what you can and can not take on as a caregiver.



Managing at Home

Caregivers need support to manage at home.

- Ask for support. Home and community care agencies offer many services including transportation, personal support, meals on wheels, and respite services.
- Ask other family members to help out – be specific.



Respite & Time for Self

Caregiving is one of the many roles you take on in life. Make sure you take time for yourself to get a break, relax and recharge.

- Make respite part of the caregiving plan. And follow through on your plan. The goal is to feel like you have had a respite break.
- Plan for both short 5 minute respite breaks to more regular breaks in your schedule.
- Plan a time where you can be with your family member as a spouse, daughter or son. Your relationship is worth it!



Money

Money can be a source of stress in many families. Try to find a balance.

- Talk with your bank about your options.
- Explore provincial and federal tax credits for caregiver.



Work

Needing to work to make money while caregiving can also be stressful. Try to find a balance.

- Talk with your human resources manager about your work and caregiving responsibilities.
- Ask to see a counsellor through your workplace benefits, if available.
- Plan for your time way from work to care and use the Compassionate Care Benefits through Employment Insurance.



Future Planning

Caregiving is a journey. You need to be prepare for each new stage.

- Plan your own bucket list.
- Find new things to be excited about together.
- Talk to your family member about their wishes.
- Check out the Speak Up campaign.



- You are **NOT ALONE!**
 - It is about the **RELATIONSHIP!**
 - You are **VITAL!**
 - It is a **JOURNEY...**
 - **RESPITE** – it is essential!
 - It is OK to focus on **YOU** too!

Summary



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Caring for someone with dementia

**Questions?
Comments?
Surprises?
Suggestions?**



	Physical Health	Public Health Agency of Canada, Aging and Seniors Active Living Alliance for Older Adults
	Emotional Health	Family Caregiving Alliance, <u>The Emotional Side of Caregiving & Taking care of YOU - Self-care for family caregivers</u> Canadian Coalition for Seniors' Mental Health
	Positive Outlook	Edmunson, Janet. (2006). Finding Meaning With Charles: Caregiving with Love through a Degenerative Disease. Campbell, Judith M. (2014). The Caregiver's Companion.
	Skills & Knowledge	The Caregiver Network Lauber, Rick. (2010). Caregiver's Guide for Canadians.
	Managing at Home	Seniors Canada
	Respite/ Time for Self	Saint Elizabeth, Creative Ways to Take a Respite Break Saint Elizabeth, Caregiver Compass
	Money	Canada Revenue Agency, Caregiver Tax Credits RBC Royal Bank, Your Caregiver Planner
	Work	Compassionate Care Benefits - Employment Insurance Canadian Human Rights Commission, A Guide to Balancing Work and Caregiving Obligations
	Future Planning	Advanced Care Planning – My Speak Up Plan Canadian Virtual Hospice