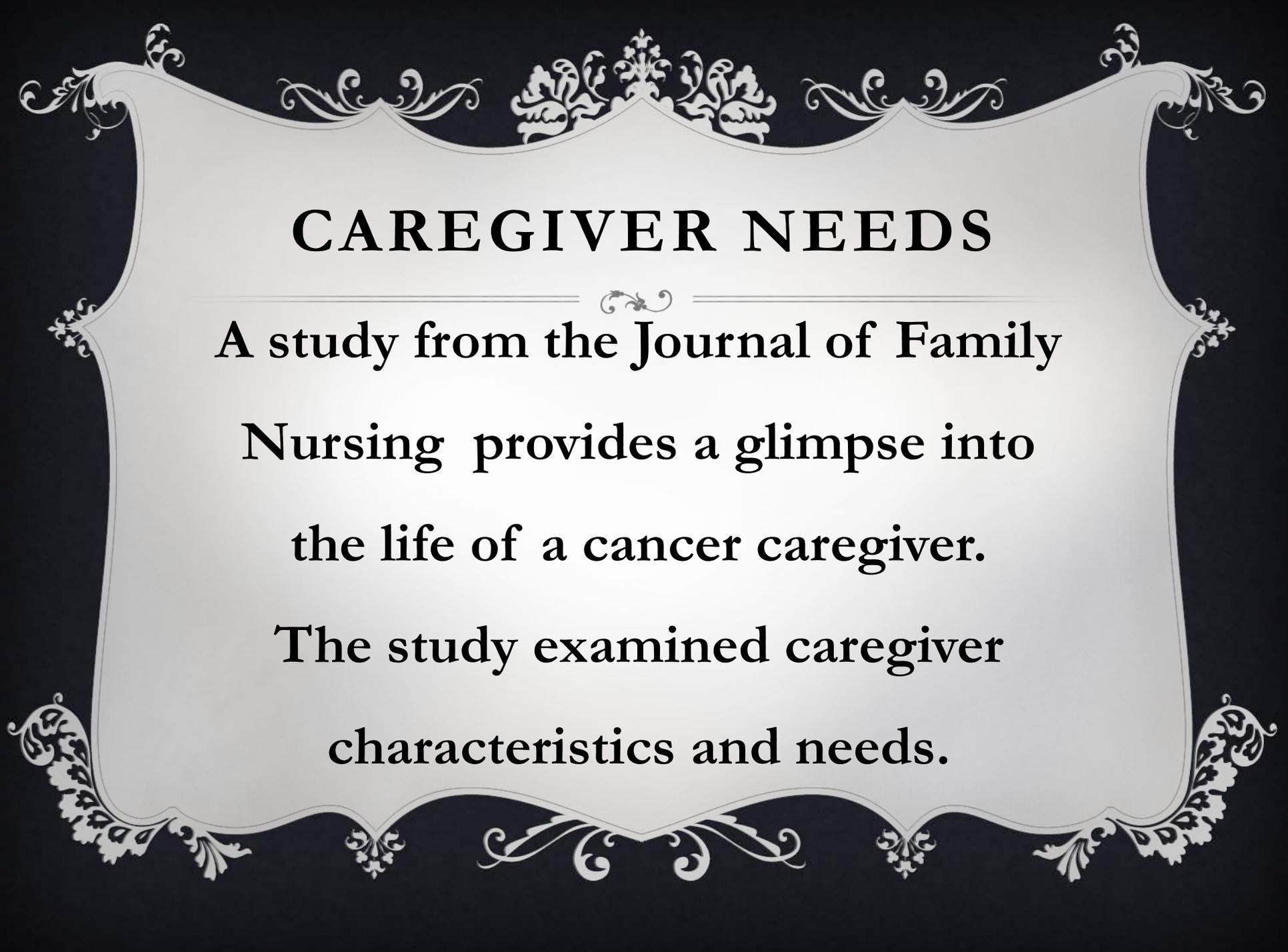




CARING FOR THE  
CAREGIVER

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*Take Care!*



# **CAREGIVER NEEDS**

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**A study from the Journal of Family**

**Nursing provides a glimpse into  
the life of a cancer caregiver.**

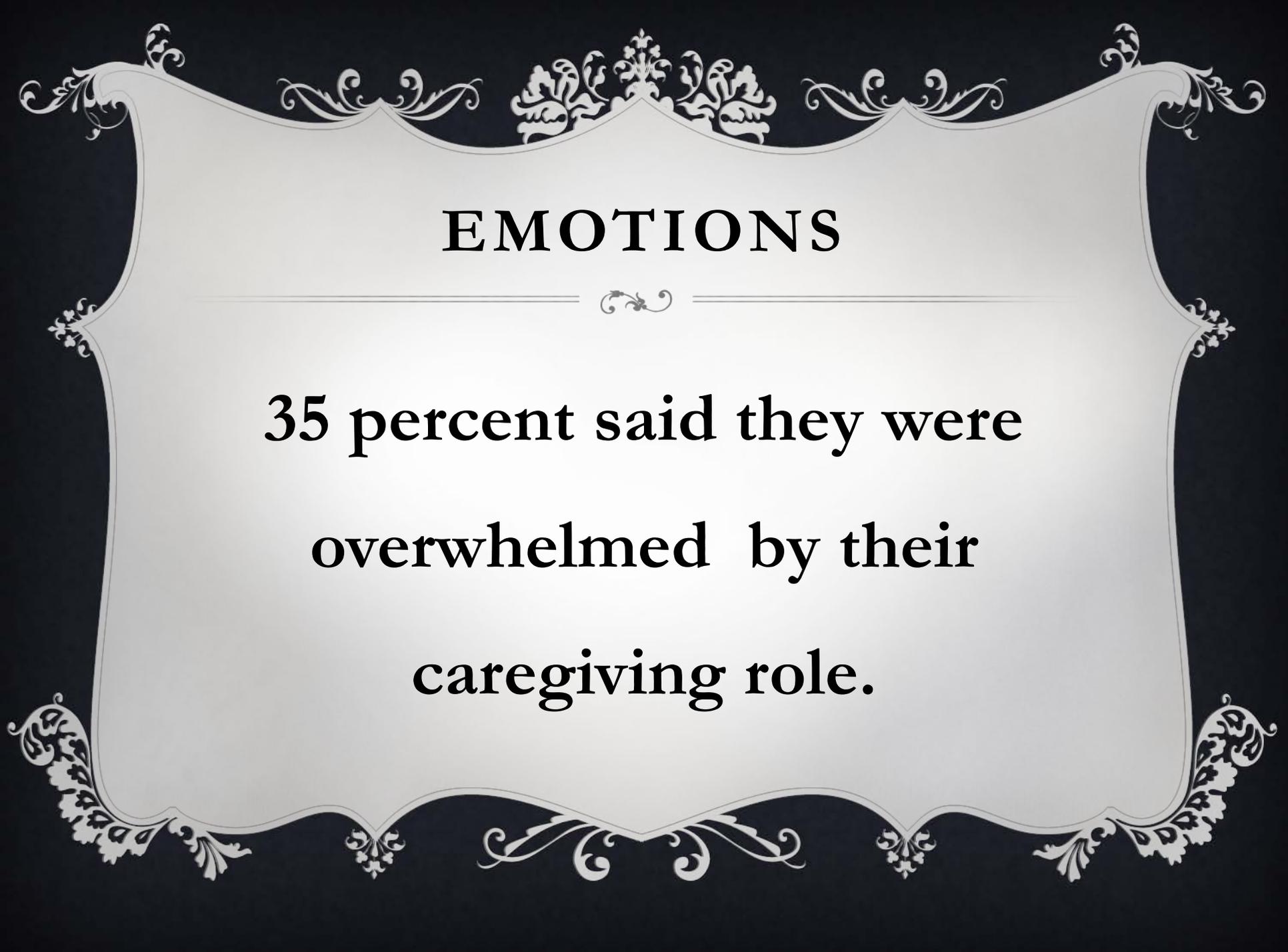
**The study examined caregiver  
characteristics and needs.**



# CAREGIVER EMOTIONS

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**97 percent said their  
roles were important.**



# EMOTIONS

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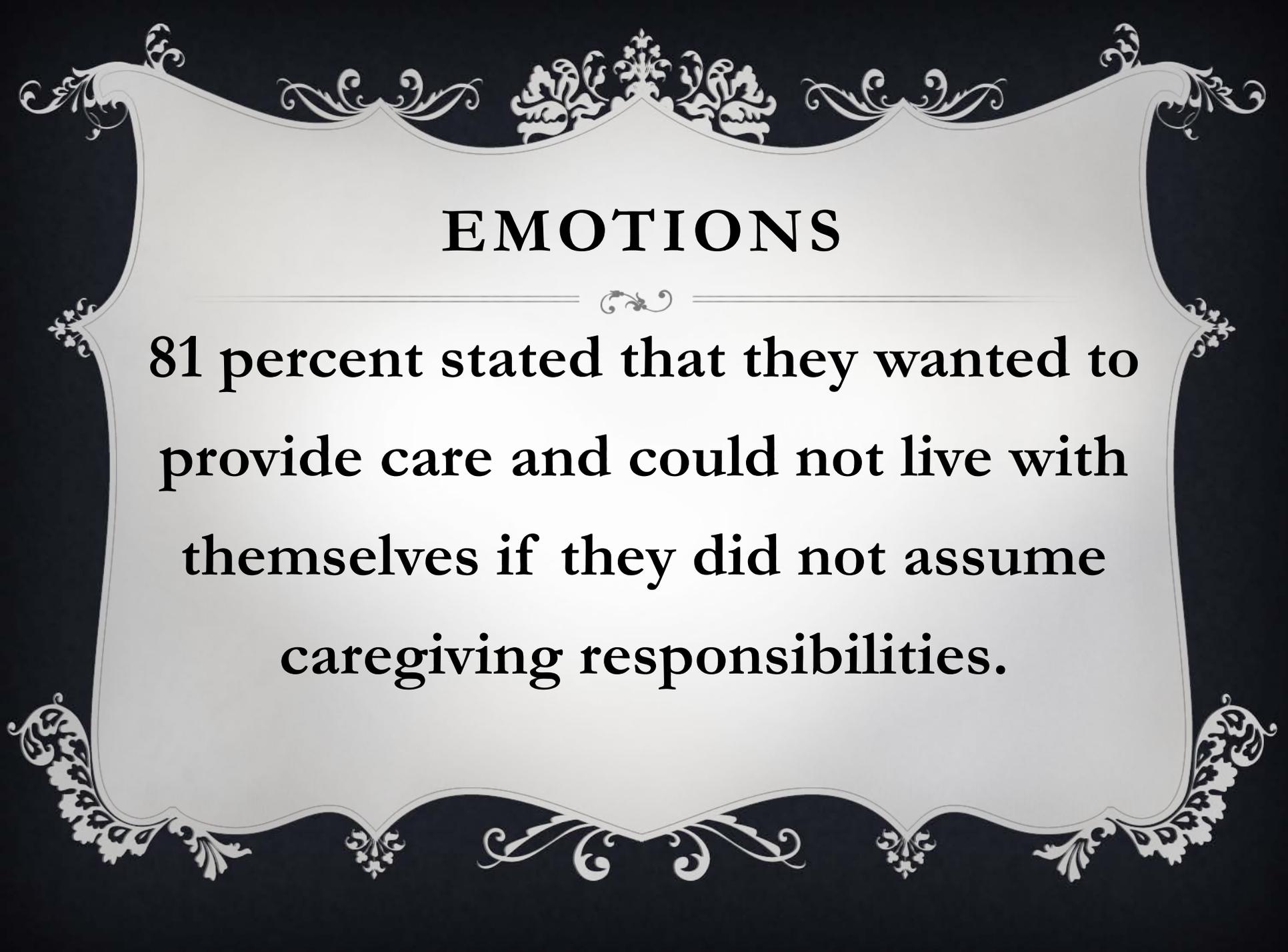
**35 percent said they were  
overwhelmed by their  
caregiving role.**



## EMOTIONS

70 percent said their families were  
not working well together.

54 percent visited friends and family  
less since assuming  
their caregiving role.



# EMOTIONS

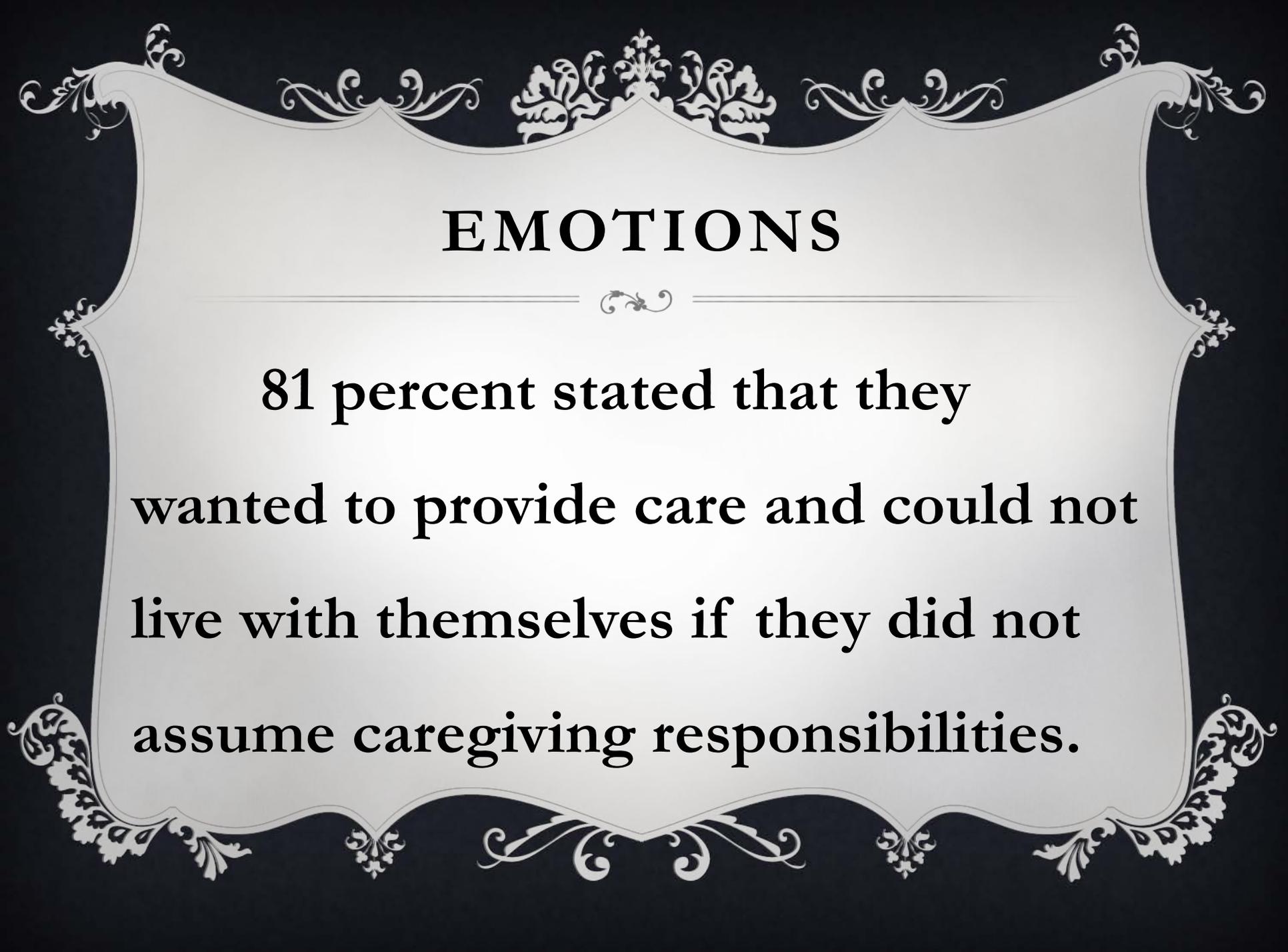
81 percent stated that they wanted to provide care and could not live with themselves if they did not assume caregiving responsibilities.



**EMOTIONS**

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**HERE'S THE "RUB"**



# EMOTIONS

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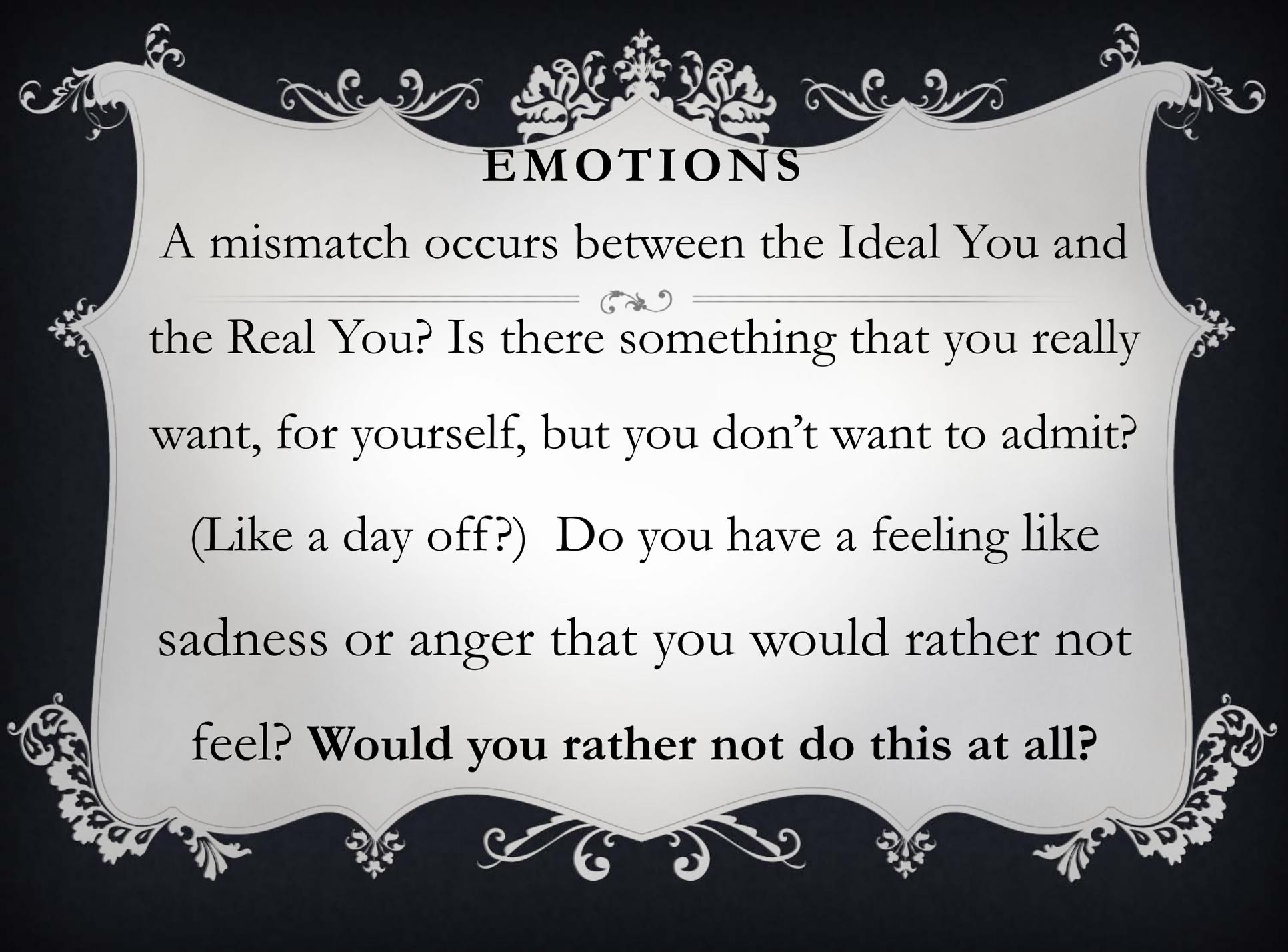
**81 percent stated that they wanted to provide care and could not live with themselves if they did not assume caregiving responsibilities.**



# EMOTIONS

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**85 percent reported that they  
resented having to provide care!**

A decorative white scrollwork border frames the text on a black background. The border features intricate floral and vine patterns, with a central crest-like element at the top and bottom.

## EMOTIONS

A mismatch occurs between the Ideal You and the Real You? Is there something that you really want, for yourself, but you don't want to admit?

(Like a day off?) Do you have a feeling like sadness or anger that you would rather not feel? **Would you rather not do this at all?**



EMOTIONS

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**Guilty!!!**



# MONSTER UNDER THE BED

## Recognize Guilt

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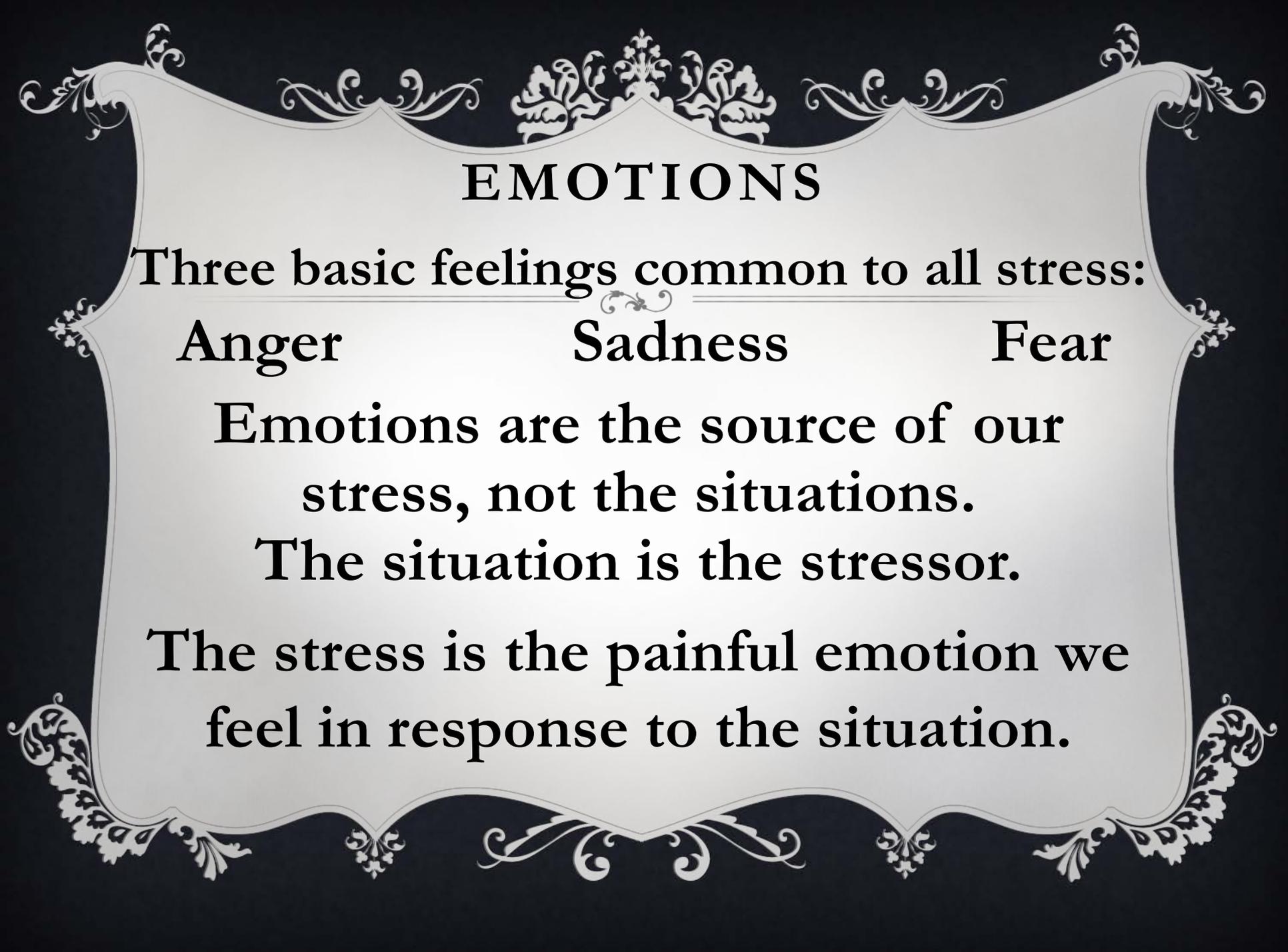
Unrecognized guilt has a way of  
eating at your soul. Name it.

It's like looking at the monster under  
the bed. Drag it out into the open.



EMOTIONS

**STRESS!!!**

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## EMOTIONS

Three basic feelings common to all stress:

Anger

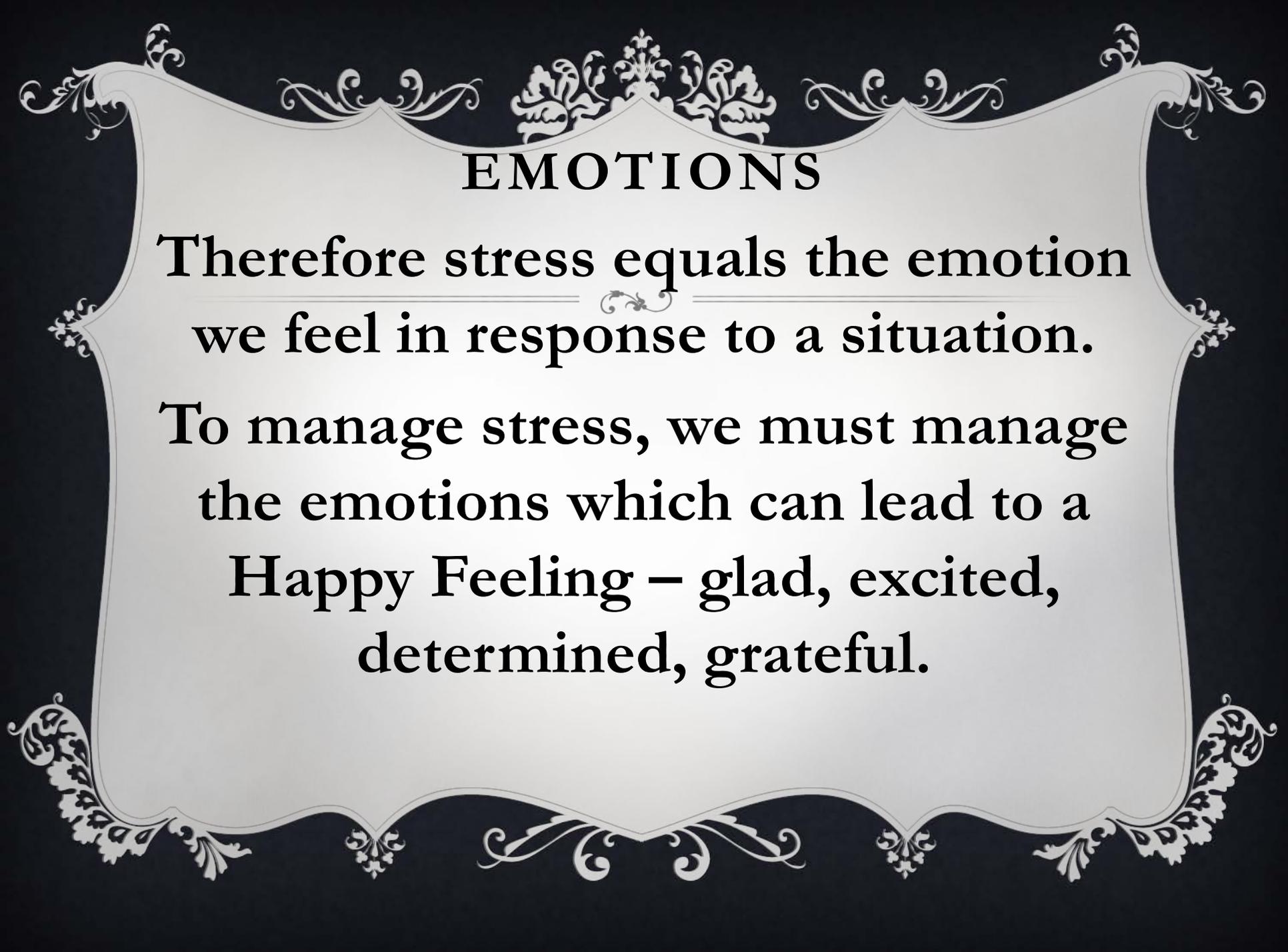
Sadness

Fear

Emotions are the source of our  
stress, not the situations.

The situation is the stressor.

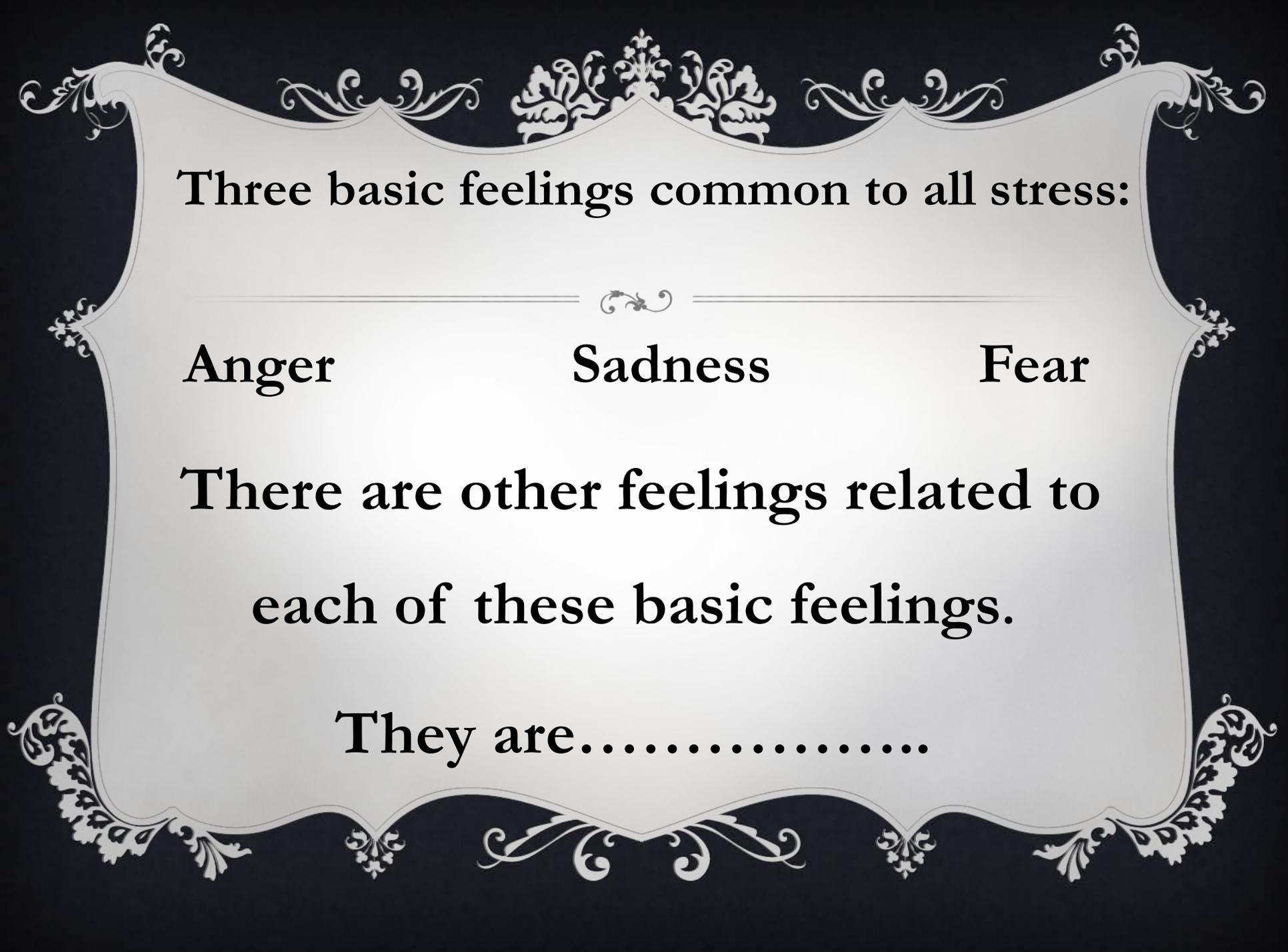
The stress is the painful emotion we  
feel in response to the situation.



## EMOTIONS

Therefore stress equals the emotion  
we feel in response to a situation.

To manage stress, we must manage  
the emotions which can lead to a  
Happy Feeling – glad, excited,  
determined, grateful.



**Three basic feelings common to all stress:**

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**Anger**

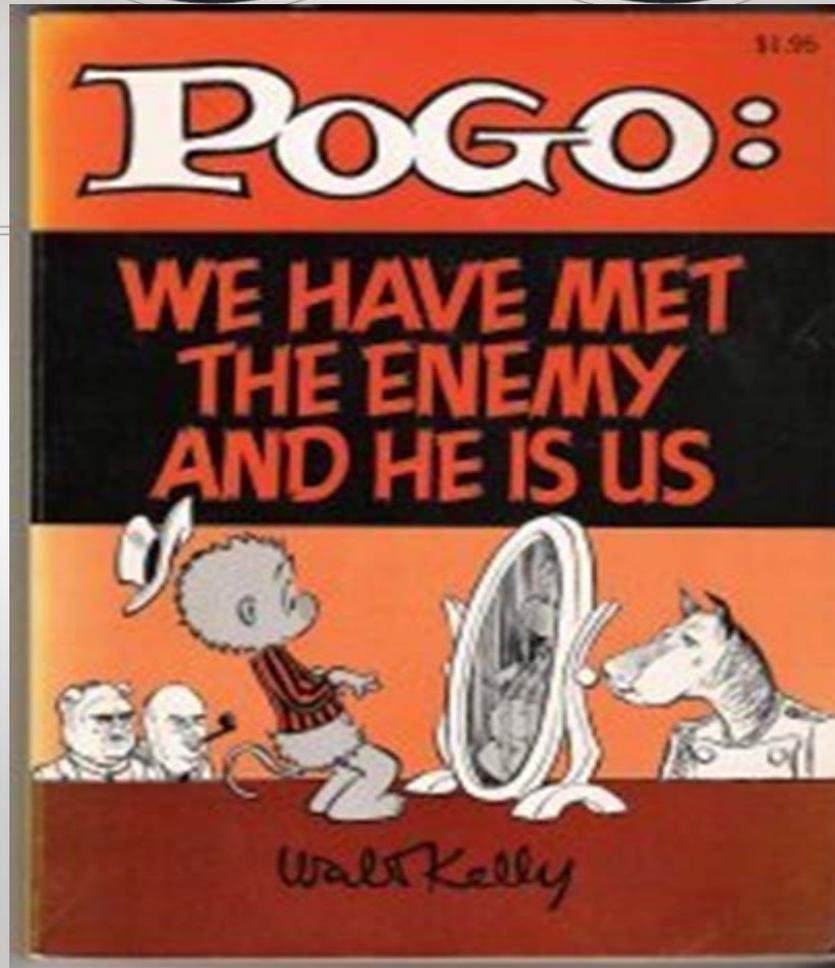
**Sadness**

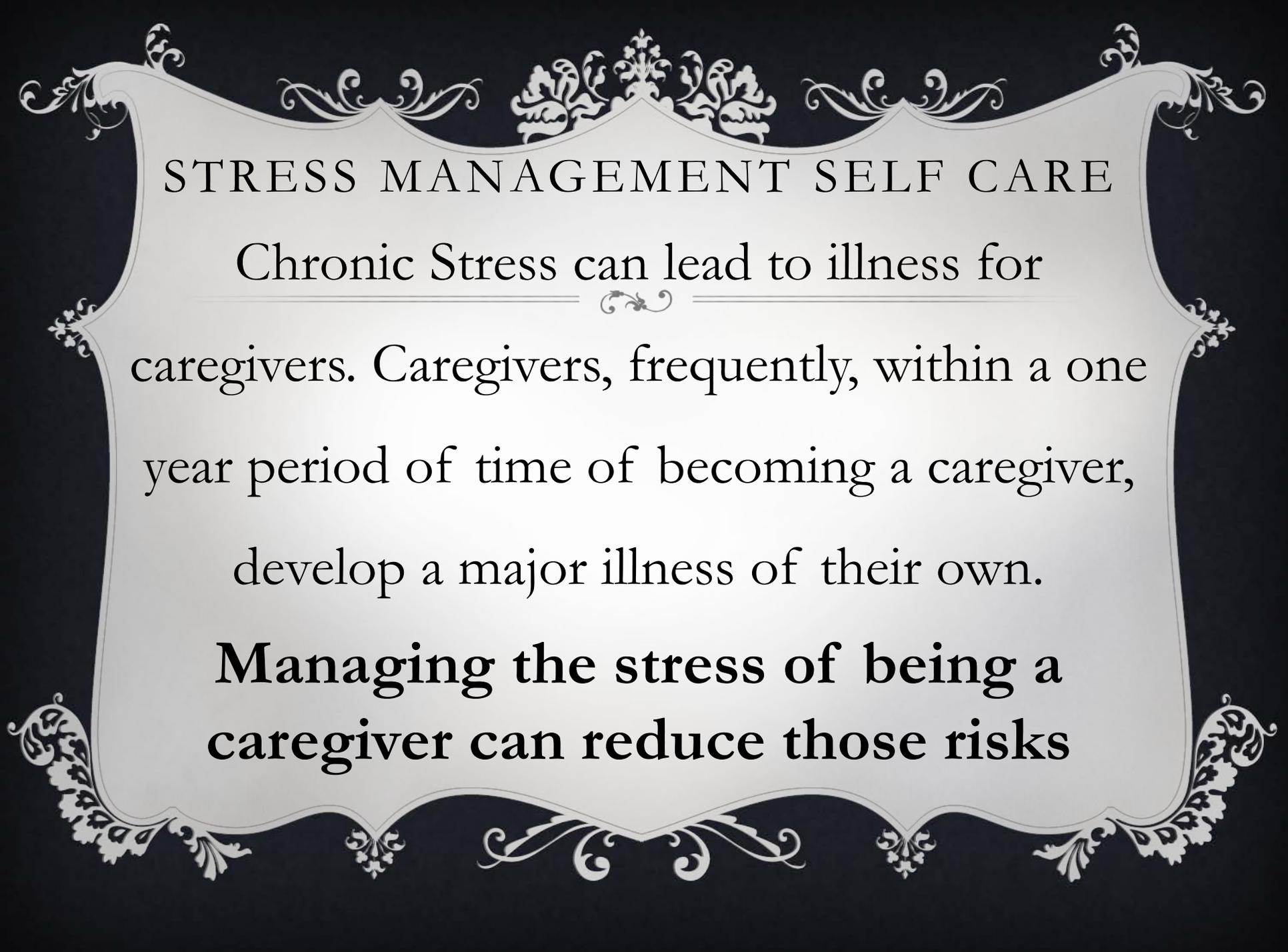
**Fear**

**There are other feelings related to  
each of these basic feelings.**

**They are.....**

Anger	Fear	Sad
Angry	Scared	Disappointed
Mad	Inadequate	Hopeless
Aggressive	Helpless	Empty
Rage	Nervous	Nothing
Hate	Anxious	Tired
Guilty	Pressured	Exhausted

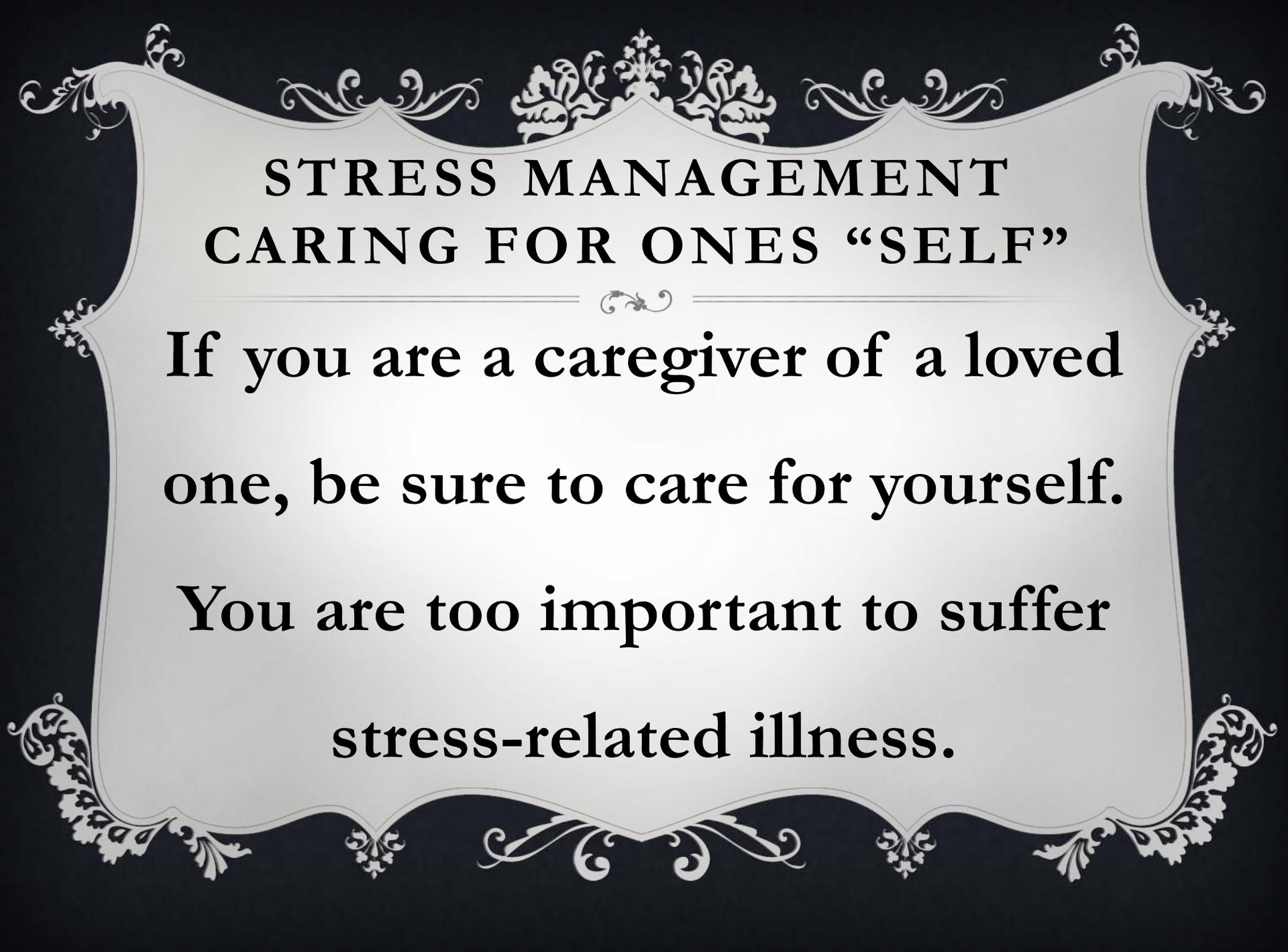




## STRESS MANAGEMENT SELF CARE

Chronic Stress can lead to illness for caregivers. Caregivers, frequently, within a one year period of time of becoming a caregiver, develop a major illness of their own.

**Managing the stress of being a caregiver can reduce those risks**

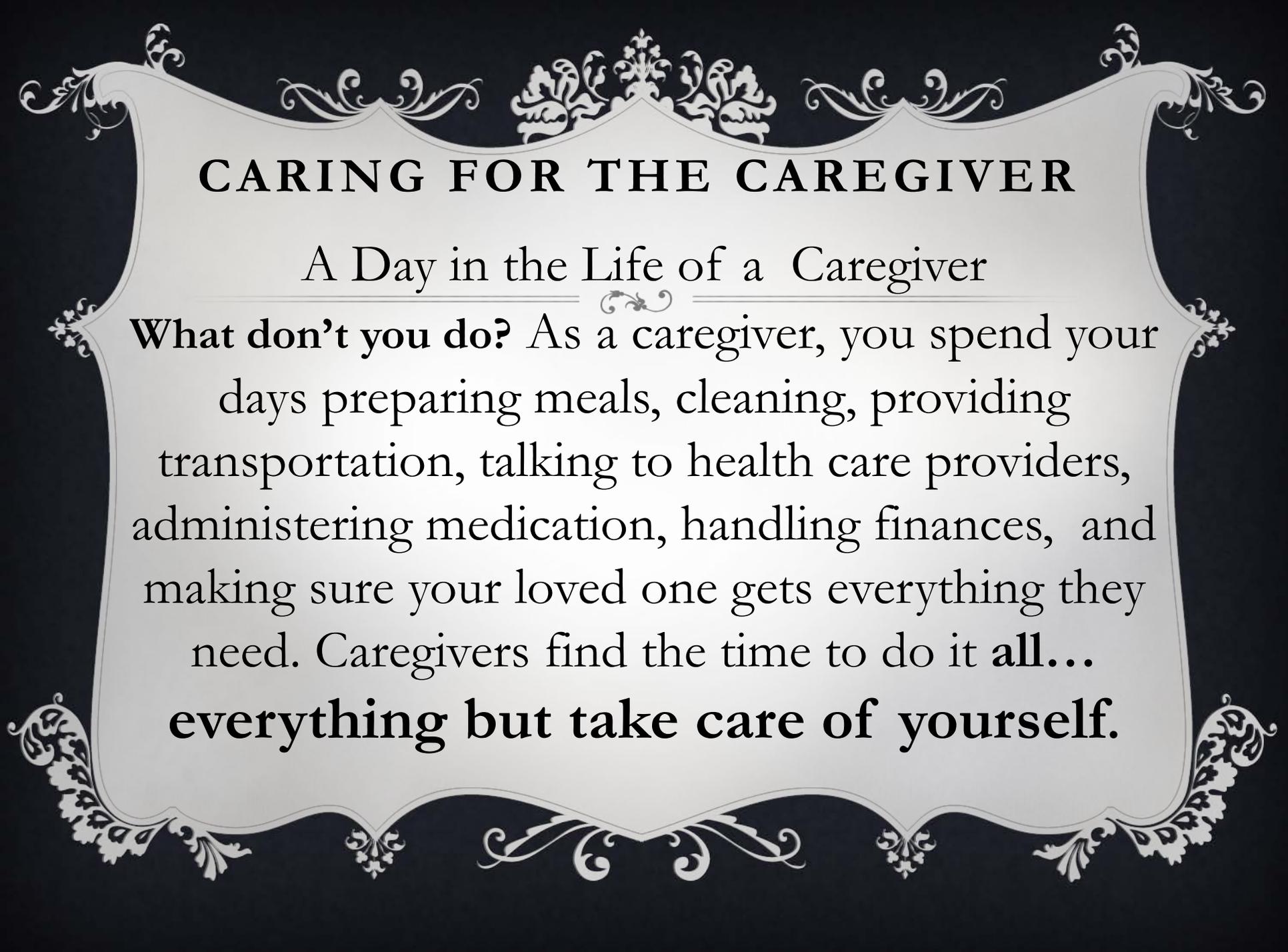


**STRESS MANAGEMENT  
CARING FOR ONES “SELF”**

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**If you are a caregiver of a loved one, be sure to care for yourself.**

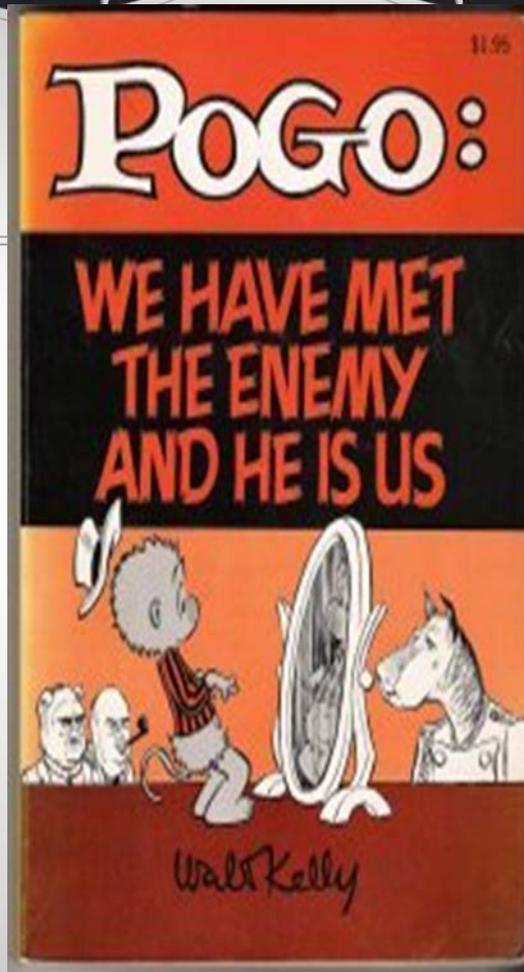
**You are too important to suffer  
stress-related illness.**

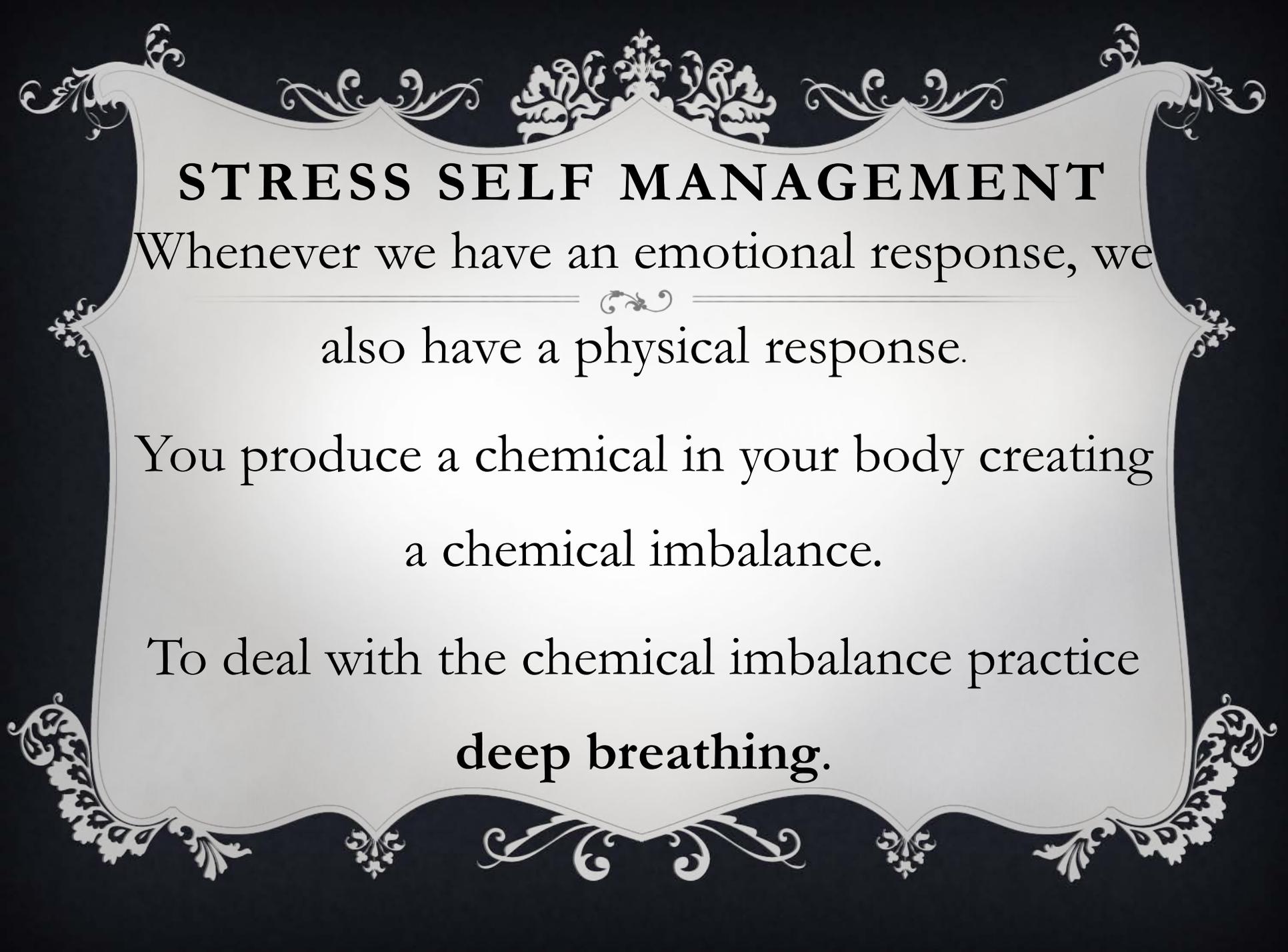


# CARING FOR THE CAREGIVER

## A Day in the Life of a Caregiver

**What don't you do?** As a caregiver, you spend your days preparing meals, cleaning, providing transportation, talking to health care providers, administering medication, handling finances, and making sure your loved one gets everything they need. Caregivers find the time to do it **all... everything but take care of yourself.**



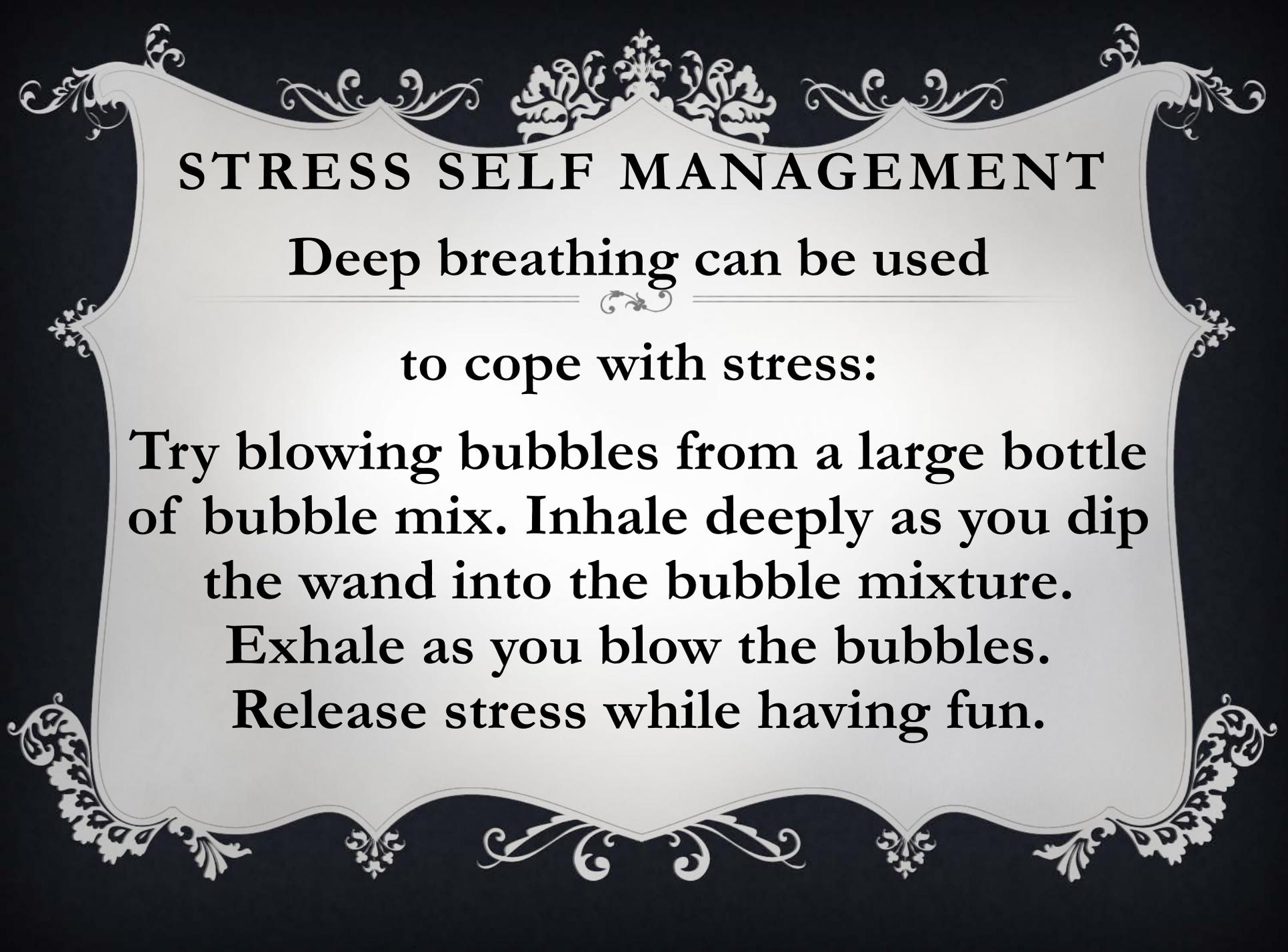


# STRESS SELF MANAGEMENT

Whenever we have an emotional response, we  
also have a physical response.

You produce a chemical in your body creating  
a chemical imbalance.

To deal with the chemical imbalance practice  
**deep breathing.**



# STRESS SELF MANAGEMENT

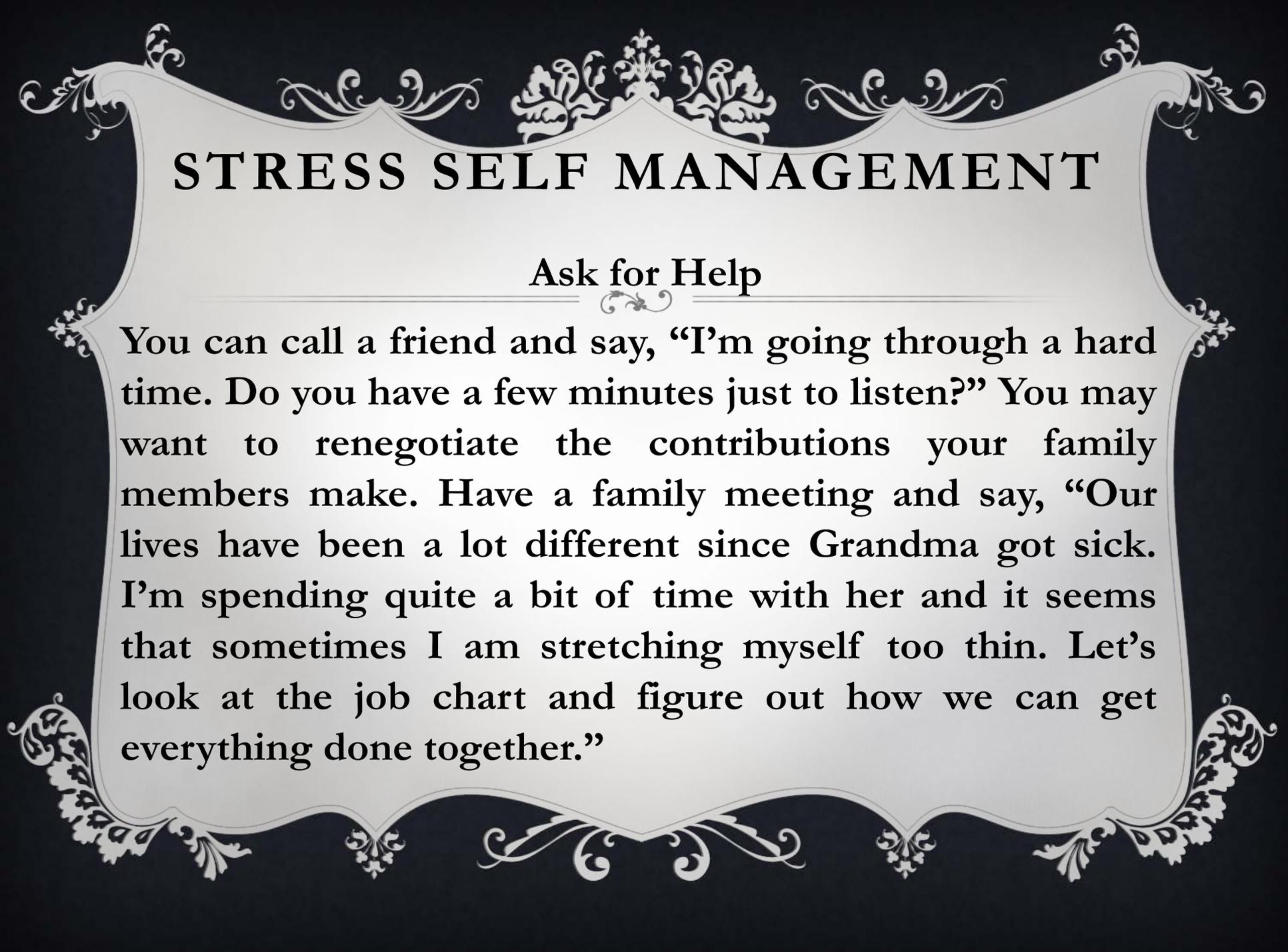
Deep breathing can be used

to cope with stress:

Try blowing bubbles from a large bottle of bubble mix. Inhale deeply as you dip the wand into the bubble mixture.

Exhale as you blow the bubbles.

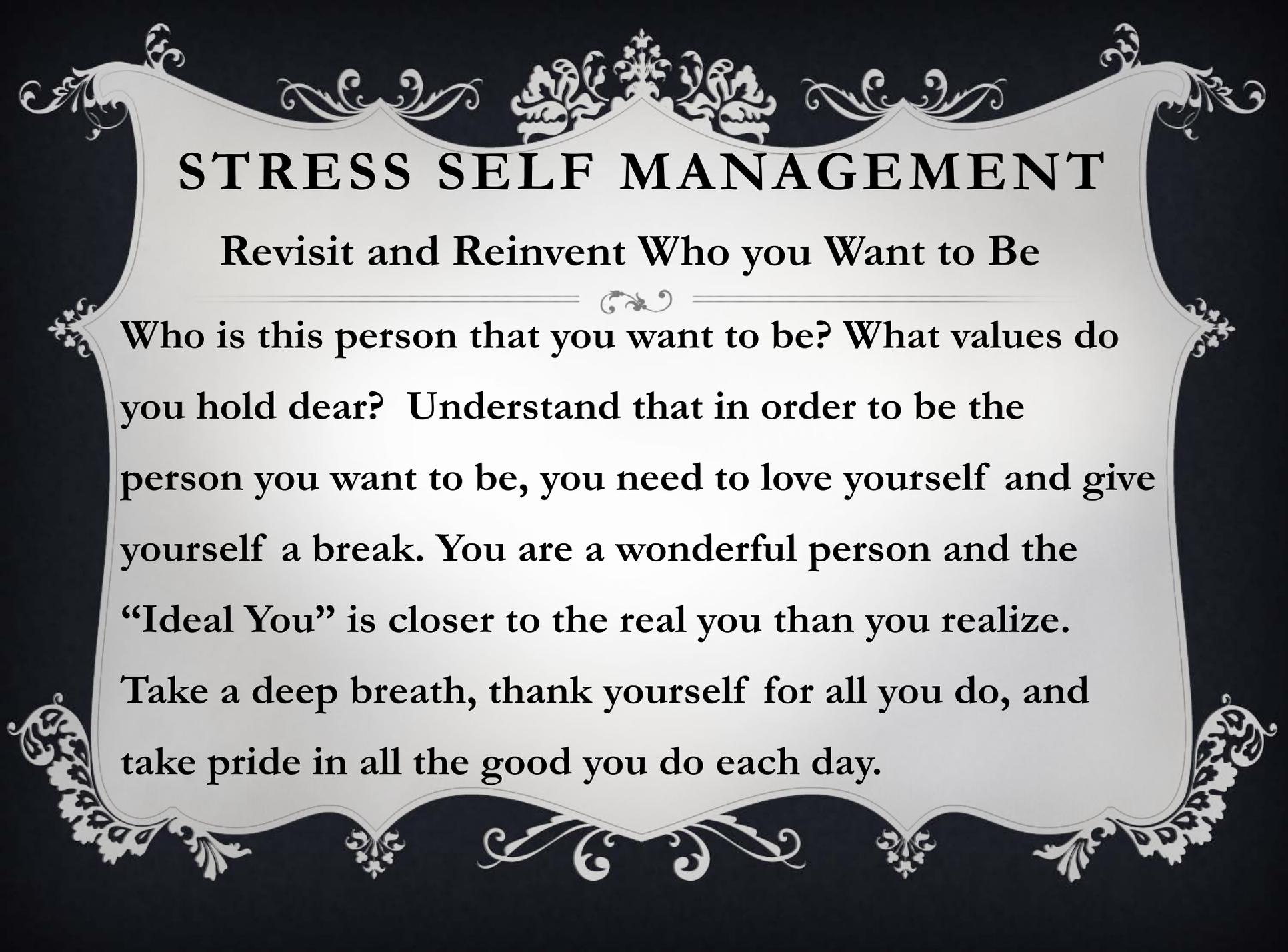
Release stress while having fun.



# STRESS SELF MANAGEMENT

## Ask for Help

You can call a friend and say, “I’m going through a hard time. Do you have a few minutes just to listen?” You may want to renegotiate the contributions your family members make. Have a family meeting and say, “Our lives have been a lot different since Grandma got sick. I’m spending quite a bit of time with her and it seems that sometimes I am stretching myself too thin. Let’s look at the job chart and figure out how we can get everything done together.”

A decorative white floral border with intricate scrollwork and leaf patterns surrounds the text. The border is symmetrical and frames the central content.

# STRESS SELF MANAGEMENT

## Revisit and Reinvent Who you Want to Be

Who is this person that you want to be? What values do you hold dear? Understand that in order to be the person you want to be, you need to love yourself and give yourself a break. You are a wonderful person and the “Ideal You” is closer to the real you than you realize. Take a deep breath, thank yourself for all you do, and take pride in all the good you do each day.

# STRESS SELF MANAGEMENT

Practice relaxation techniques

Popular techniques in addition to deep breathing are progressive muscle relaxation, meditation, chanting, visualization, yoga, and tai chi, keep a gratitude journal. There are many different ways to master these types of stress relief that you can find to fit you and your lifestyle.

## STRESS SELF MANAGEMENT

The demands that come along with caring for someone else are endless, and often times caregivers lose focus of their own needs when putting someone else's ahead of theirs. The following are additional tips for reducing the stress that inevitably coincides with taking care of another person:

# STRESS SELF MANAGEMENT

It's important for your health to eat right, get enough sleep, and exercise. These are all things that will improve your mood and keep you healthy. Taking care of yourself first is the most important way to avoid stress.

Relieve yourself of some of the hassles that comes with caregiving by setting priorities and using a date book or calendar. Planning ahead and reminders about what you have to do will only make things easier on you.



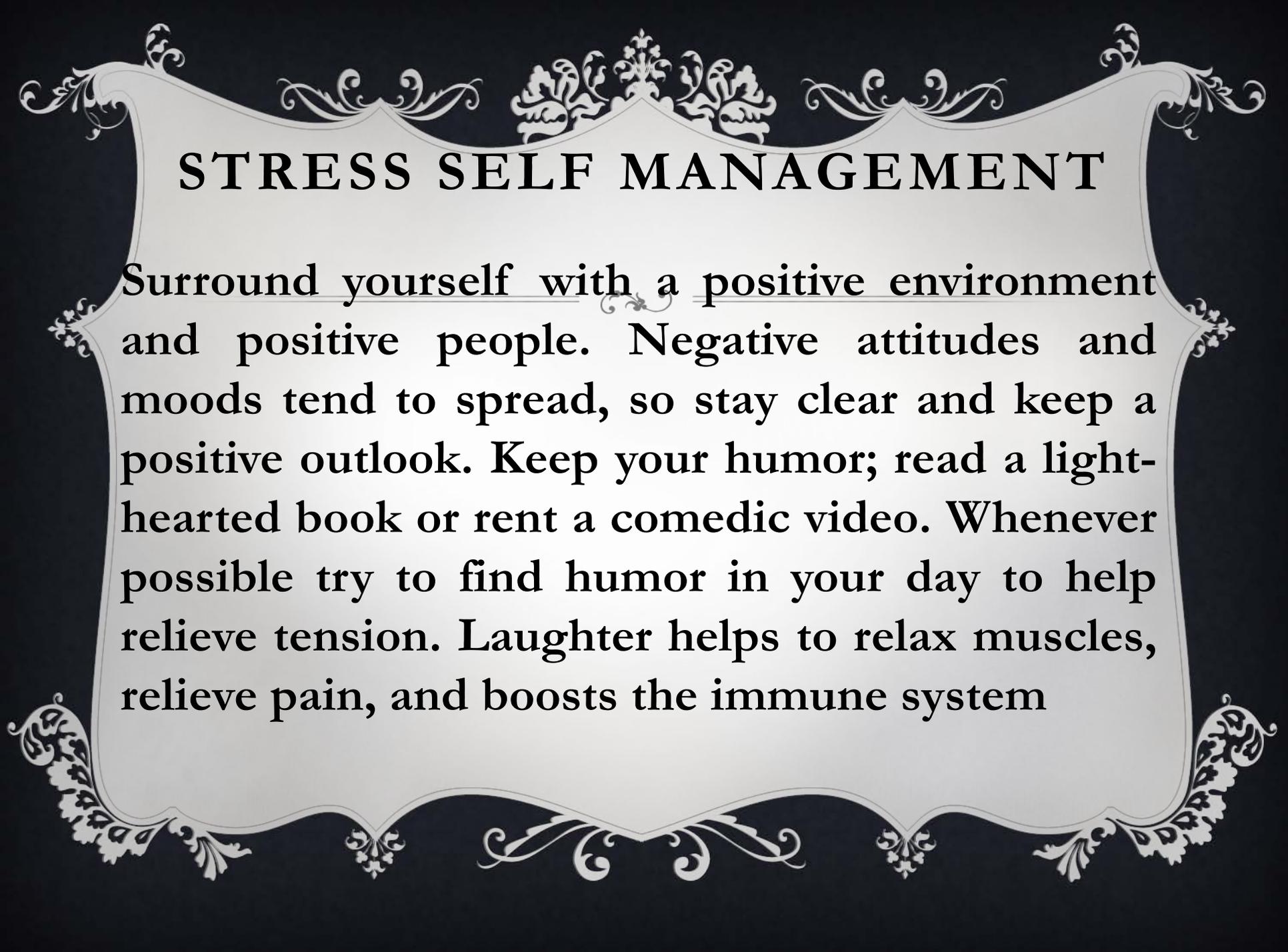
CHECK OUT

[www.sharethecare.org](http://www.sharethecare.org)

How to Organize A Group to Care for Someone Who is Seriously Ill. Find wonderful tools to help you get organized with others on sharing things that need to be done. Some great forms here that can be downloaded.

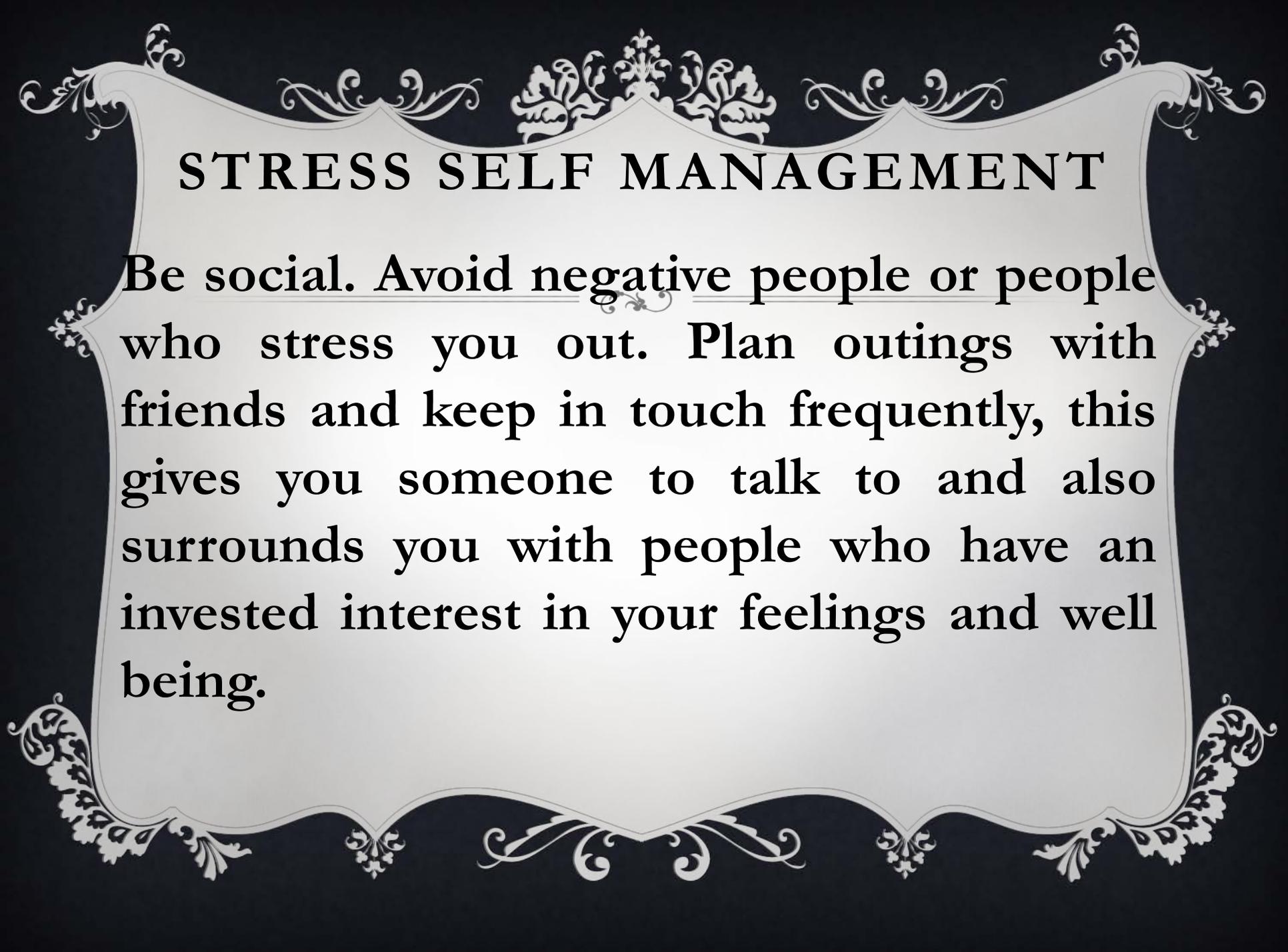
# STRESS SELF MANAGEMENT

Reward yourself. Participate in activities you enjoy and treat yourself. One of the best investments you can make is indulging in a massage. Massage therapy can relax muscles, ease muscle spasm, increase blood flow to skin and muscles and relieve mental and emotional stress. If you can't afford massage or have limited time use lotion and self hand massage. Instructions for self hand massage can be found on the internet.

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# STRESS SELF MANAGEMENT

Surround yourself with a positive environment and positive people. Negative attitudes and moods tend to spread, so stay clear and keep a positive outlook. Keep your humor; read a light-hearted book or rent a comedic video. Whenever possible try to find humor in your day to help relieve tension. Laughter helps to relax muscles, relieve pain, and boosts the immune system



## STRESS SELF MANAGEMENT

Be social. Avoid negative people or people who stress you out. Plan outings with friends and keep in touch frequently, this gives you someone to talk to and also surrounds you with people who have an invested interest in your feelings and well being.

## **STRESS SELF MANAGEMENT**

**If caring for elderly, a resource that can aid a caregiver in need of a break is adult day care. Adult day care offers a safe, social, and enjoyable environment for elderly who are no longer independent. This provides a break and relief for caregivers knowing that their parent/grandparent is in good hands.**

## STRESS SELF MANAGEMENT

Educate yourself about the illness of the person you are caring for. The more you know the more comfortable you will feel caring for them.

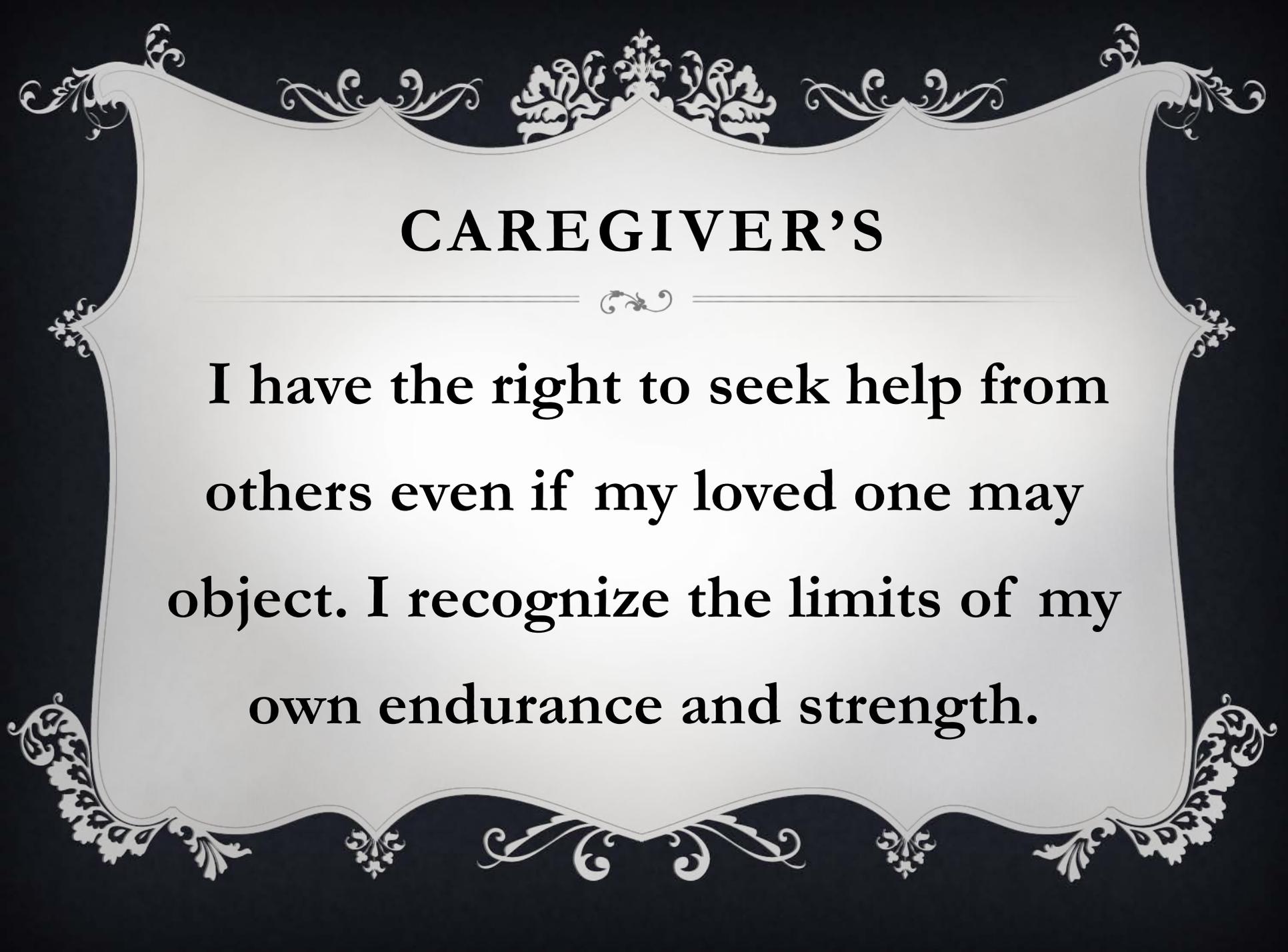
Don't be afraid to talk about your feelings. A great way to vent is with a support group, through a counselor, or anyone you know that is willing to lend an ear.



**A CAREGIVER'S  
BILL OF RIGHTS**

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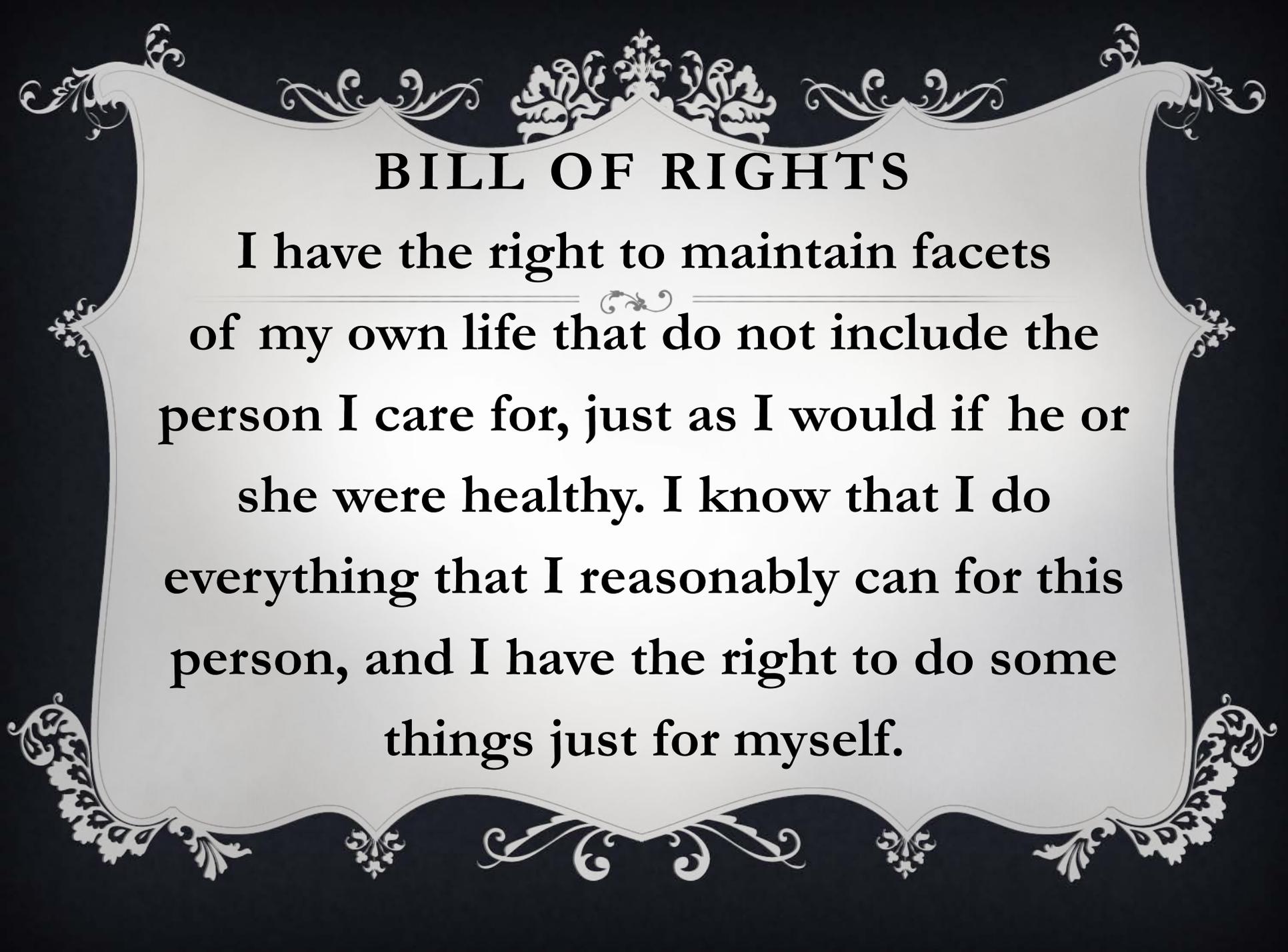
**I have the right to take care of  
myself. This is not  
an act of selfishness.**



## CAREGIVER'S

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I have the right to seek help from others even if my loved one may object. I recognize the limits of my own endurance and strength.

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## **BILL OF RIGHTS**

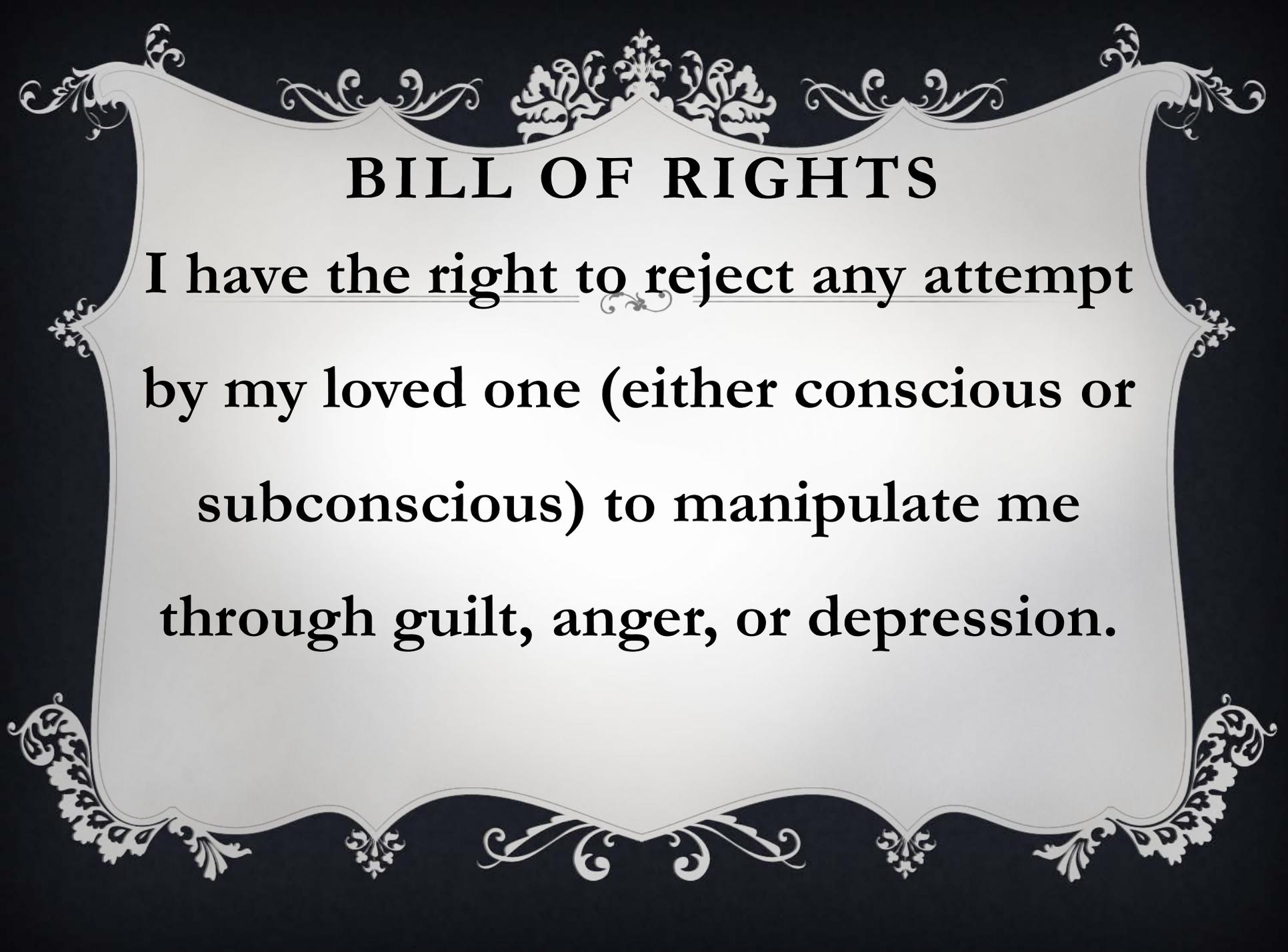
**I have the right to maintain facets  
of my own life that do not include the  
person I care for, just as I would if he or  
she were healthy. I know that I do  
everything that I reasonably can for this  
person, and I have the right to do some  
things just for myself.**



# CAREGIVER'S

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**I have the right to express  
my feelings, including anger.**

A decorative white scrollwork border with intricate floral and vine patterns, framing the text on a black background.

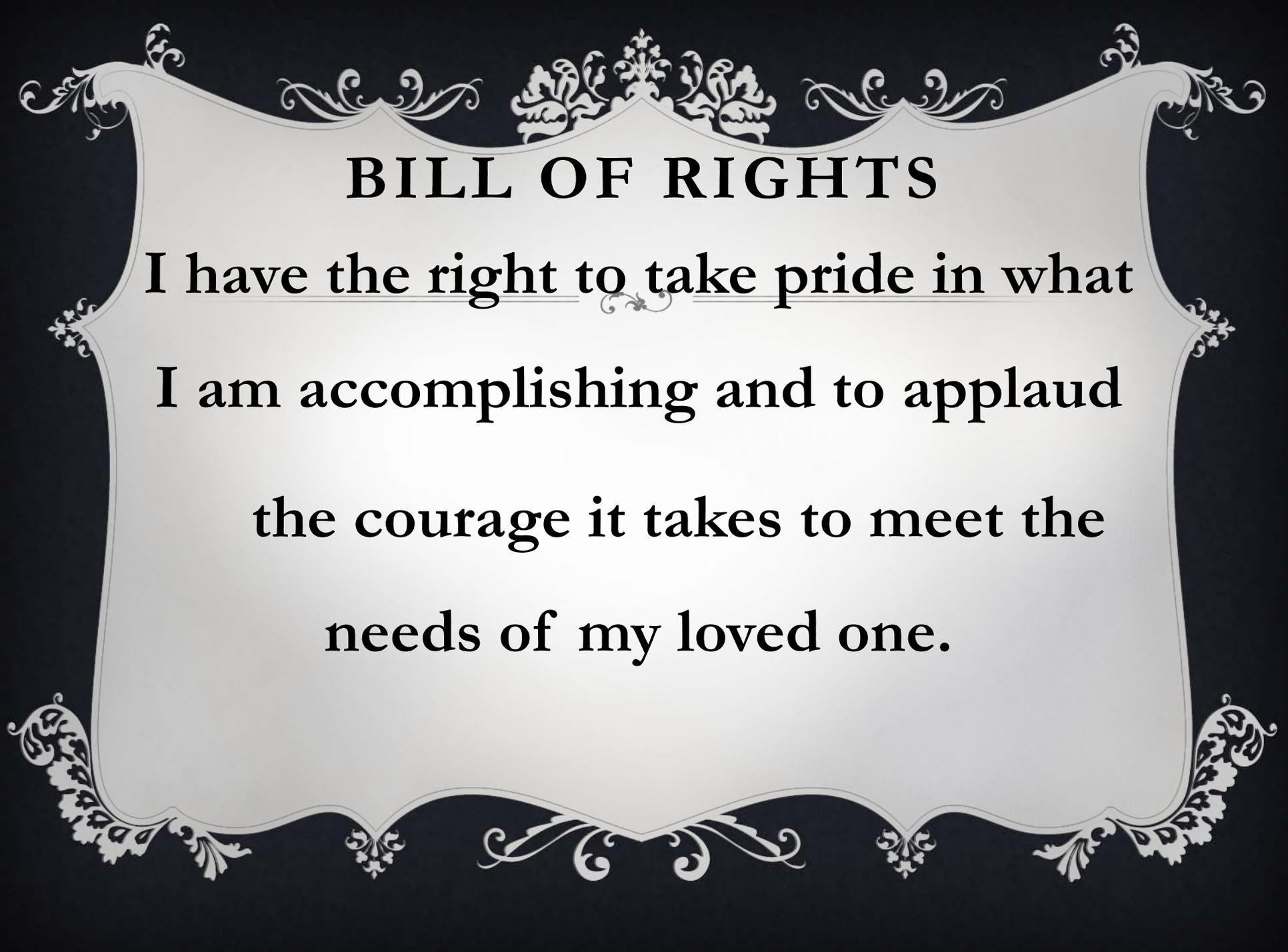
## **BILL OF RIGHTS**

**I have the right to reject any attempt  
by my loved one (either conscious or  
subconscious) to manipulate me  
through guilt, anger, or depression.**



## CAREGIVER'S

I have the right to receive  
consideration, affection, forgiveness,  
and acceptance from my loved one as  
long as I offer these qualities in  
return.

A decorative white scrollwork border with intricate floral and vine patterns, framing the text on a black background.

# BILL OF RIGHTS

I have the right to take pride in what

I am accomplishing and to applaud

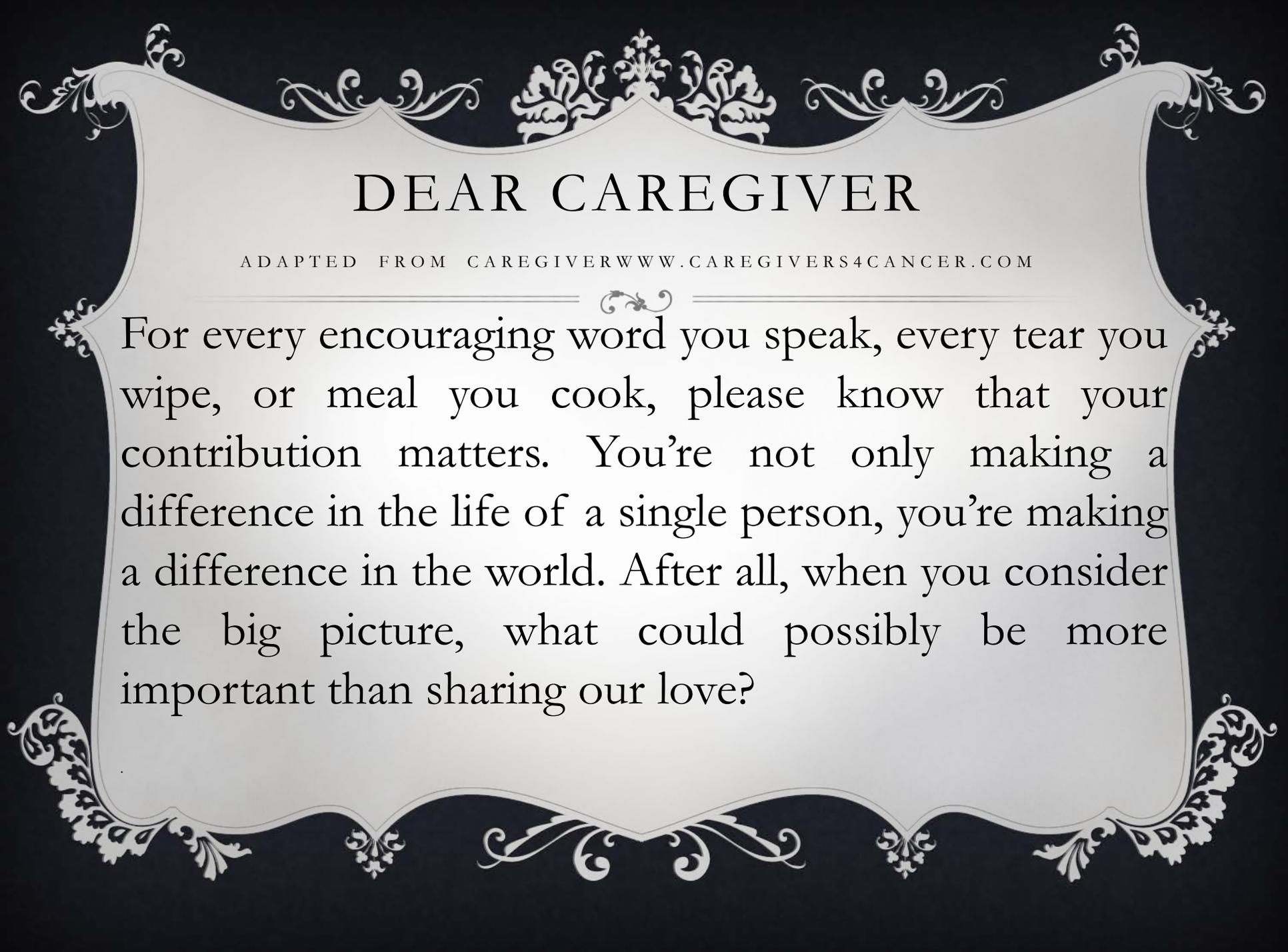
the courage it takes to meet the

needs of my loved one.



# CAREGIVER'S

I have the right to protect my  
individuality and my right to make a life  
for myself that will sustain me in the  
time when my loved one no longer  
needs my help.

A decorative white floral border with intricate scrollwork and leaf patterns surrounds the text. The border is symmetrical and frames the central content.

# DEAR CAREGIVER

ADAPTED FROM [CAREGIVERWWW.CAREGIVERS4CANCER.COM](http://CAREGIVERWWW.CAREGIVERS4CANCER.COM)

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For every encouraging word you speak, every tear you wipe, or meal you cook, please know that your contribution matters. You're not only making a difference in the life of a single person, you're making a difference in the world. After all, when you consider the big picture, what could possibly be more important than sharing our love?



DEAR CAREGIVER CONTINUED

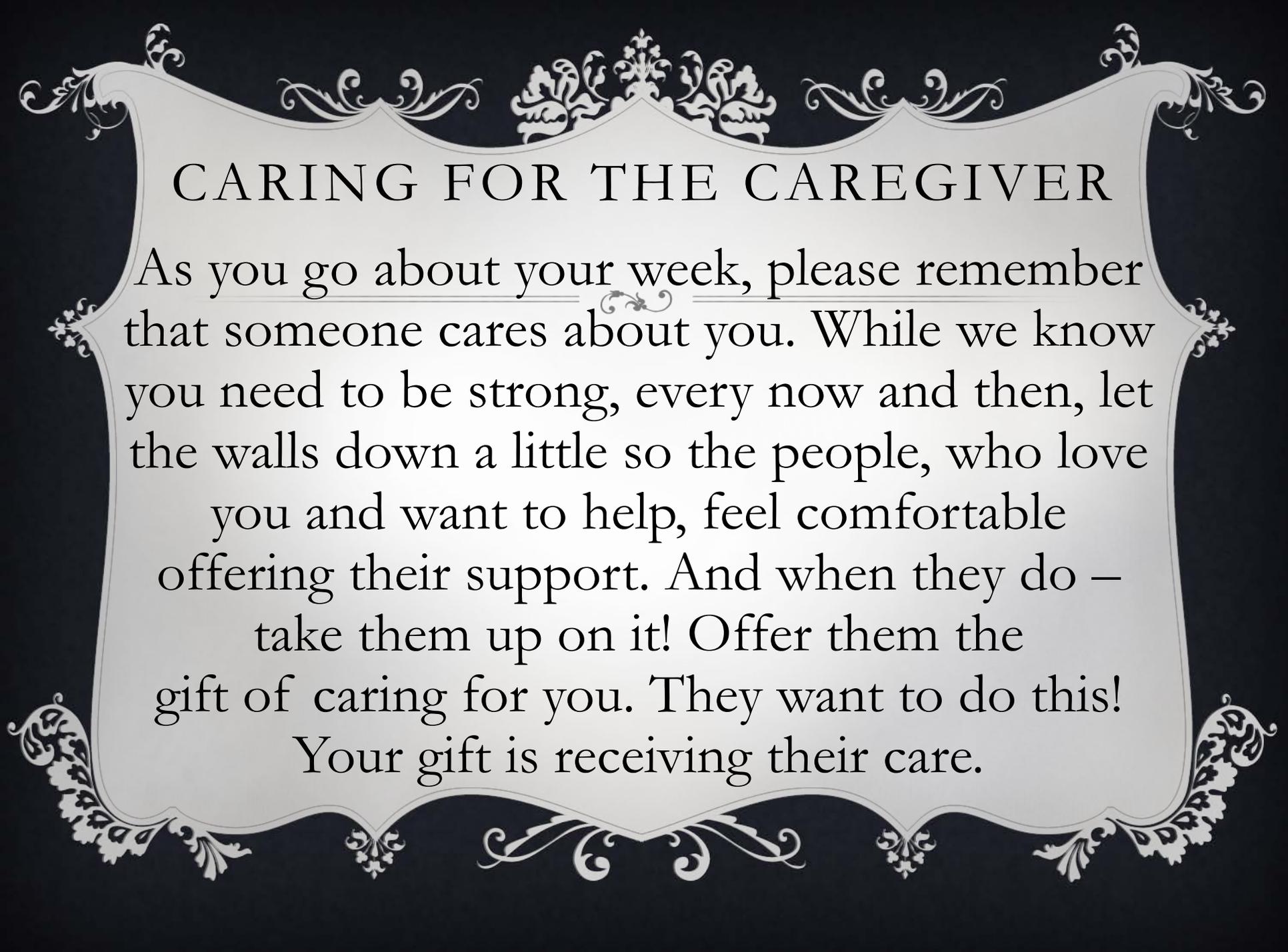
During this time, please take good care of yourself. When you feel like you just can't do it anymore (and I know you feel that way at times), take a deep breath and trust that there are unseen forces available to you right now, in this moment. Stop and ask for help.

A decorative white floral border with intricate scrollwork and leaf patterns surrounds the text on a black background.

## DEAR CAREGIVER CONTINUED

Ask for the courage and strength to balance your self care with the care of your loved one. When you need to, find someone to vent with every now and then. It's normal to feel irritated, exhausted, or fed up with all you have to do. Don't worry. Good people get angry too.

Continued next page



## CARING FOR THE CAREGIVER

As you go about your week, please remember that someone cares about you. While we know you need to be strong, every now and then, let the walls down a little so the people, who love you and want to help, feel comfortable offering their support. And when they do – take them up on it! Offer them the gift of caring for you. They want to do this! Your gift is receiving their care.

PREPARED AND ADAPTED FROM  
CAREGIVER RESOURCES BY PATRICIA  
TORN ON BEHALF OF CANCER  
SUPPORT NOW

Please e-mail [ptorn@comcast.net](mailto:ptorn@comcast.net)

**Caregiver Support Group in Albuquerque**  
**Fourth Saturday, 10:30am to Noon**  
**Call 307-3414 for more information.**

[www.cancersupportnow.org](http://www.cancersupportnow.org)

## RESOURCES USED

- ❖ NCCS, Caregiver Bill of Rights

<https://www3.centrahealth.com/services/caregivers.aspx>

- ❖ Principle Business Enterprises, Inc. Caregiving – Coping with Stress

[homecaringadvice.com/images/pdfs/Caregiver%20...](http://homecaringadvice.com/images/pdfs/Caregiver%20...) · PDF file

- ❖ Beth Erickson, Ph.D. , What Can You Control? You

[www.strengthforcaring.com/author/beth-erickson](http://www.strengthforcaring.com/author/beth-erickson)

- ❖ Vicki Rackner, M.D., Caregivers Managing Guilt

[www.strengthforcaring.com/.../managing-guilt](http://www.strengthforcaring.com/.../managing-guilt)

- ❖ JFN, November, 1998 Vol.4, Issue 4, *Who is a Caregiver*