

Caregiving



AnthemEAP

Objectives

- Statistics
- Self-care
- Assess your family needs
- Keep balance in your life
- Common emotions
- Special situations
- Resources

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"There are only four kinds of people in this world:

Those who have been caregivers

Those who are currently caregivers

Those who will be caregivers

Those who will need caregivers."

- Rosalynn Carter

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Statistics

- Family caregivers spend an average of 24 hours per week, giving care
- The average caregiver spends 4-5 years in that role
- 89% are caring for a relative
- 40% of those cared for, reside in their caregiver's residence
- 61% of caregivers are women



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The Toll on Caregivers

- 66% of caregivers are working while also providing care
- 42% of caregivers' time is spent providing practical / personal care support; 34% on providing emotional support and 23% providing financial support
- 61% of caregivers have reported an impact to their employment situation
- 62% of caregivers said they must make choices between spending time with friends and providing care
- 41% of caregivers report their own health status as excellent or very good

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The Emotional Impact on the Caregiver

- **Relational Stress** is when the relationship between the person and their environment (or other people) is appraised by the person as exceeding his or her resources and endangering his or her well-being.
- **Compassion Fatigue** is a condition characterized by a gradual lessening of compassion over time. It results from an ongoing, snowballing process that occurs in a demanding relationship with a needy individual.
- **Caregiver Burnout** is defined as the demoralization, disillusionment, cynicism, and physical, mental and emotional exhaustion that frequently occurs among individuals responsible for the constant care of another.

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The Importance of You



- You come first
- Know what you can and cannot do
- Watch your sleep, nutrition, exercise: it won't help if you get sick
- How many hours are you spending taking care of others?
- How many hours are you spending, taking care of you?

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Tips for the Caregiver

- **Remember.** Find small ways to remind yourself of who you are and who you want to be
- **Ask.** Ask for help: Think of specific things that would help you and request help with those tasks
- **Connect.** Connect with people who can relate
- **Focus on.** Focus on something you CAN change – no matter how small it is
- **Forgive.** Forgive yourself
- **Don't forget.** Don't forget to monitor your own health

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Assess Your Family Needs

Home safety

- Are there any accommodations that need to be made to keep your loved one safe

Cooking

- Plan simple meals or if possible, make several at a time and freeze for the coming days
- Consider using a meal delivery program

Cleaning the house

- Break down chores to be manageable based on your other responsibilities i.e., one room/day
- Hire help, if possible

Hygiene issues

- Be proactive, it's the best way to prevent the spread of viruses and bacteria

Medications

- Make a list of all medications, dosing and the times they are taken

Doctors

- Make a list of all health care providers and their contact information

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Balance In Your Life

- Hold family meetings
- Keep family members informed of important developments
- Share concerns and areas where everyone can help
- Facetime/Zoom/Skype are great tools to stay in touch
- Include relatives that are out of town. They can make phone calls to insurance companies, doctors, etc.
- Go on a vacation
- A weekend getaway or even an overnight away, can provide a much-needed break from care-giving

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Common Emotions and Feelings

- Exhaustion/ Burnout
- Loneliness
- Isolation
- Fear
- Anger
- Relentless, day in and day out sadness
- Guilt
- Resentment



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Special Situations



- Alzheimer's / Dementia
- Cancer
- Blindness
- Debilitating diseases

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"I learned that above all, caregiving is about dignity."

- L.B. Smith

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Resources

- Family Caregiver Alliance: caregiver.org
- National Council on Aging: ncoa.org – or your local chapter
- YouTube Videos: "Laughing with Mary Maxwell"

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**Evaluation
Survey QR
Code:**

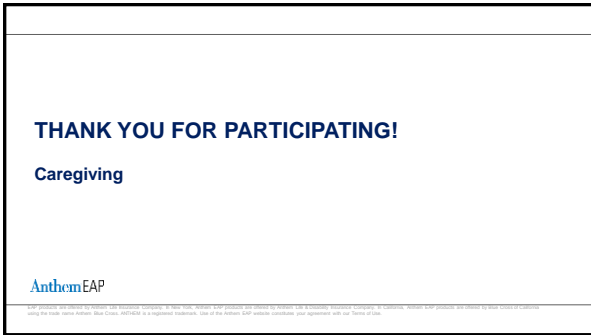


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