



# Caring for You, Caring for Me

A curriculum for caregivers



# Caring for You, Caring for Me

- ◆ Rosalynn Carter Institute of Georgia  
Southwestern State University
- ◆ Program's prime goal is to “create a helping process in which the physical and psychological well-being of all caregivers can be maintained while they give assistance to others.”



# Caring for YOU, Caring for Me

- ◆ Important tool for all communities
- ◆ The need for long-term care can touch any family, at any time, and the task can be overwhelming.
- ◆ Stresses true partnership between family members and professionals



# Rosalynn Carter

“Caregiving touches us all.

Either

we have been caregivers,

we *are* caregivers,

we will be caregivers,

or

we will need a caregiver.”



## Curriculum update

- ◆ Current manual no longer available
- ◆ 2nd edition going to press
- ◆ Contains all materials previously in the Leader's Guide and Participant's Manual in one kit, complete with PowerPoint slides of all handouts on a CD.
- ◆ Will sell for \$50 each
- ◆ Can take materials in and out for recopying so, need to purchase more than one.



# Atmosphere

- ◆ Recommended size 15 to 25
- ◆ Mix of informal and formal nice
- ◆ Location—easy to find, neutral
- ◆ Comfortable
- ◆ Refreshments
- ◆ “light” -- fun to be there
- ◆ Interactive



## Idiot Sighting

- ◆ I was at the airport, checking in at the gate when an airport employee asked,  
"Has anyone put anything in your baggage without your knowledge?"  
To which I replied,  
"If it was without my knowledge, how would I know?"  
He smiled knowingly and nodded,  
"That's why we ask."  
◆ Happened in Birmingham ,  
Ala



# Module 1– What it means to be a caregiver

- ◆ Objective is to introduce basic caregiving concepts
- ◆ Establish a cooperative atmosphere for sharing information and mutual support
- ◆ Present guiding principles of workshop



# Module 1

## ◆ Topics

- Types of caregivers
- Need for caregivers
- Information about the importance of caregivers in our society
- How people become caregivers
- Roles and tasks
- Feelings and concerns
- Nature of caregiving relationship



# Guiding Principles

- ◆ Genuine concern for the person receiving care
- ◆ Need to take care of self—as a caregiver
- ◆ Commonality among caregivers
- ◆ Mutuality between formal and informal caregivers



## The best 2 second stress buster

There is one simple thing you can do to improve not only the mood of the loved one in your care, but your mood, too.

Research has proved it – just smile

Research has shown that the simple act of turning up your lips in a smile—even when you do not feel happy—significantly improves your mood. Triggers a learned response in your body and brain.





## Hug therapy

“Touch is an important component of attachment as it creates bonds between two individuals,” says Dr. Bhagat.

Hugging is simply a natural expression of showing that you love and care.

The power of hugging—it feels good; it overcomes fear; it builds self-esteem; it slows down aging; it eases tension.



## Module 2 -- Objective

- ◆ Help participants “see” the importance of taking care of themselves
- ◆ To learn strategies to take care of themselves



## Module 2

### ◆ Topics

- How well do you take care of yourself
- Preventing burnout
- Recognizing negative emotions
- Developing coping skills
- Personal Support systems
- Learning to Laugh



# Stress of family caregiving— Your health may be at risk

Family caregiver at greater health risk than care recipient. They tend to neglect or ignore their signs of illness and depression.

Nearly 2X the number of chronic conditions than non-caregivers

Depression—2X higher than general population

Sleep deprivation—increases disease risk

Premature aging—can take 10 yrs off life

Higher mortality rates--63% higher for caregiving spouse



# Humor therapy

- ◆ The art of using humor and laughter to heal people with physical or mental illness.
- ◆ Mayo Clinic—laughter aids breathing
- ◆ Good for your heart
- ◆ Increases circulation and improves oxygen in blood
- ◆ Helps immune system fight off colds, flu
- ◆ Laughter—it's good medicine



## Idiot sighting

- ◆ I work with an individual who plugged her power strip back into itself and for the sake of her life, couldn't understand why her system would not turn on.
- ◆ A deputy with the Dallas County Sheriffs office, no less



- ◆ This guy found a bottle at the ocean, he opened it and out popped a genie who gave him 3 wishes.
- ◆ He wished for a million dollars—poof! There is was
- ◆ He wished for a convertible—poof! There it was
- ◆ He wished he could be irresistible to all women—poof!
- ◆ He turned into a box of chocolates



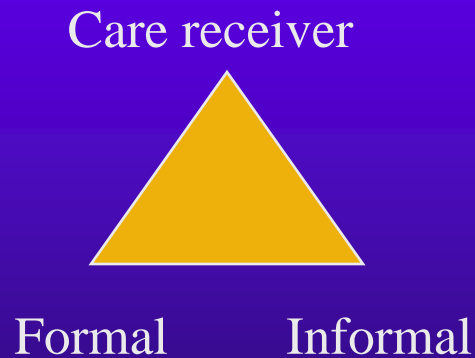
## Module 3 -- Objective

- ◆ To expose informal and formal caregivers to each others' point of view
- ◆ To provide tools to begin building and maintain positive relationships with each other

# Module 3

## ◆ Topics

- Relationship triangle



- Cooperative relationships

- ✓ effective communication
- ✓ mutual respect
- ✓ trust



# Building cooperative relationships

EXERCISE



## Module 4 -- Objective

- ◆ To help participants develop skills in solving problems encountered in caregiving



## Idiot sighting

- ◆ The stoplight on the corner buzzes when it's safe to cross the street. I was crossing with an intellectually challenged coworker of mine. She asked if I knew what the buzzer was for. I explained that it signals blind people when the light is red.

Appalled, she responded, "What on earth are blind people doing driving?!"

- ◆ She was a probation officer in Wichita , Ka



# Module 4

## ◆ Topics

- Potential problems for caregivers
- Problem solving
- Guidelines for problem solving
- Five Step Model for problem solving
- Case Study



## Module 5 -- Objective

- ◆ To help participants locate, access and develop resources within their own communities to assist them in caregiving



# Module 5

## ◆ Topics

- Formal system of care
- Navigating the system
- Resources
- Barriers
- Social Support Network



# National Resources

Family Caregiver Alliance

<http://www.caregiver.org/>

National Family Caregivers Association

<http://www.nfcacares.org>

Membership is **FREE** to ALL family caregivers. This membership includes materials and information as well as a subscription to the quarterly Take Care! newsletter.



# National Resources

- ◆ Home Safety Council

<http://www.homesafetycouncil.org>

- H.E.L.P

<http://www.help4srs.org>

- AoA

<http://www.aoa.gov/eldfam/eldfam.asp>



# National Resources

- ◆ Home of Children of Aging Parents

<http://www.caps4caregivers.org>

- ◆ Caregivers Marketplace

<http://www.caregiversmarketplace.com>



# Things for you

- <http://cas.umkc.edu/casww/tab1cont.htm>
  - **Center on Aging Studies Without Walls**
  - - *Caregiving* –
- <http://www.ocfs.state.ny.us/main/psa/cbt/dementia/dementia.htm>

Facing the Challenges of Dementia



# 2<sup>nd</sup> Ed. Caring for You

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