

Supporting Caregiver Resilience and Needs

Webinar Part 6: Putting it all Together

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Agenda

- Check-in On Problem-Solving
- Review of All Topics
- Support and Future Directions

Four most commonly stated needs:

- Managing emotional and/or physical stress
- Overall self-care
- Coping with time, energy, and financial demands
- Communicating more effectively with the recipient.

Check-In with Problem-Solving and Self-Care

How are you doing this week?

Goals for Today: Review

1. Skills to assess and manage stress and burnout
2. Self-care practices
3. Skills to aid in the manage time, energy, and financial demands
4. Effective communication with others
5. Problem-solving skills
6. Sources of support

PUTTING IT ALL TOGETHER

Review Part 1: Stress and Burnout

Stress is our body's reaction to life

- Some stress can be helpful: Helps us accomplish tasks and challenges us
- Prolonged, frequent, and/or intense stress impacts us in very serious ways



Review Part 3: Managing Time Demands

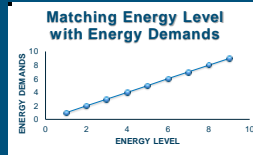
- Make a list
- Keep a calendar
- Categorize
- Set deadlines
- Prioritize
- Delegate
- Utilize Downtime



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Review Part 3: Managing Energy Demands

- General Maintenance and Care:
 - Sleep Hygiene
 - Balanced diet
 - Moderate physical activity
- Time management and prioritization
- Engage in self-care and pleasant activities
- Match Energy Levels and Demands
- Prioritizing task list by energy required



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Review Part 3: Managing Financial Demands

- Track income and spending
- Look at spending over the course of a month or two
 - What can you spend less on?
 - Is there any money that can be put into saving?
 - If you have questions or concerns: Speak with a financial professional



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Review Part 4: Effective Communication

- Disarming Technique: Finding/acknowledging truth in what the other person says

NonAssertive (Passive)	Assertive (Tactful)	Aggressive (Rude)
⊗ Honest	✓ Honest	✓ Honest
✓ Appropriate	✓ Appropriate	⊗ Appropriate
✓ Respectful	✓ Respectful	⊗ Respectful
⊗ Direct	✓ Direct	✓ Direct

- Affirmation: Conveying warmth / respect
- XYZ*: I feel X when you Y in situation Z and I would like *.

Review Part 4: Effective Communication

Overcoming Barriers

- Practice!
- Remind yourself that you are worthy of setting limits and boundaries
- Start in low risk situations



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Review Part 5: Effective Problem-Solving

- Step 1: Identify and define the problem
 - Ask questions about the problem
 - Break the problem down
- Step 2: Brainstorm all possible solutions
 - Keep an open mind
 - Write ALL possible solutions
- Step 3: Evaluate possible solutions
 - Consider pros and cons for each possible solution
 - Think about what you want to achieve



Review Part 5: Effective Problem-Solving

- Step 4: Pick a solution and Implement
 - Pick a solution
 - How and when will you implement the plan
 - Actually implement the plan
- Step 5: Review the Outcome
 - Evaluate effectiveness of the solution
 - Think about potential future problems
 - What did you learn
 - How can you move forward from here



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Final Thoughts

- Any questions or comments before we end?

See Reference
Handout for
Sources of
Information in the
Presentation
