Care Partners
Wellbeing

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Why is Self-Care crucial?

Everyone benefits if the caregiver is taking care of themselves, while also caring for others…
Caregiving touches all of us ....

Acute situations-short term vs Chronic situations-long term

Expected vs Unexpected
Caregiver Emotions

- Frustration
- Happiness
- Sorrow
  - Joy
- Afraid
- Anger
- Guilt
- Depression
- LOVE
- Acceptance
- Peace
  Etc…

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Constructive ways to Cope with Emotions

- Acceptance
- Positive Self Talk
- Journaling accomplishments
- Seeking professional support
  - Try, Try Again
- Don’t give up on yourself
- Continue/find hobbies
- Grieve all that has changed
- Faith-strength and ability to deal with Dx
Caregiver Support Services

“Everyone asks me how she/he is. No one asks, how are you?”

- Support Groups-Disease Specific or General- on Zoom if not in-person
- Educational Workshops- Powerful Tools for Caregivers
- Respite/Companion Care
- Caregiver Coaching- 1:1 Support
- Websites for Caregivers
Thriving not just Surviving the Caregiver Journey

- Allow others to help you on this journey. *SHARE THE CARE!*
- Look for the blessings that may be hidden in the burdens.
- Ask for what you need.
- Take care of yourself while you care for others.
- Remember- We’re all in this TOGETHER