

ELDERCARE

Caring for Ourselves as a Way of
Caring for Others

The Needs of the Caregiving Family are Complex

Who we are:

- * Individuals between the ages of 35 to 60 who are caring for aging parents
- * Many of us are still raising our children
- * Many of these 'children' are young adults
- * Due to current economic struggles some of these young adults are not leaving home until 30 years of age

“The Silver Tsunami”



By 2020 25% of the US workforce will be 55+

Launching our Young Adults

If all goes well, as we reach the end of our teenage years, we are ready to settle down and apply ourselves to the difficult challenges ahead. In a perfect world, we would feel confident about our goals, have started to learn a trade, feel comfortable within a relationship, and have a social safety net to fall back on if we falter.



But....

- * Teens with self-doubts, unrealizable goals, or no goals at all, find themselves walking down an unclear road or a road without a destination.
- * It takes preparation to successfully face the world.
- * This launching profoundly affects every member of the family.

Imperfect World



What to do when the wheels come off!

Helping Children Flourish

- * Flourish: A Visionary New Understanding of Happiness and Well-Being, Martin E. Seligman
- * Director of the Positive Psychology Center at the University of Pennsylvania and founder of positive psychology, a branch of psychology which focuses on the empirical study of such things as positive emotions, strengths-based character, and healthy institutions.
<http://www.authentic happiness.sas.upenn.edu/>

Theory of Well Being

- * **P**ositive emotion
- * **E**ngagement
- * **R**elationships
- * **M**eaning
- * **A**chievement

* kindness

* social intelligence

* humor

* courage

* integrity

* 24 in all

AUTHENTIC HAPPINESS VS. WELL BEING

- * Happiness has three aspects: positive emotion, engagement, and meaning, each of which feeds into life satisfaction and is measured entirely by subjective report.
- * Well being takes the twenty-four strengths and virtues and underpins all five elements of PERMA and leads to more positive emotion, to more meaning, to more accomplishment, and to better relationships.

BACK TO YOU!!!

THE ULTIMATE
CARETAKER, GIVER,
CONFIDANT, FIXER,
NURSE, DOCTOR,
LAWYER, AIDE, MAID,
SAVIOR.....

Managing stress and preventing burnout



Symptoms of Burnout

- * Physical
- * Psychological
- * Emotional
- * Spiritual
- * Professional

- * LIFE EVENTS SURVEY
- * EVERYDAY STRESS MANAGEMENT TECHNIQUES
- * SELF NURTURING ACTIVITIES
- * SIGNS AND SYMPTOMS OF STRESS
- * COPING SKILLS

DR. DANIEL SIEGEL

Interpersonal Neurobiology

<http://www.drdansiegel.com/>

www.mindsightinstitute.com

BRAINSTORM: THE POWER
AND PURPOSE OF THE TEENAGE
BRAIN

Healthy Mind

Time In

Aerobic
Exercise

Sleep

Focus your
Mind

Playtime

Downtime

TIME IN

TIME IN Reflection

TIME IN

Reflection
Sensations

TIME IN

Reflection

Sensations

Feelings

TIME IN

Reflection

Sensations

Feelings

Thoughts

TIME IN

Reflection

Sensations

Feelings

Thoughts

Awareness

TIME IN

Reflection

Sensations

Feelings

Thoughts

Awareness

Intentions

WHEN DOES CARE GIVING START...



Life with Pop

Care for the Caregiver



Suddenly the Dynamics of the Family Change

What do families need?





Pulling weeds and Planting flowers

CAREGIVER FAMILY THERAPY MODEL (CFT)

A structured framework for
addressing all the complex needs at
any time of care

Family members seek help to:

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- * allay fears of what lies ahead

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- * manage frustration that the care recipient does not cooperate

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- * manage frustration that the care recipient does not cooperate
- * decrease conflict among family members for the appropriate course of action
- * resolve burnout
- * for depression in the primary caregiver

Understand Relationships

- * understanding relationship through construction of genograms
- * Who are other allies in caregiving, i.e., Fictive kin
- * Geographic and financial limitations of caretaking

DR. IRA BYOCK

Life's End Institute and Director of
Palliative Medicine at Dartmouth
Hitchcock Medical Center

The Four Things That
Matter Most, a Book About
Living BY IRA BYOCK, MD

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* PLEASE FORGIVE ME

The Four Things That Matter Most, a Book About Living BY IRA BYOCK, MD

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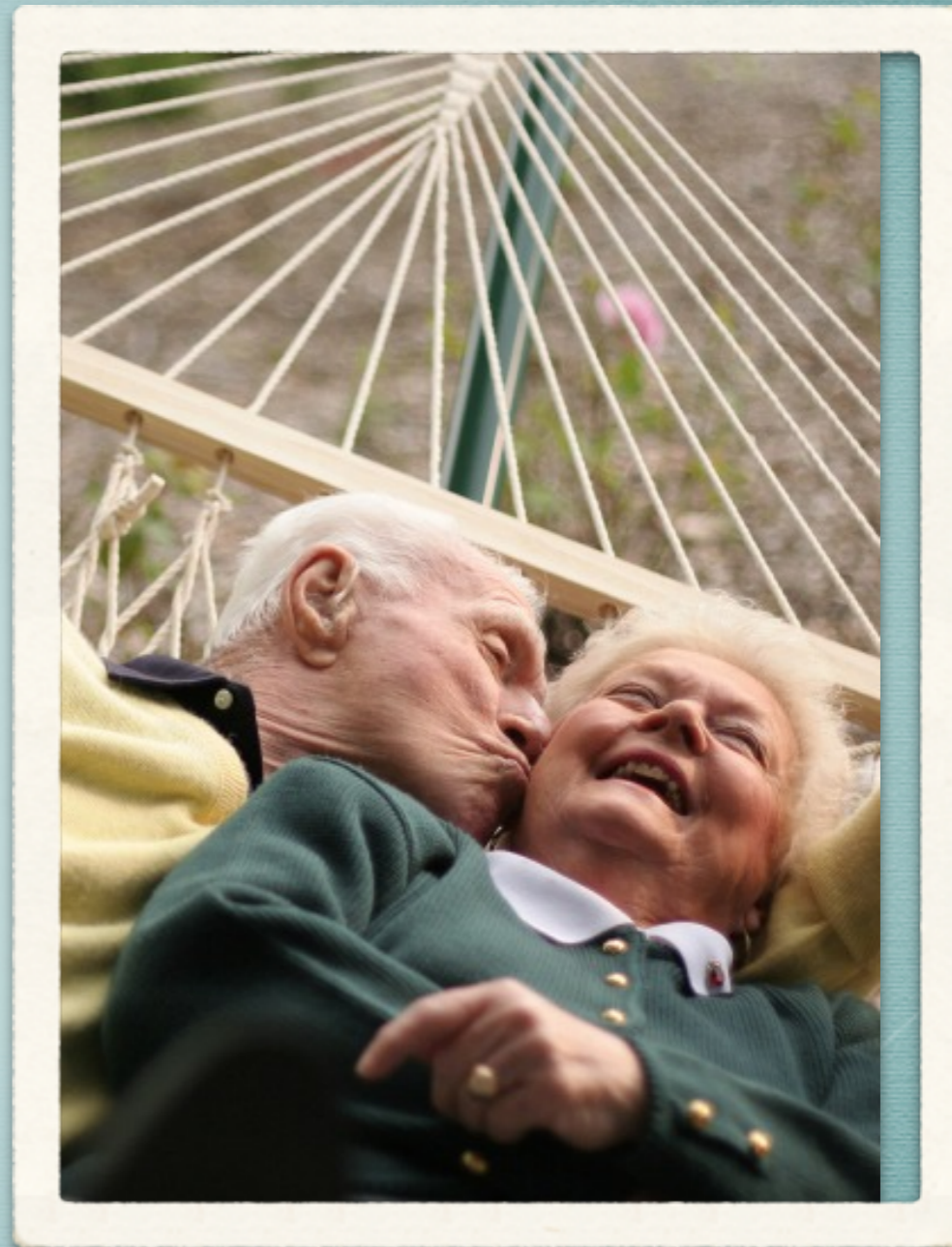
forgiveness is powerful

We can heal our
relationships if we so
choose



Love conquers

Don't Wait!



Nourishing Relationship

- * Make the Most of the Time you Have
- * Say the “Four Things” now
- * Focus on the Present
- * Ask for Understanding and Help

When families seek help:

- * Pre-caregiving when family-care patterns are unchanged
- * Intermediate stages when stress is highest
- * Post-death of the older adults, when relationship structures are relinquished and family relationships are realigned

<http://www.merrickhillesland.com/audio/AMomentOfCalm.swf>