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.authentichappiness.sas.upenn.edu/
Theory of Well Being

- Positive emotion
- Engagement
- Relationships
- Meaning
- Achievement
* kindness

* social intelligence

* humor

* courage

* integrity

* 24 in all
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
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
Reflection
Sensations
Feelings
TIME IN
Reflection
Sensations
Feelings
Thoughts

Thursday, April 24, 14
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

Thursday, April 24, 14
CAREGIVER FAMILY THERAPY MODEL (CFT)

A structured framework for addressing all the complex needs at any time of care
Family members seek help to:
Family members seek help to:

- allay fears of what lies ahead
Family members seek help to:

- allay fears of what lies ahead
- manage frustration that the care recipient does not cooperate
Family members seek help to:

* allay fears of what lies ahead

* manage frustration that the care recipient does not cooperate

* decrease conflict among family members for the appropriate course of action
Family members seek help to:

- allay fears of what lies ahead
- manage frustration that the care recipient does not cooperate
- decrease conflict among family members for the appropriate course of action
- resolve burnout
Family members seek help to:

* allay fears of what lies ahead
* 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_

* PLEASE FORGIVE ME

* I FORGIVE YOU
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* THANK YOU
* I LOVE YOU
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BY IRA BYOCK, MD

* PLEASE FORGIVE ME
* I FORGIVE YOU
* THANK YOU
* I LOVE YOU
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