


Caregiver
TLC

THRIVE
LEARN
CONNECT

BOUNCING BACK



OPTIMAL
AGING
CENTER

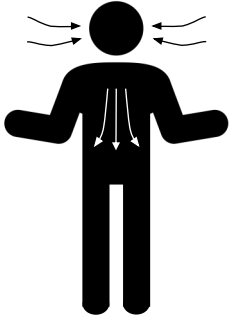
Caregiver TLC is a derivative of the Coping With Caregiving 2.0 Suite

1

Deep
Breathing

Take 10 deep breaths

Let Go of the Outside World
and Focus on the Here and Now



2

Check In



Positive Activities

3

Today's Topics



Defining
Bouncing Back



Finding Balance
in your Day



Your
Support Team

4

Bouncing Back

Part of what helps you to bounce back is resilience

Skills associated with resilience are:

- Developing & maintaining supportive relationships
- Making realistic plans & following them
- Communicating clearly
- Skills in problem solving
- Your confidence in your ability to use these skills



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Creating Balance

Caregivers have trained themselves to be prepared

- Watching the next crisis
- Slowly becomes the first and sometimes only thing you see
- Ignore the positive


However the mind can be retrained

Changing your view of the world


- Broadening view to make room for the positive again
- Just be happy? How?

6


Creating Balance



Gratitude
Giving Thanks
Feel bad less often Feel better more often



Kind Act
Doing for Others
Less depression Higher life satisfaction



Positive Experience
Something Nice
Impacts current mood Changes future expectations

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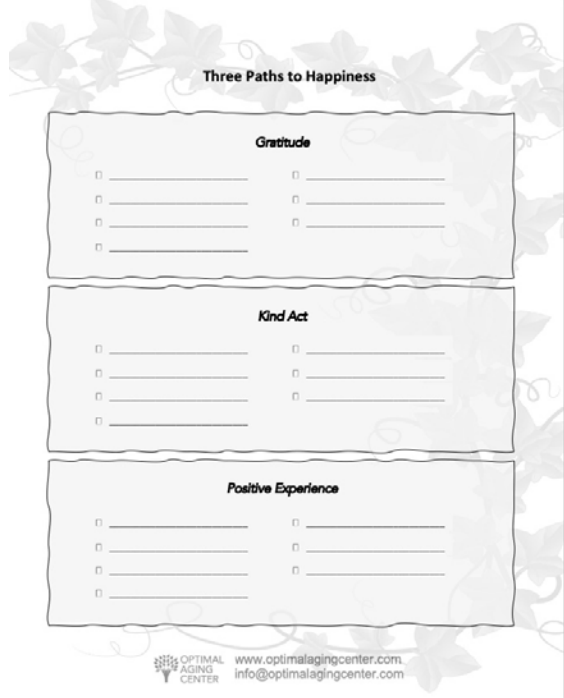
Three Paths to Happiness


Two minutes a day for 21 days in a row

Write down 3 things:

- ✓ A Gratitude
 - something you give thanks for
- ✓ A Kind Act
 - something nice you've done for someone
- ✓ A Positive Experience
 - something good that has happened to you

Review at the end of each week



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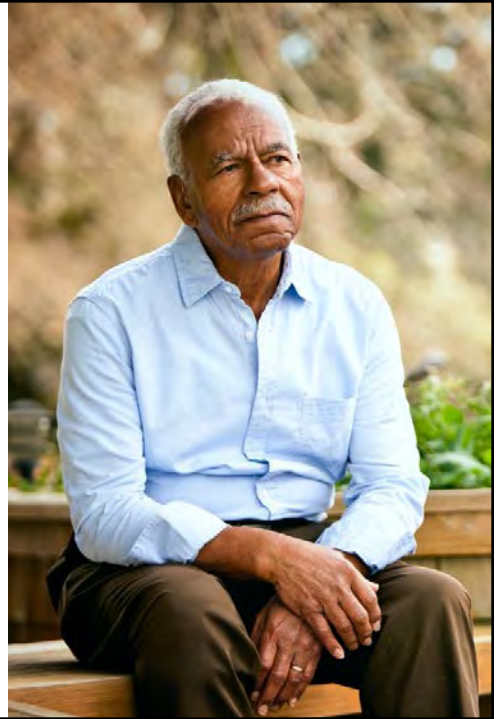
Looking at Your Support Team

Important for bouncing back

- Ability to develop & maintain supportive relationships
- Without relationships you are at risk for isolation

Atlas CareMap

- Identify who is part of your care team
- Drawing your family's care ecosystem



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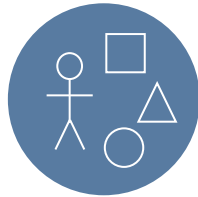
Why Draw a CareMap?

- ♥ Appreciate what is working well
- 📅 Plan for potential difficulties
- 👥 Manage your team
- 👤 Identify missing people or areas
- 💬 Communicate with everyone



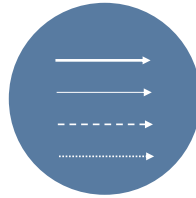
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Looking at Your Support Team



ACTORS

People
 Pets
 Professionals
 Places



LINKS

Arrows that connect
 Who cares for whom
 Frequency of care

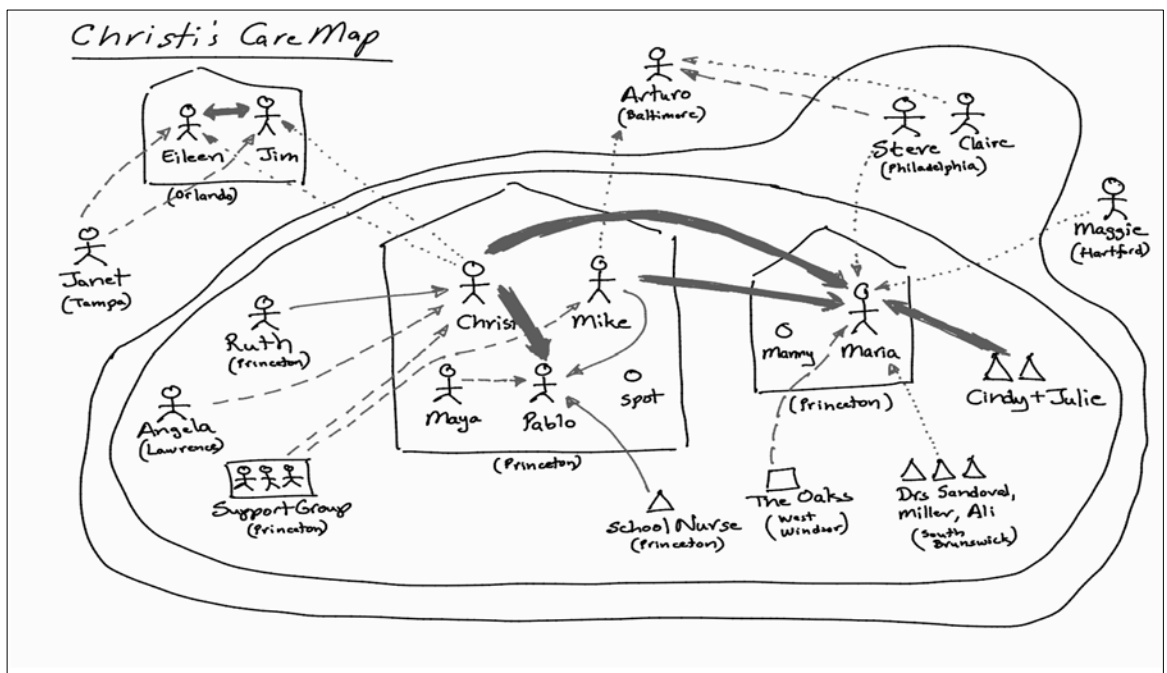


PLACEMENT

How far away
 they live

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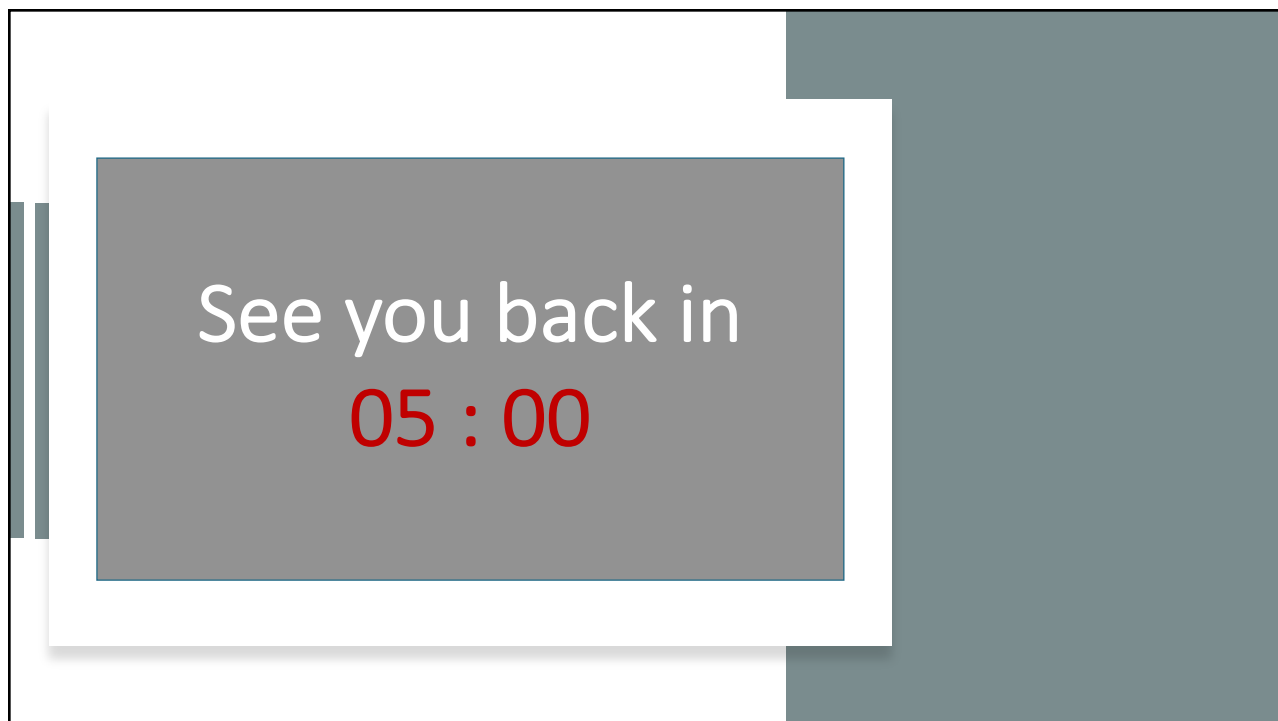
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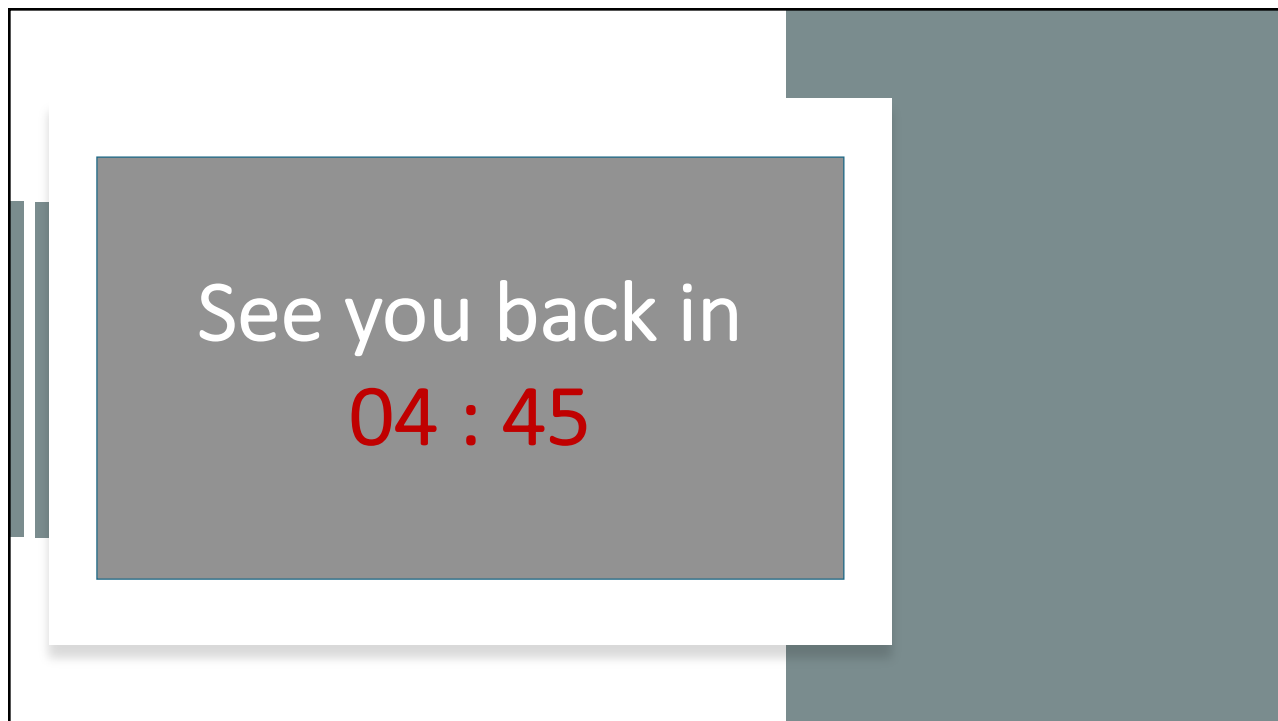
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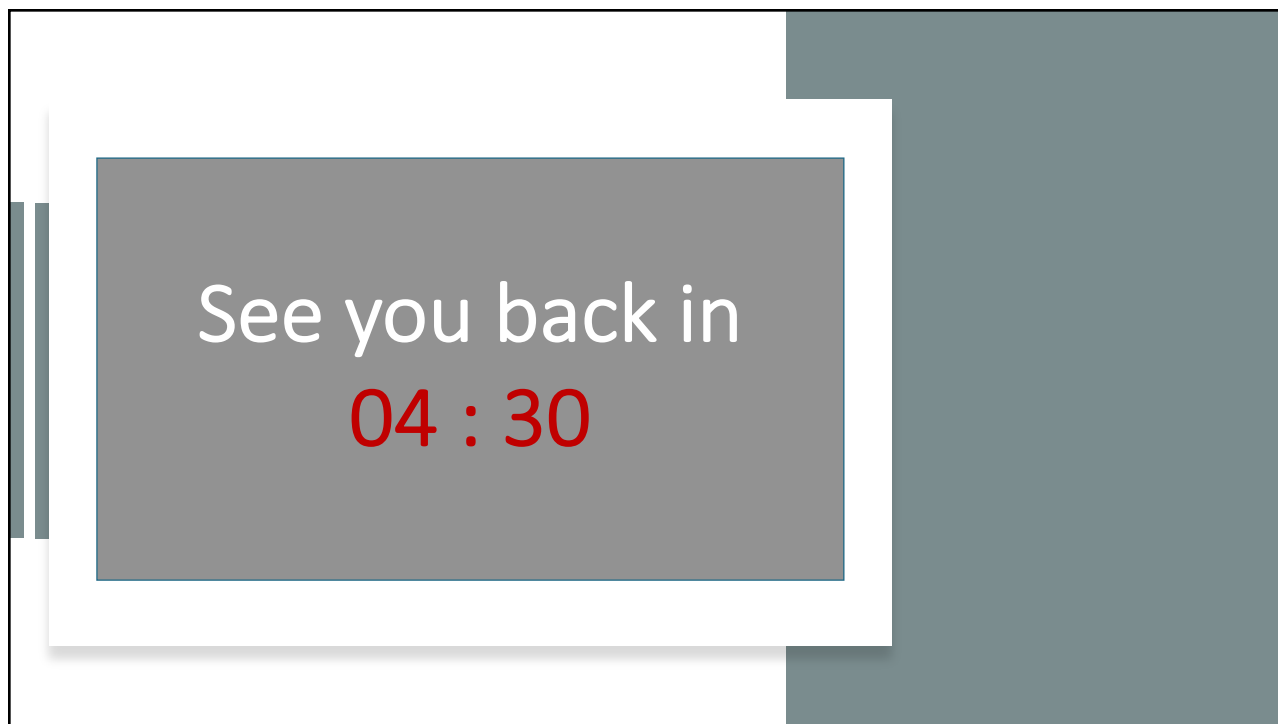
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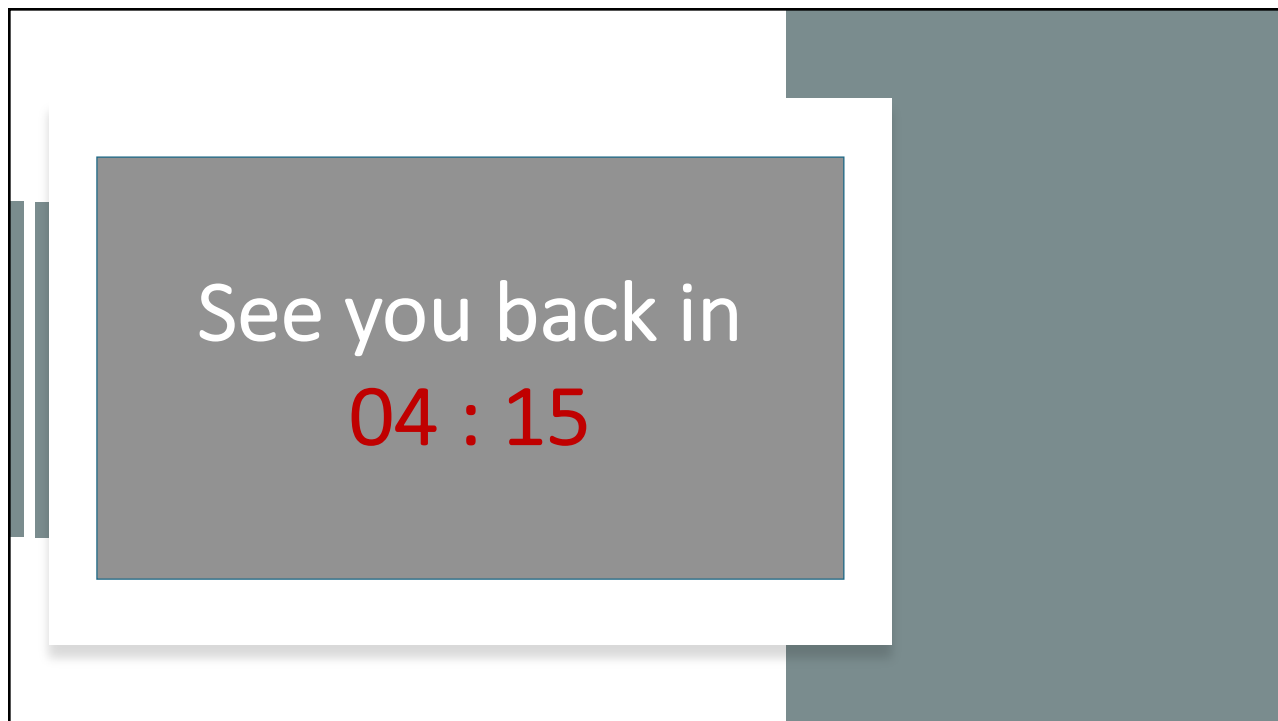
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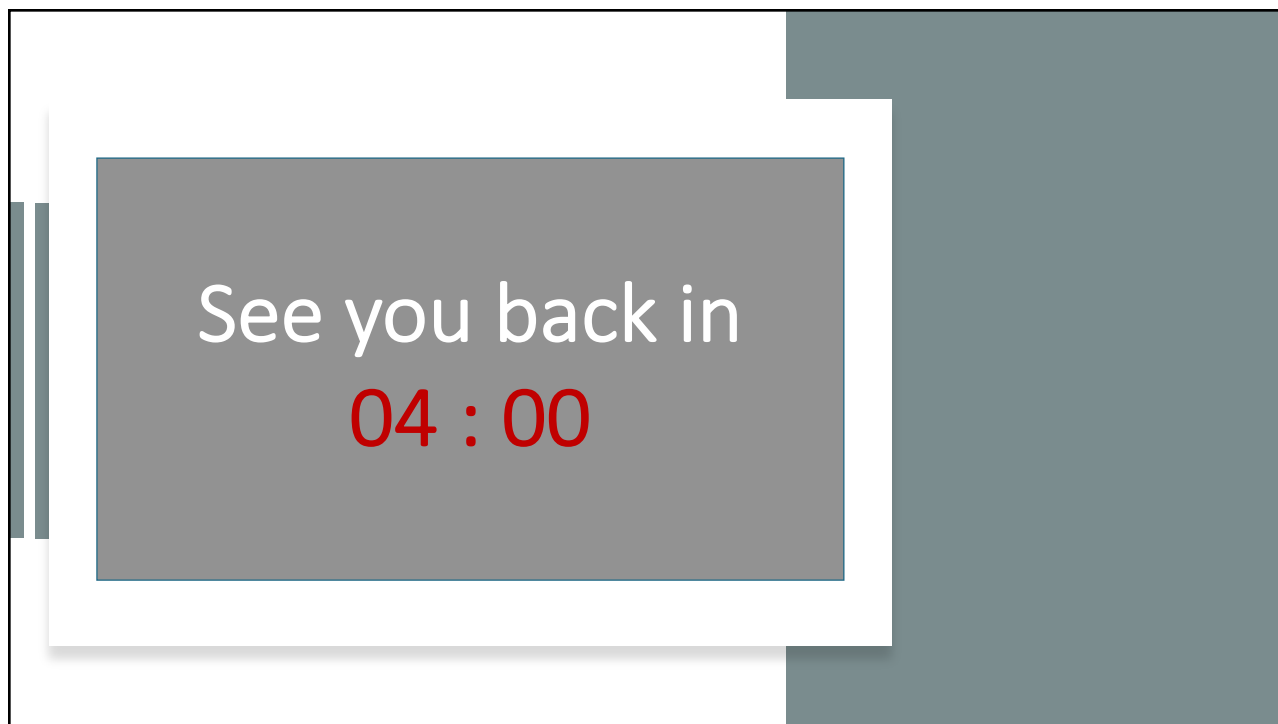
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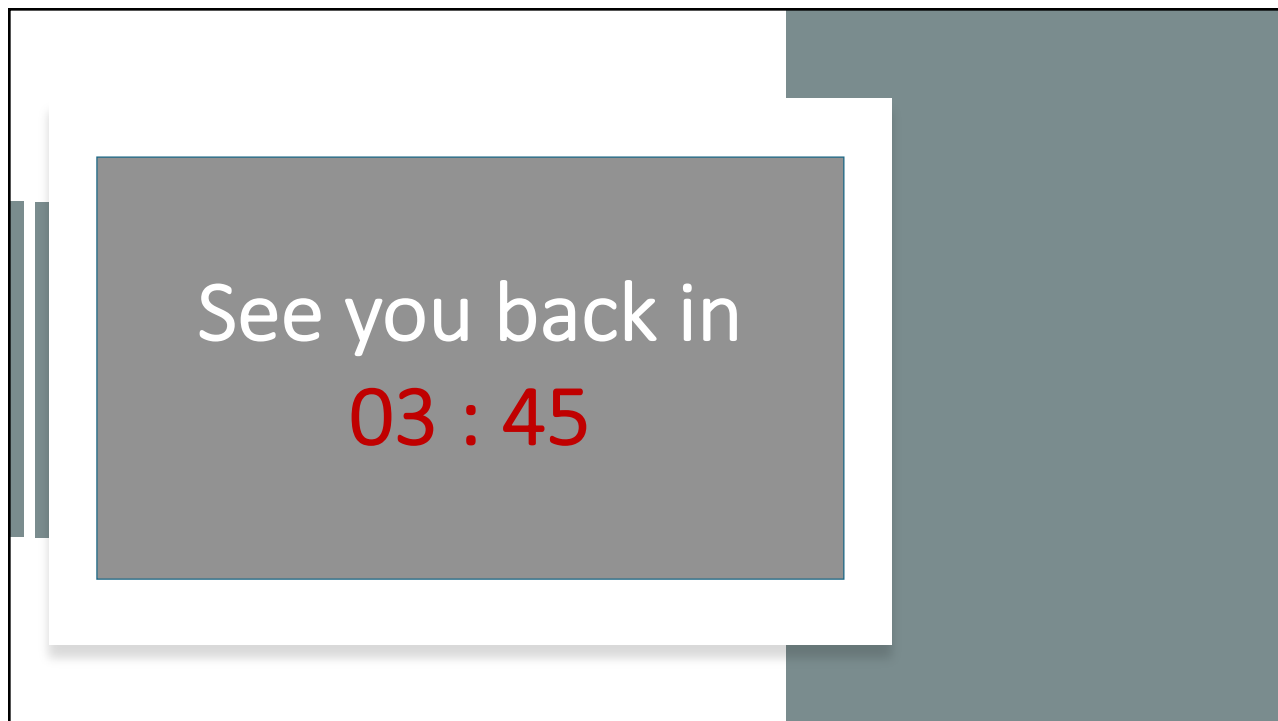
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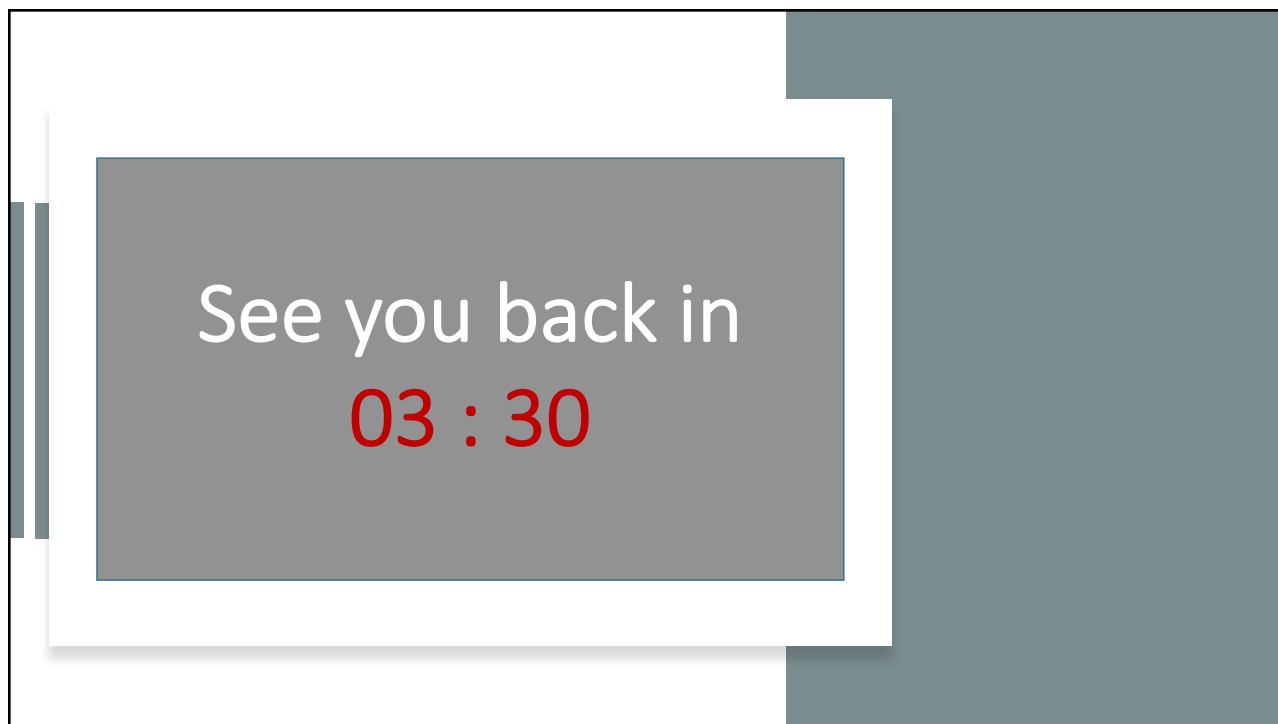
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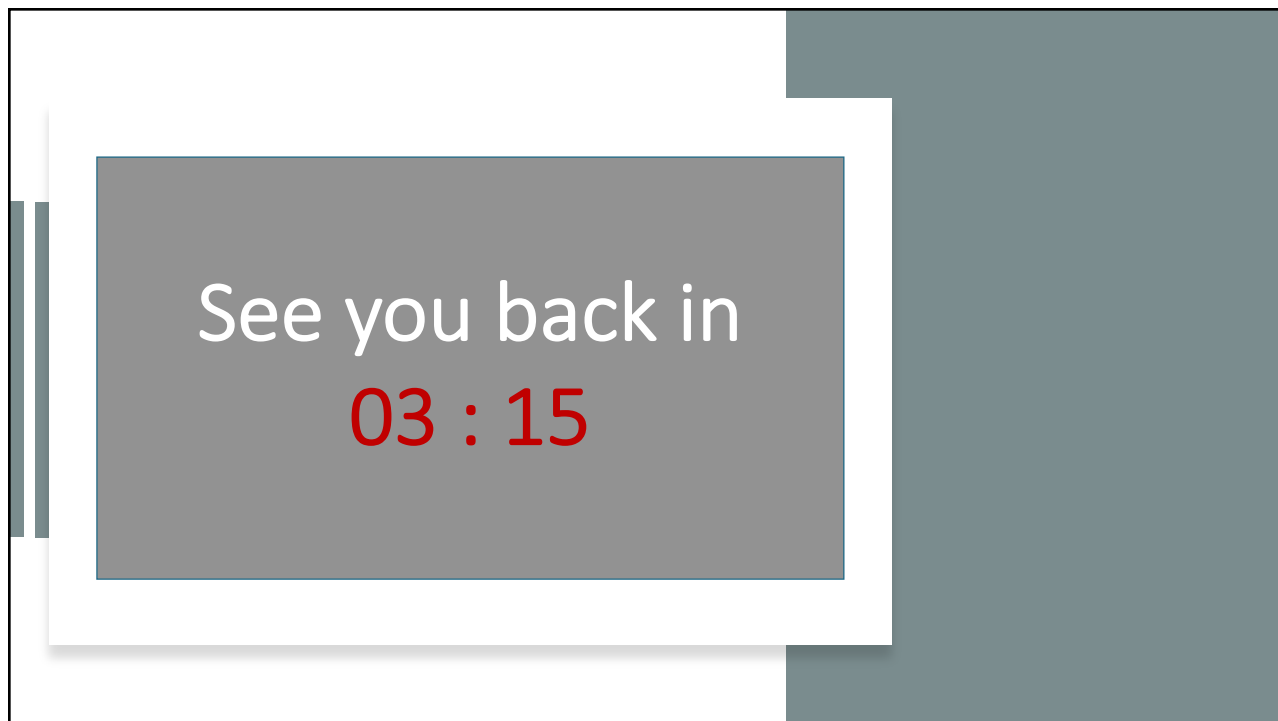
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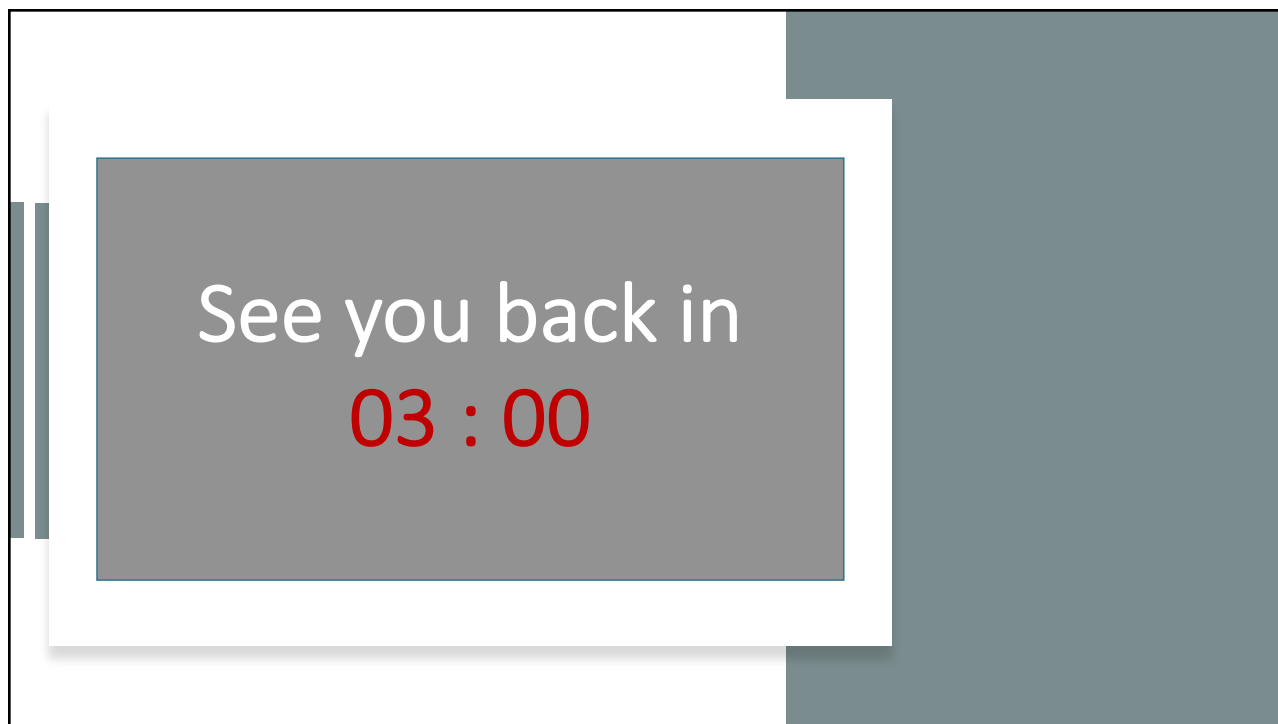
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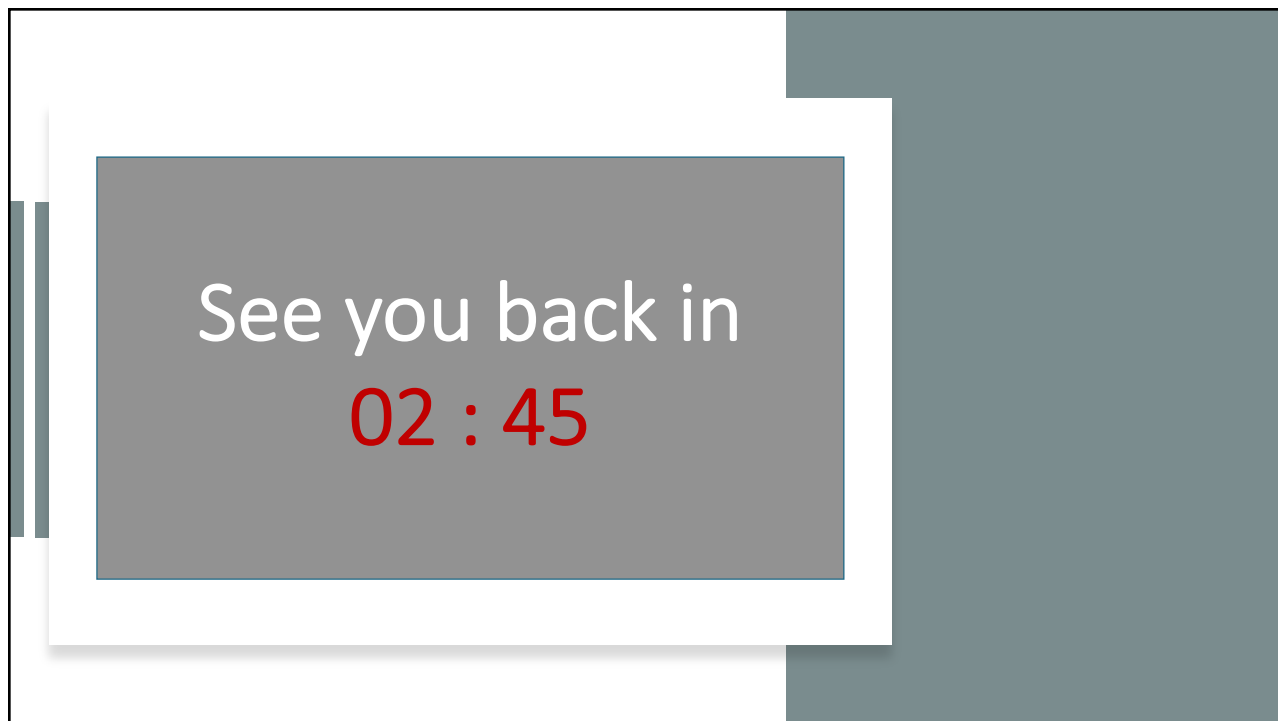
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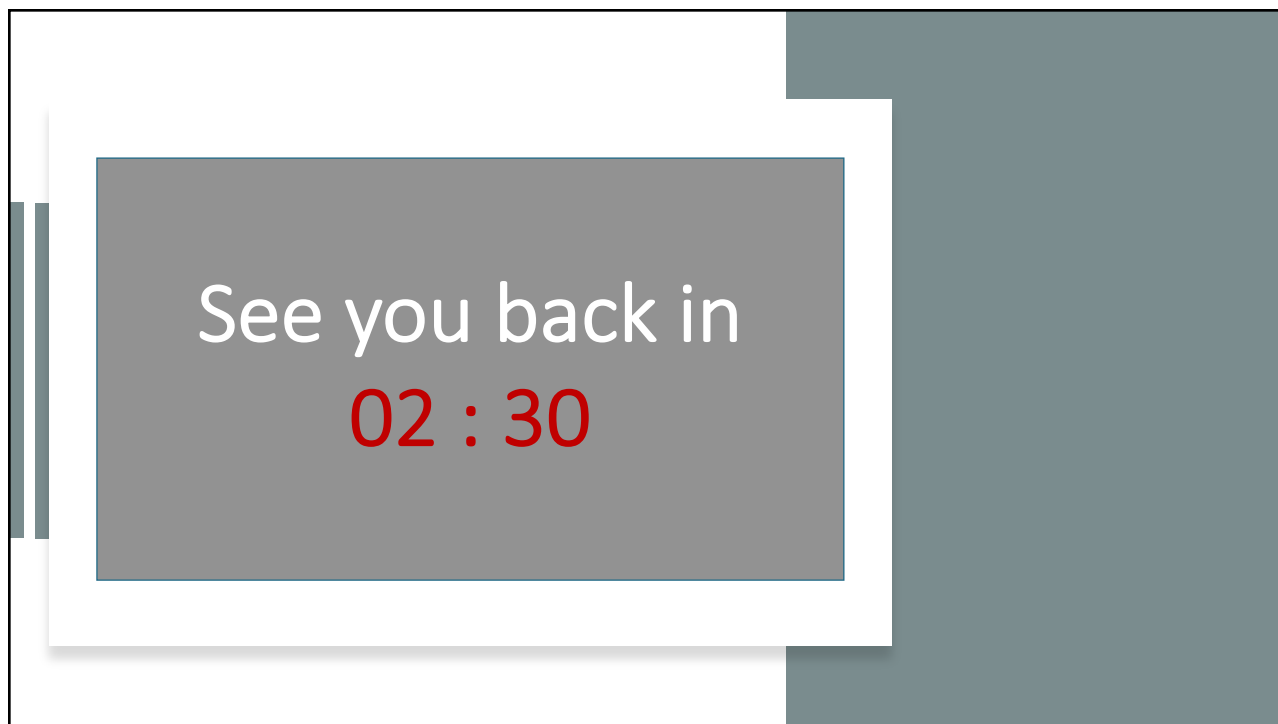
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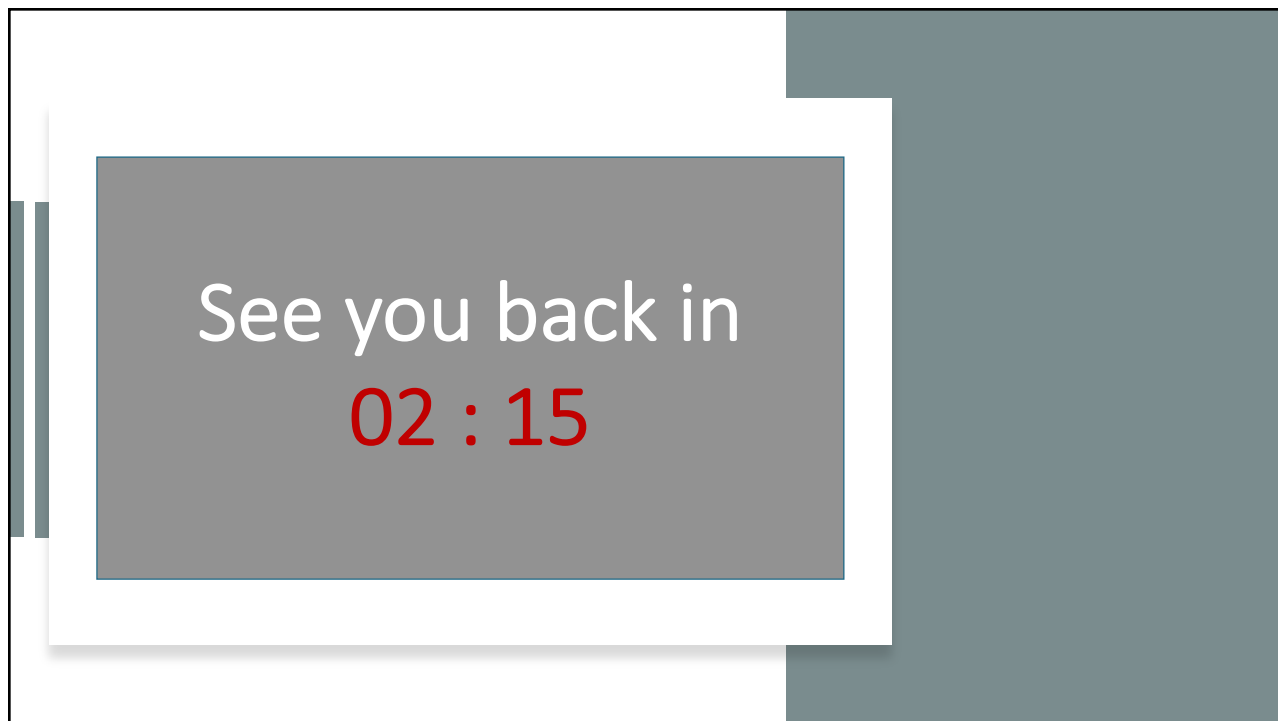
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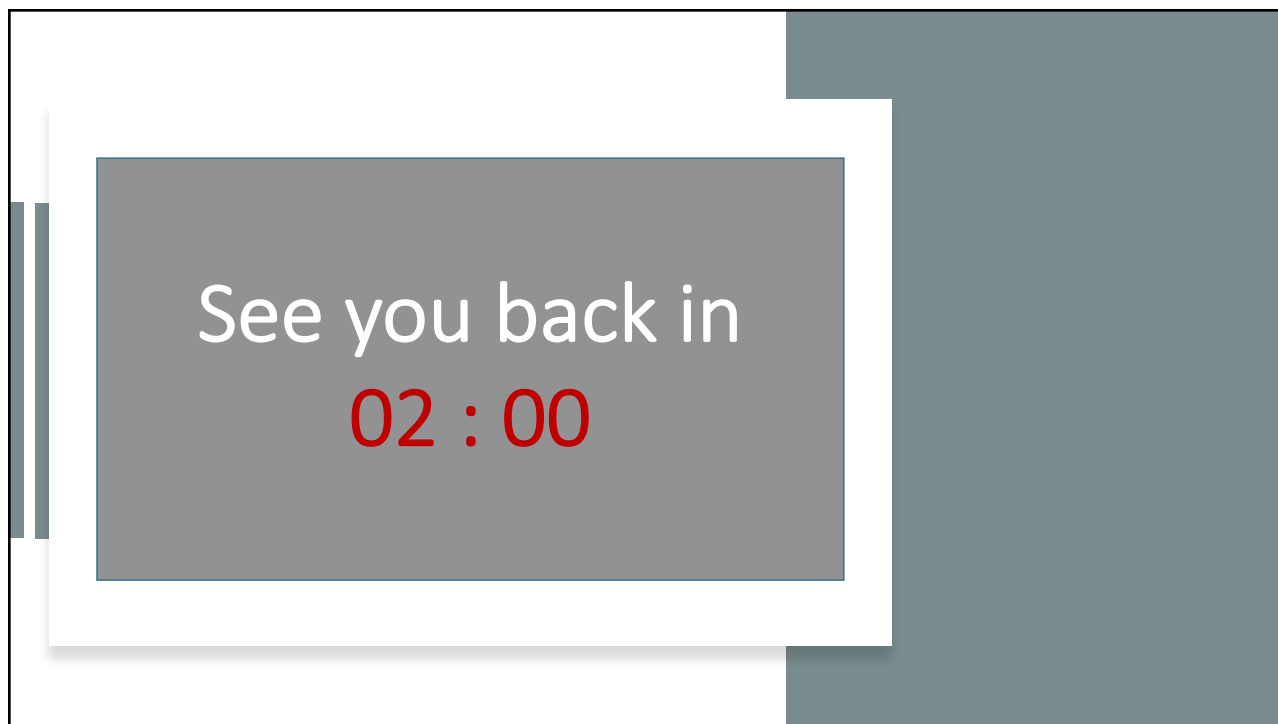
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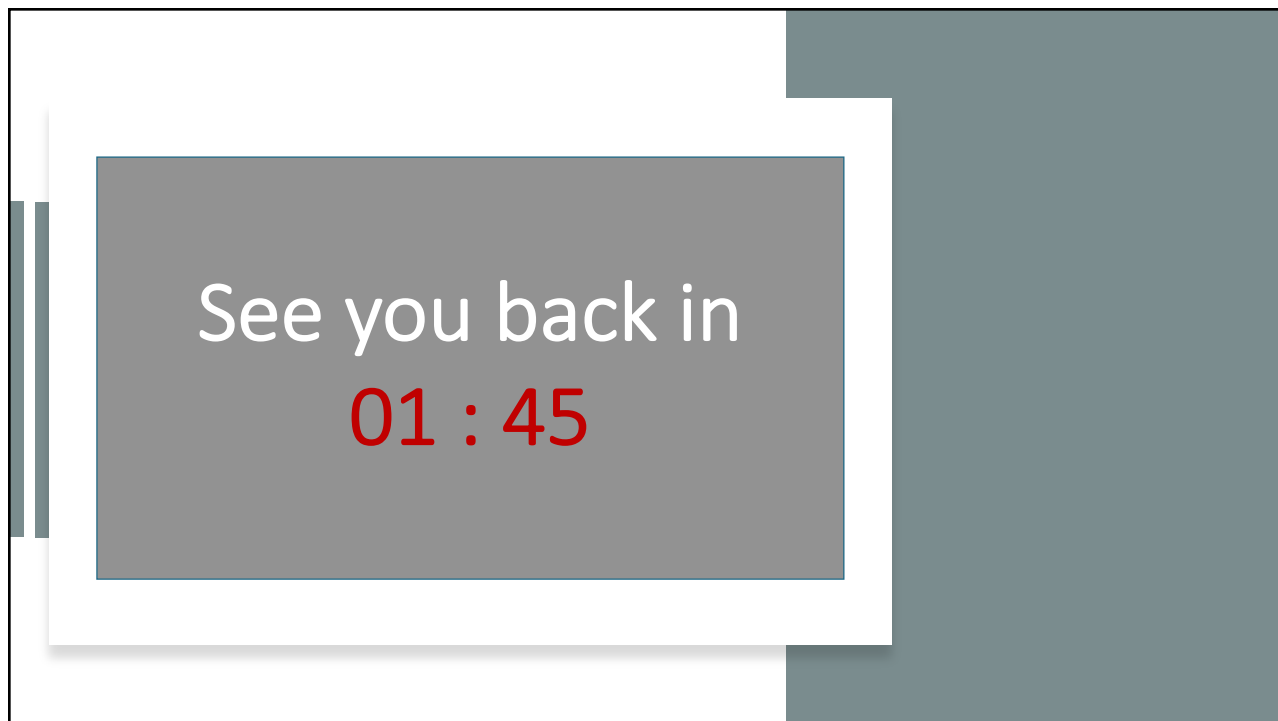
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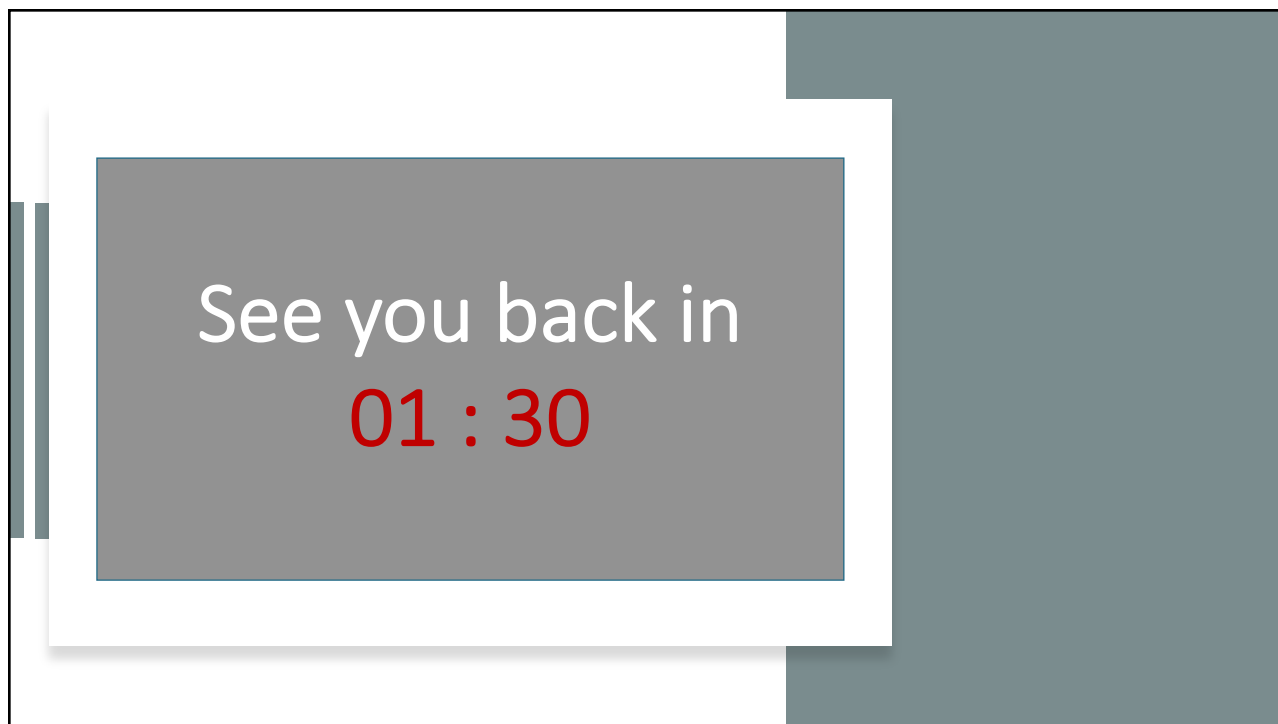
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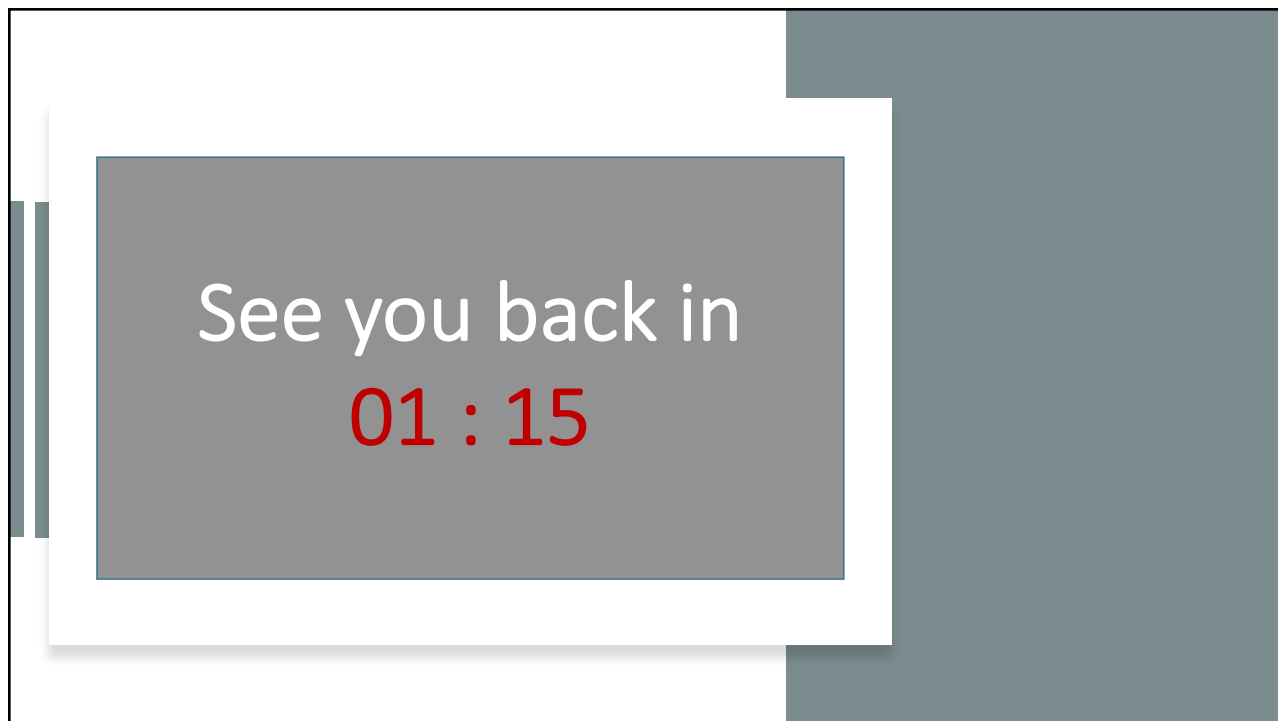
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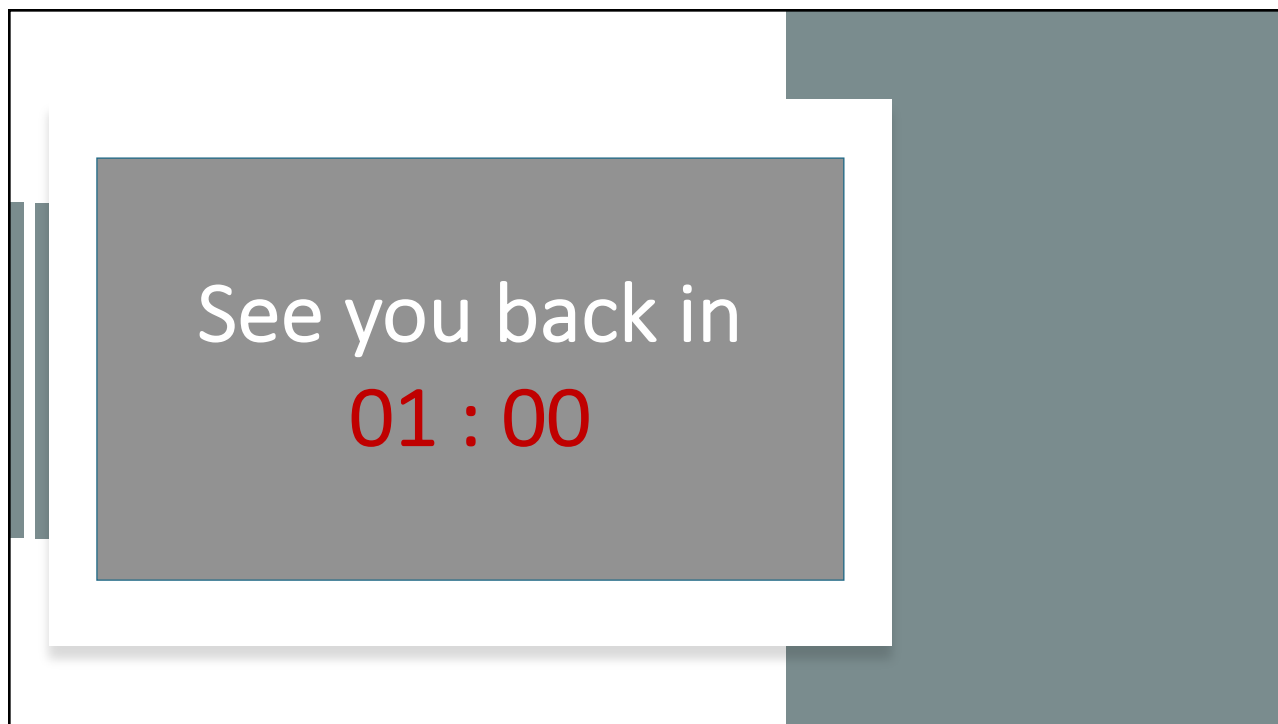
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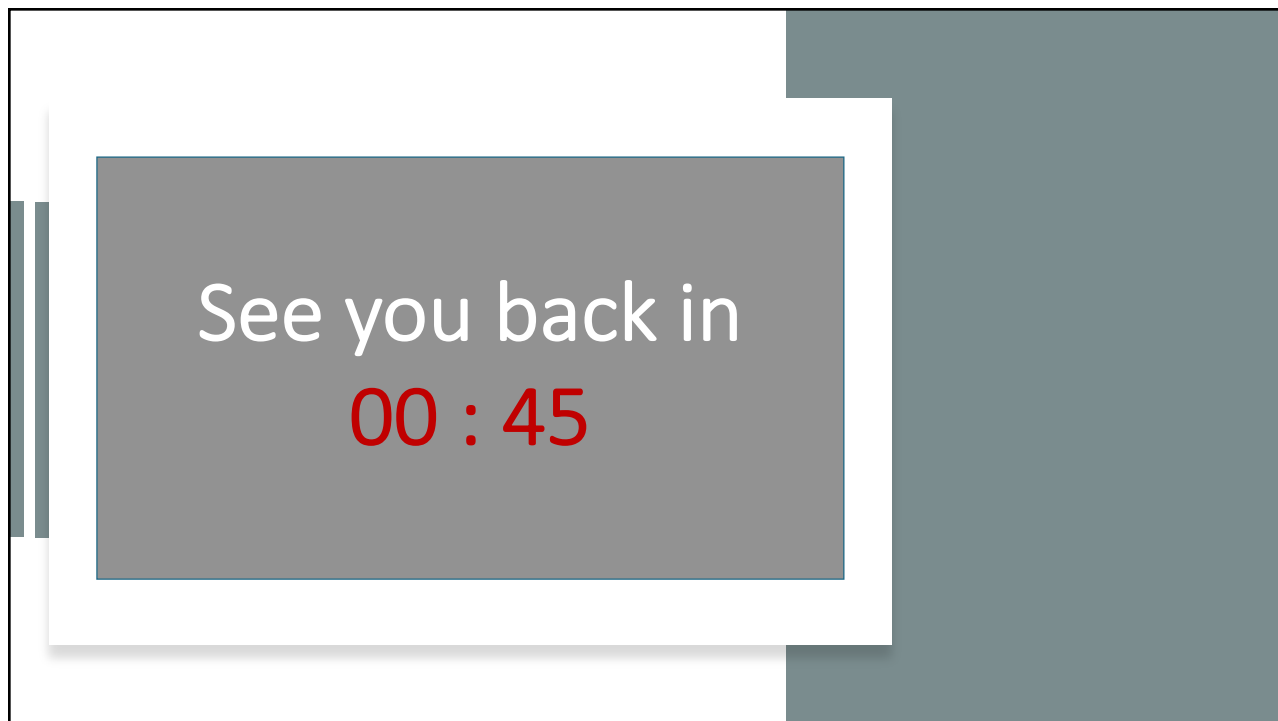
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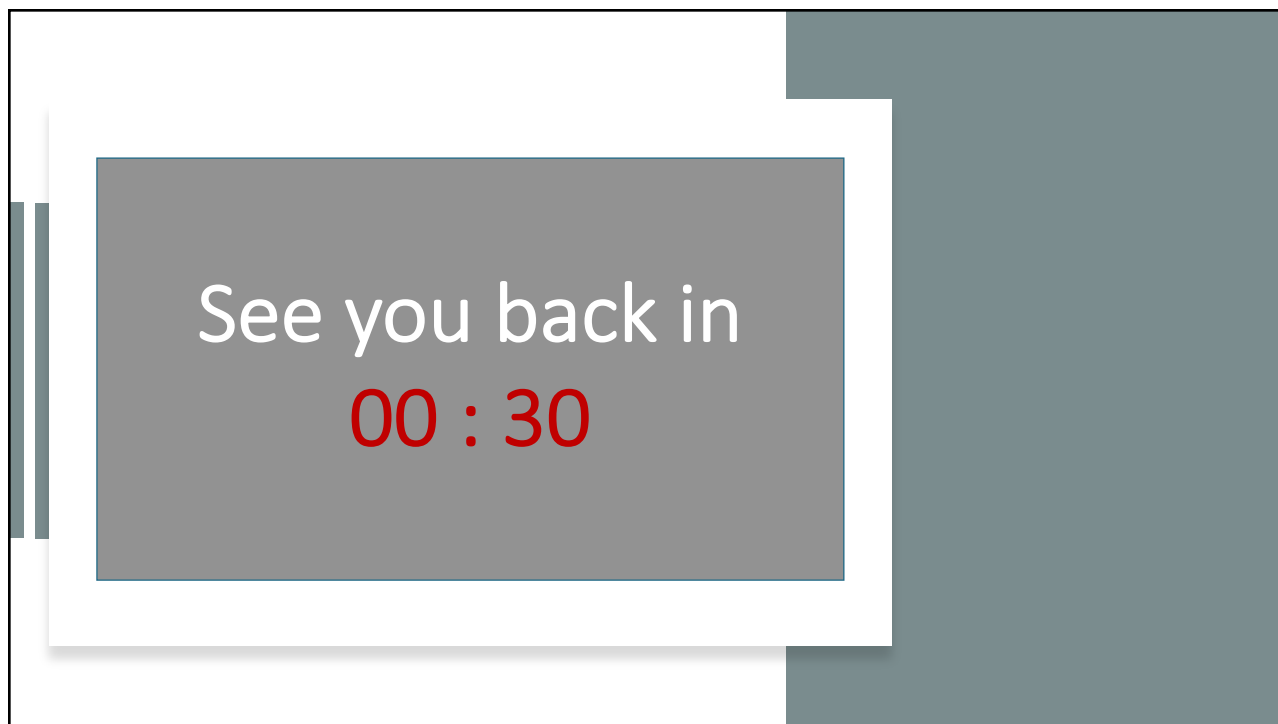
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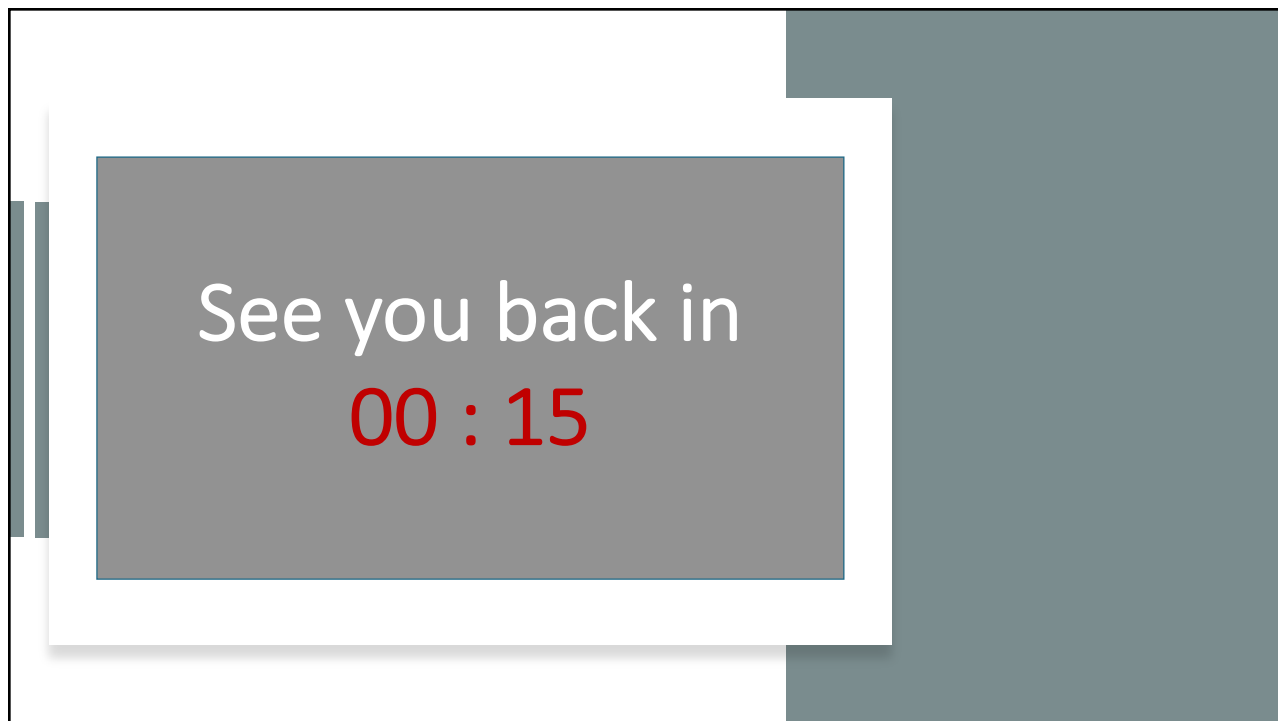
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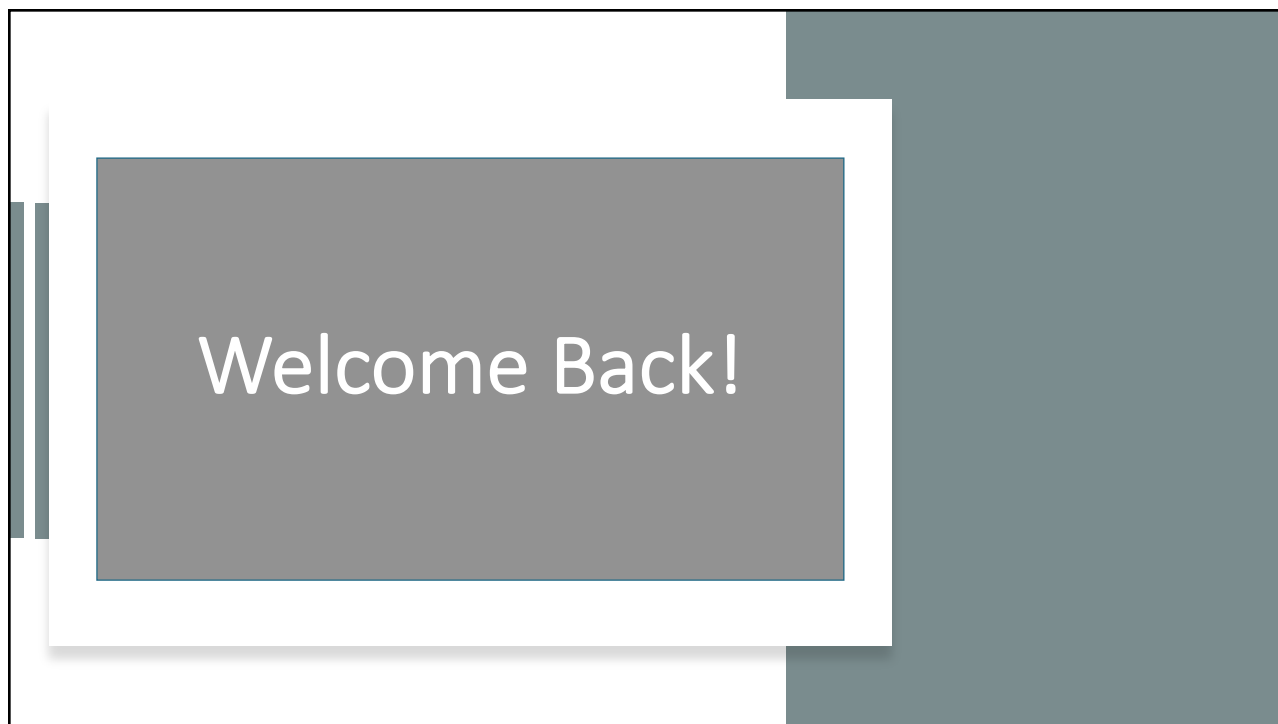
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ATLAS OF CAREGIVING


Atlas CareMap Worksheet

Who cares for you or supports you?

Your name: _____

Who else is in your household?

Whom do you care for?	
a.	b.
If 'a' does not live with you, who else is in their household?	If 'b' does not live with you, who else is in their household?
Who else cares for 'a'?	Who else cares for 'b'?

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Atlas CareMap Step By Step

Who lives with you?
Put their names here
Pets too!

Who do you care for, & who else cares for them?
Enter the names of the people you care for
Enter the names of those who live with them
Enter the names of whoever else cares for them

Who cares for or supports you?
Put the names down of those that give you emotional support or provide time so you can get stuff done

Who else is in your household?

Whom do you care for?

a.

If 'a' does not live with you, who else is in their household?






Who else cares for 'a'?




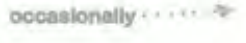
Atlas of Caregiving Atlas CareMap Worksheet







Who cares for you or supports you?


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Atlas CareMap of _____ Date _____

Actors: people  groups of people  professionals  pets  facilities & services 

Links: frequently  daily  weekly  occasionally 

Actors: people  groups of people  professionals  pets  facilities & services   **ATLAS OF CAREGIVING**

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Atlas CareMap Step By Step

- 1**

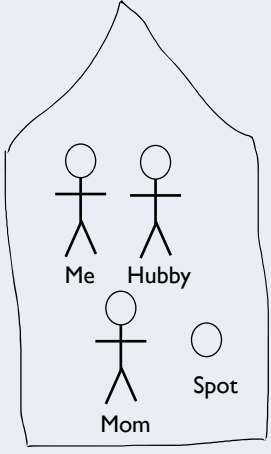
Enter your name and date at the top of the drawing sheet
- 2**

Draw yourself and the other Actors who live with you in the middle of the page

Be sure to write their names

Then draw a house around this group

and enter the location



Palo Alto

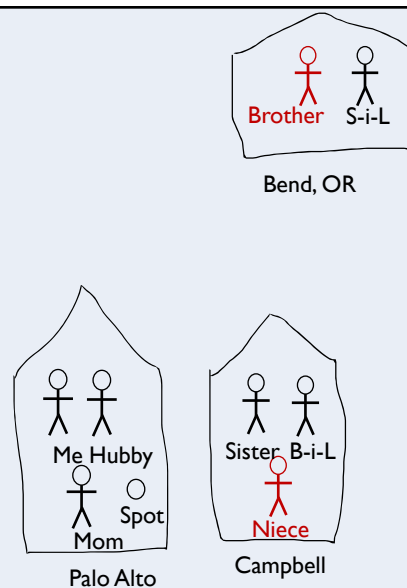
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Atlas CareMap Step By Step

3

Draw the Actors you care for & those who live with them

*Draw them near you or
near the edges of the paper
depending on how far
away they are*



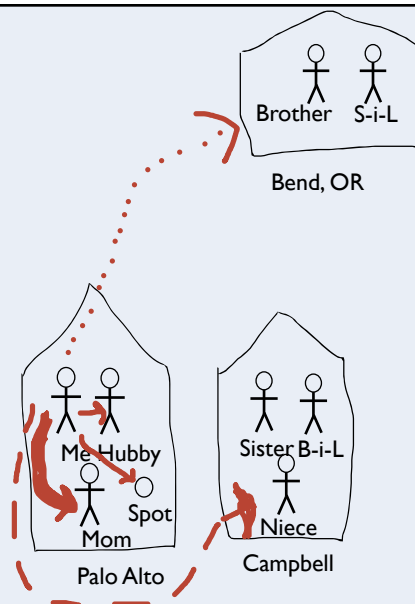
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Atlas CareMap Step By Step

4

Draw Links to show who you care for

*Remember the arrow goes
from you to them and draw
the type of arrow that reflects
how frequently you care for
them (see bottom of sheet)*



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Atlas CareMap Step By Step

5

Next draw other Actors who care for those you care for, and their Links

- Doctors
- Organizations
- Friends
- Clubs

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Atlas CareMap Step By Step

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Draw the Actors who care for or support you, and their Links

- Friends
- Neighbors
- Agencies
- Support groups
- Organizations

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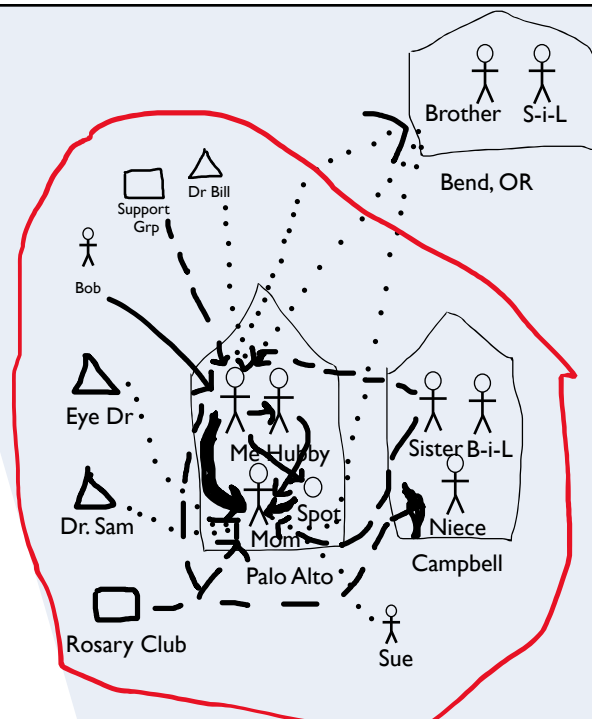
Atlas CareMap Step By Step

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Draw a line to encircle those who are near you

These are people close enough that they can visit if needed without much hassle — within twenty minutes of you

Everyone inside this circle is Near
Many people choose to include “online friends” within the Near circle



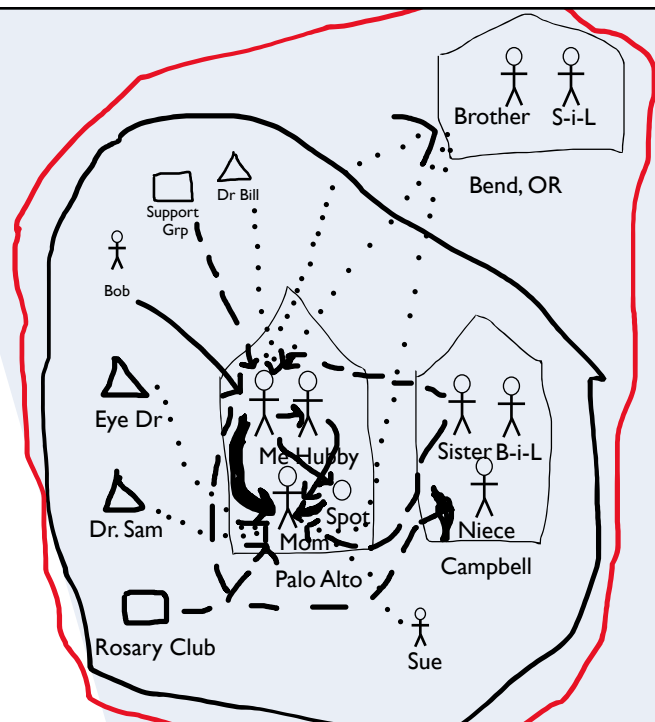
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Atlas CareMap Step By Step

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Finally draw another line to indicate those who are far from you

We suggest more than two hours from you.
Everyone outside this circle is Far



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Sharing Your CareMap

CareMap captures a moment in time

Important to share your CareMap

- In the workshop
- With a friend
- With your Care Team

Questions to Think About

- Who is really important, and what happens when they aren't there?
- Are the different people in your CareMap aware of each other and what everyone is doing?
- What kinds of care and skills do people provide think broadly – practical (medical assistance, transportation, research, etc.) as well as social (companionship, laughter, comfort, etc.)
- Have you forgotten any one important? (Spouses/siblings are often overlooked!)
- Are there relatives or friends who could be more involved?
- Are there professionals or services that are missing and needed?
- What is good in your current situation, what would you not want to change?

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Take Away

The ability to bounce back from a crisis is something you can work on and make better

Rewiring your brain to look for the positive can increase your sense of well-being

Identifying your care team will help you to:

- appreciate what is working well
- plan for future difficulties
- manage the people involved
- identify missing people and services
- communicate with everyone

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Making This Work for You


Pick One

Looking for the Positives

Write down 3 things – Three Paths to Happiness:


- A Gratitude: something you give thanks for
- A Kind Act: something nice done for someone
- A Positive Experience: something good that has happened


2 minutes a day for 21 days



Refining Your Atlas CareMap

- First draft done in class
- Review and add to it when you are at home
- Answer the review questions on the handout
- Share your CareMap with someone on your team

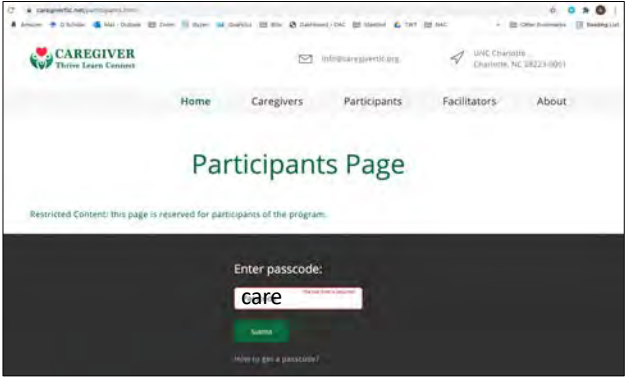
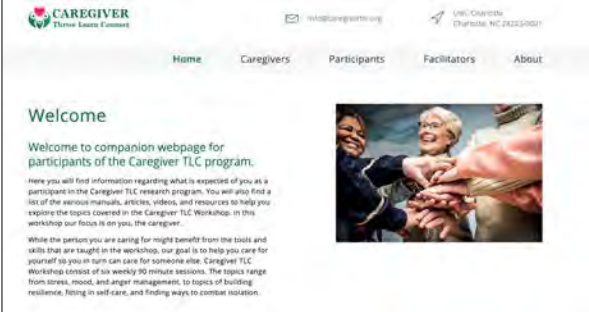


Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the issue Brainstorm solutions Try it out

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Access To The Website

URL: caregivertlc.org
 Select: **Participants**
 Passcode: **care**

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Before
you leave,
Please
complete
our poll.

