


Caregiver
TLC

THRIVE
LEARN
CONNECT

ALL BY MYSELF



OPTIMAL
AGING
CENTER

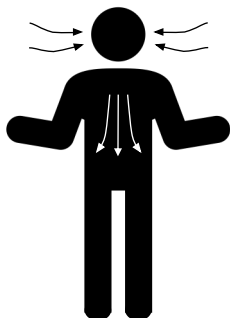
Caregiver TLC is a derivative of the Coping With Caregiving 2.0 Suite

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Deep
Breathing

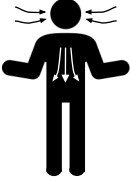
Take 10 deep breaths

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




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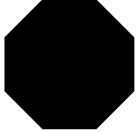
Check In



Deep Breathing



Anger-Mapping




S.T.O.P.

3


Today's Topics



Meaningful Connections



Review



Celebration

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Meaningful Connections Matter

- Social connectedness is important to staying healthy and happy.
- These meaningful connections help to prevent loneliness
- There are multiple methods to foster feeling connected to others



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Creating Social Connectedness

Create a Support Network

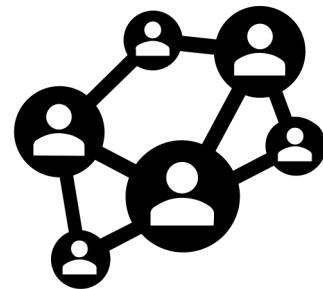
- Friends, family, peers, professionals

WHY:

- This network helps you to feel connected and less on your own

CAUTION:

- Diversify! Don't depend on just one connection point. The more connection points you have the better it can weather any disruptions.



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Where to go in a Crisis: Helplines / Hotlines

WHAT:

- Non-judgmental listening services for people in crisis
- Offered by telephone, may also be email, web or text support
- Can also offer access to information, services, and advice

WHY:

- Sometimes it can be very freeing to talk with someone who is completely objective
- Most are 24/7, so in the dead of the night when you are laying awake worrying it is nice to have someone to talk with

CAUTION:

- You are not guaranteed to talk to the same person every time

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Helplines for Caregivers

Institute on Aging Friendship Line (800-971-0016)

- 24-hour toll-free Friendship Line
- Founded in 1973, it is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities

Alzheimer's Association 24/7 Helpline (800-272-3900)

- 24/7, 365 days a year
- Specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public
- live chat from <https://www.alz.org/help-support/resources/helpline>
 - available from 7a.m.-7p.m. (CST) Monday through Friday

Caregiver Help Desk (855-227-3640)

- Caregiving experts are available 8:00 AM – 7:00 PM ET.
- Hosted by Caregiver Action Network and staffed by caregiving experts, helps caregivers to find the right information needed to help navigate complex caregiving challenges.
- Live chat/email available from <https://caregiveraction.org/>

Check website of specific chronic illness foundations/associations.

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Support Groups

WHAT:

- Support groups focus on sharing personal experiences and feelings, coping strategies, or firsthand information

WHY:


- Feel less alone
- Source of practical advice

CAUTION:


- You may need to try out a variety of support groups until you find one that fits you

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Support Groups: Pros and Cons

 **Pros:**

- Feeling less lonely or isolated
- Improving skills to cope with challenges
- Improving understanding of a disease
- Learning about health, economic or social resources

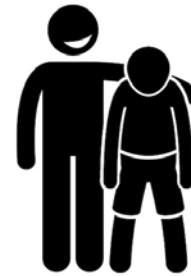
 **Cons:**

- Not helpful for everyone
- Many groups do not do problem solving
- Some can end up leaving you feeling worse than when you arrived
- No way of knowing if material offered is evidence-based

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Finding One That Fits

- Understand the Format
- Manage Expectations
- Cost Involved
- Don't Have to Stay
- Keep an Open Mind



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Where to Find a Support Group

Family Caregiver Alliance offers an emailing list style support for caregivers caring for persons with all types of chronic illnesses <https://www.caregiver.org/connecting-caregivers/support-groups/>

Well Spouse Association open for all chronic illnesses <https://wellspouse.org/>

Looking for something local and in-person?

- Check out the major organizations for the illness of the person you are caring for

American Heart Association <https://www.stroke.org/en/stroke-support-group-finder>

Michael J Fox Foundation <https://www.michaeljfox.org/news/support-groups>

Alzheimer's Association https://www.alz.org/events/event_search

Lewy Body Dementia Association <https://www.lbda.org/local-support-groups/>

Find your local **Area on Aging**

- <https://www.n4a.org/>

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Online Message Boards

WHAT:

- Online message boards serves the same goals of a support group without the structure of attending a once a week 'event'
- Available 24/7 you post your question or share an answer on your schedule

WHY:

- Along with feeling less alone & being a source of practical advice online message boards are available when you need them

CAUTION:

- You don't know who is offering the advice so make sure you verify the information before you use it!

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Message Boards

AARP Online Community (AARP)

- For all caregivers
- Don't have to be a member
- Variety of forums including a set specifically for caregivers – caregiver tips, knowledge base articles, chat, plus more

<https://community.aarp.org/>



ALZ Connected

(Alzheimer's Association)

- Alzheimer's and other Dementias
- Patients, CGs, Family, Friends, and others

<https://www.alzconnected.org/>

Smart Patients

(Family Caregiving Alliance / Smart Patients)

- For caregivers of adults with chronic physical or cognitive conditions

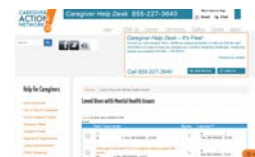
<https://www.smartpatients.com/partners/fca>

Care Community

(Caregiver Action Network)

- Browse without signing up, however if you wish to post you will need to
- Specific forums for Alzheimer's, Huntington's, Parkinson's, & COPD, plus more general online forums

<https://caregiveraction.org/community>



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Social Media - Facebook

WHAT:

- Facebook has many private support groups, some have been around for years
- Providing support & advice, many caregivers find them very helpful

WHY:

- Facebook is a media that many are already familiar with

CAUTION:

- There is no guarantee of privacy on Facebook. While these groups do make an effort to protect their members, the very nature of Facebook can at times work against them



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Facebook Caregiver Groups for All Caregivers

Caregiver Nation

This is a group for family caregivers. We share information, understanding, empathy, and resources so that caregivers never feel alone or unsupported in their efforts.

<https://www.facebook.com/groups/122999778390804>

Working Daughter

This is for women who are balancing caring for an aging parent with their career. Join us for community, support, encouragement. Share your questions and your best advice.

<https://www.facebook.com/groups/workingdaughter/>

The Caregiver Space Community offers a variety of private Facebook groups

These private Facebook groups are part of Caregiver Space.org and open to any caregiver providing care and are specific.

<https://thecaregiverspace.org/>

<p>All Caregivers All caregivers are welcome here. This is our most active group and a great place for 24/7 support.</p>	<p>Young Caregivers Here's a place for people under 35 to share their experiences and support each other. This group welcomes all young caregivers, regardless of who you're caring for or how many hours you spend providing care.</p>	<p>Spousal Care: 20s, 30s & 40s A space for young people supporting a current or former romantic partner. This is a welcoming space for people in poly and queer relationships.</p>
<p>Spousal Care Here's the place to talk about what it's like to take care of your partner, husband, wife, girlfriend, boyfriend, etc. or anyone else you've or have been in a romantic relationship with.</p>	<p>Long-term Care Some conditions are life long, others are simply long lasting. Here's a place to talk about caregiving that lasts for years.</p>	<p>LGRTQIAP+ Caregivers All of our groups are LGRTQIAP+ inclusive, but this is a great space to share issues specific to the queer community, including polyamory and caregiving experiences in transition.</p>
<p>Caregiving Parents Taking care of a child (or grandchild or client) with special needs, a disability, a chronic or acute illness? Here's the place for you to connect.</p>	<p>Caregiving Sons Are you one of the millions of men providing caregiving support to friends, family, and clients? Join the conversation here.</p>	<p>Caregiving Daughters Women are often natural caregivers, to spouses, children, parents, and other family members. If you identify as a woman, we welcome you here.</p>
<p>After Caregiving Life goes on after caregiving ends. Some of us and here to grieve with grief. Others are celebrating milestones. All of us are forever changed by the experience.</p>	<p>Eldercare Caring for seniors has unique challenges, especially when behaviors and demands are muddled.</p>	

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Facebook Caregiver Groups for Dementia

Memory People

They bring real-time Support to patients, caregivers, advocates, family members and professionals who are dealing with Alzheimer's/dementia or any memory impairment.

https://www.facebook.com/groups/180666768616259?ref=pages_group_cta

The Purple Sherpa Basecamp: Dementia Family Caregiver Support Group

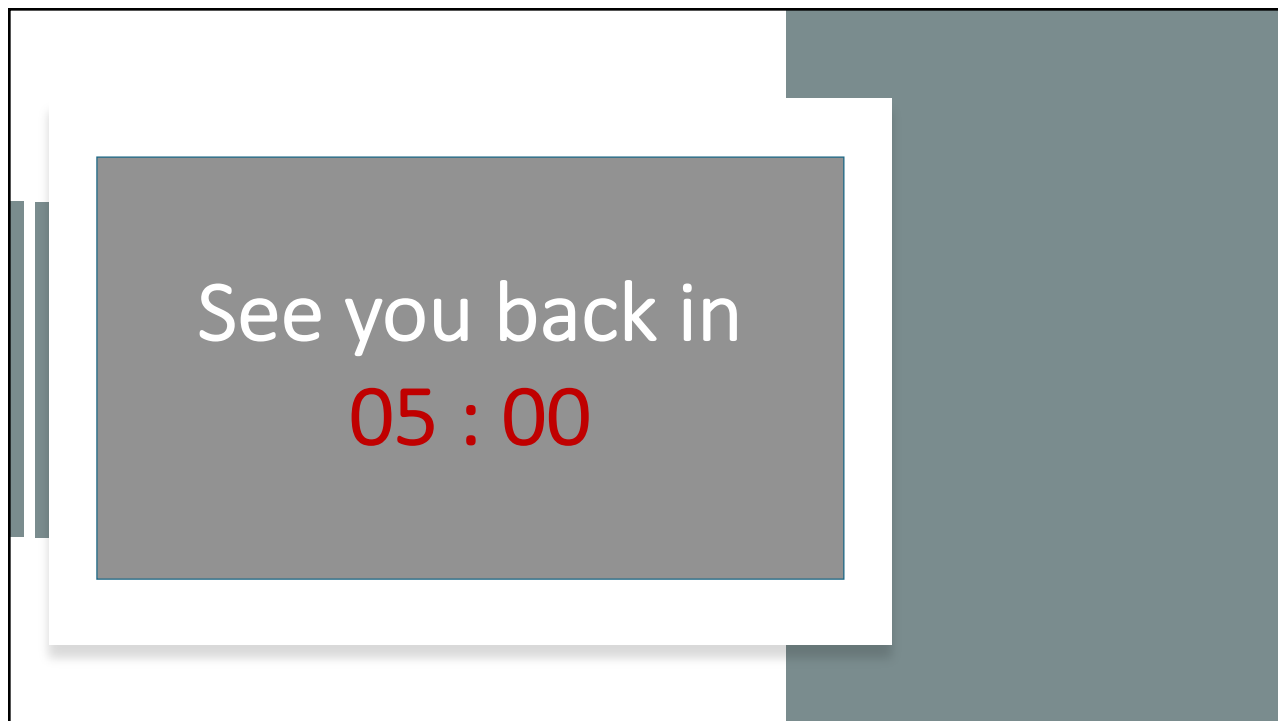
This is a place to share what we've learned as care-partners, to vent and support one another, and to break the silence that leaves so many caregivers feeling alone.

<https://www.facebook.com/groups/ThePurpleSherpaBasecamp/>

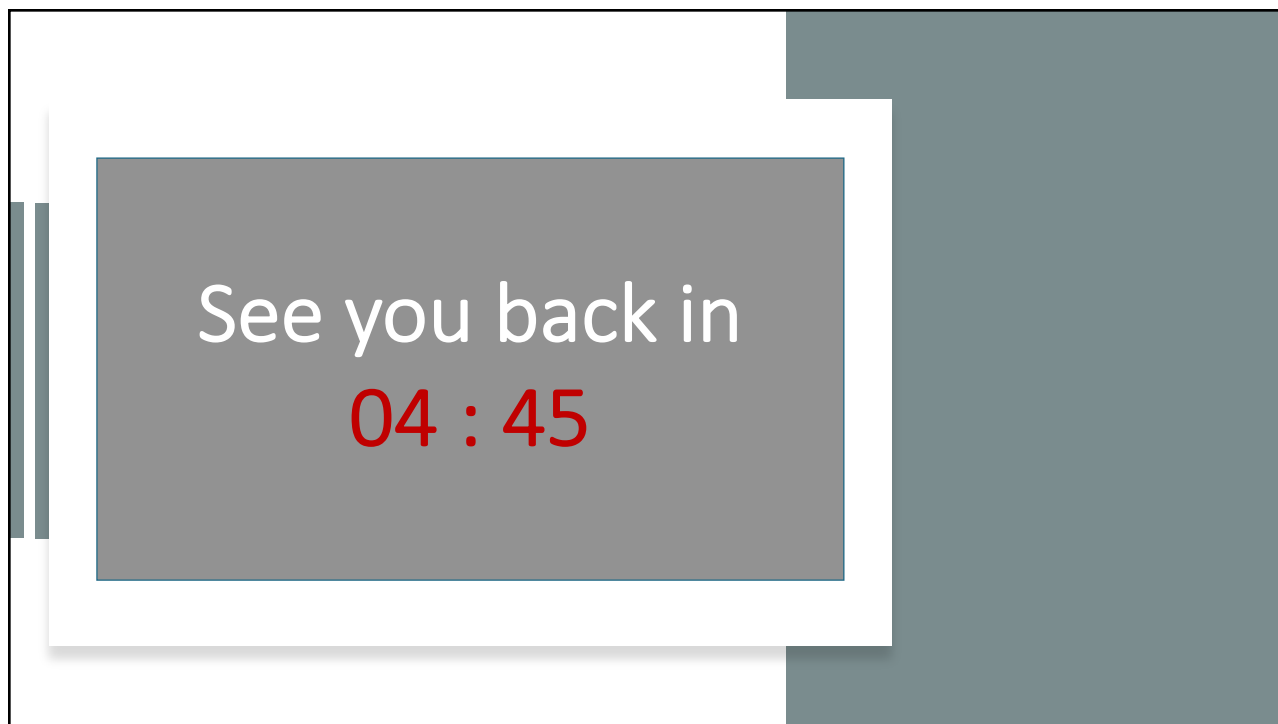
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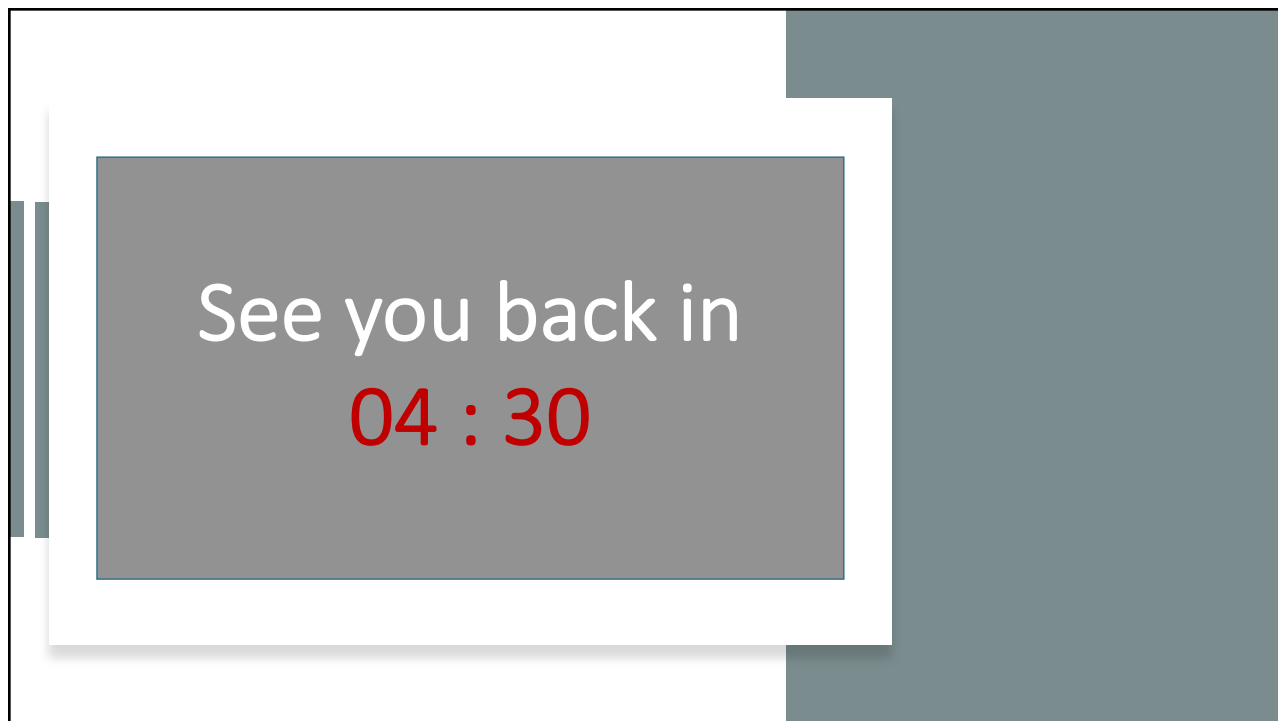
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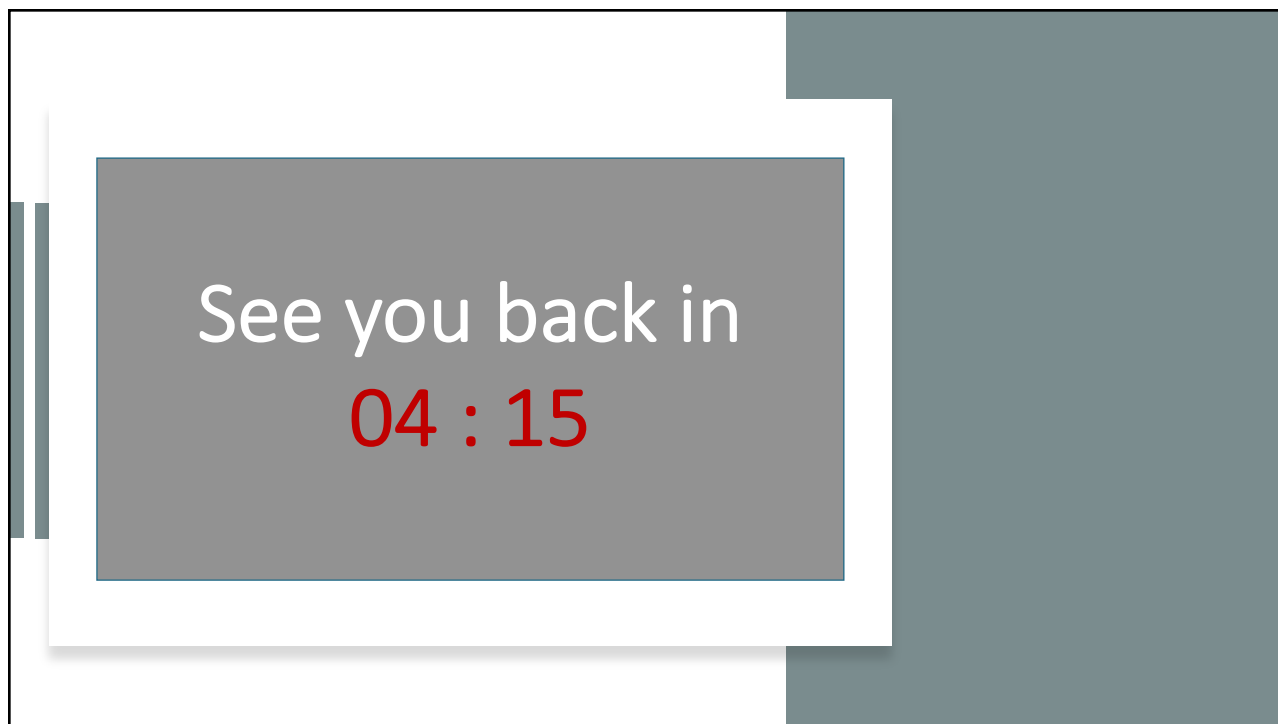
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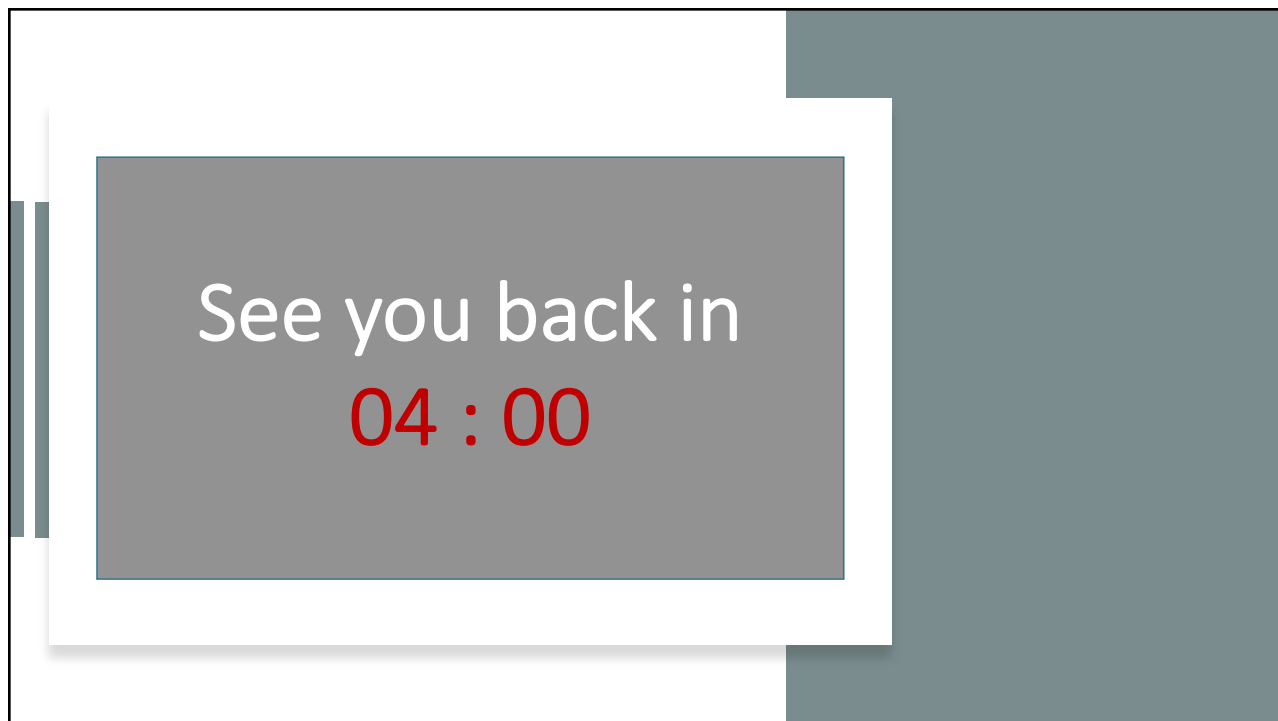
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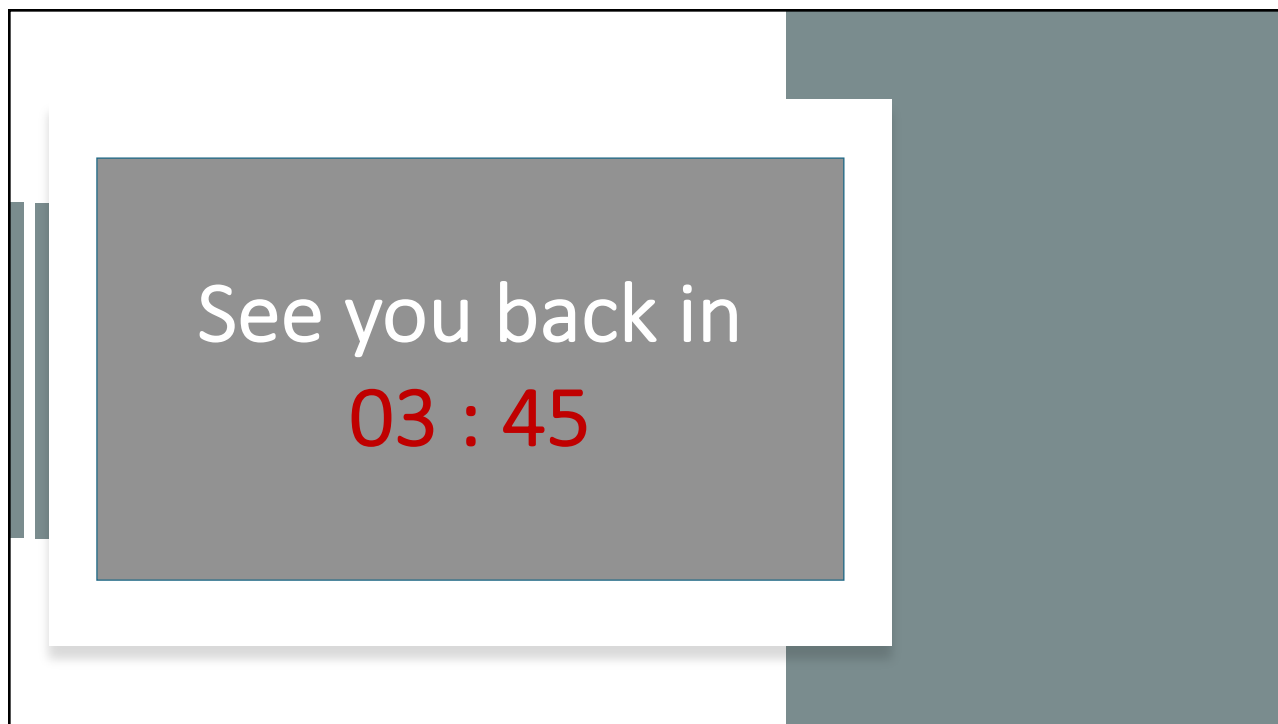
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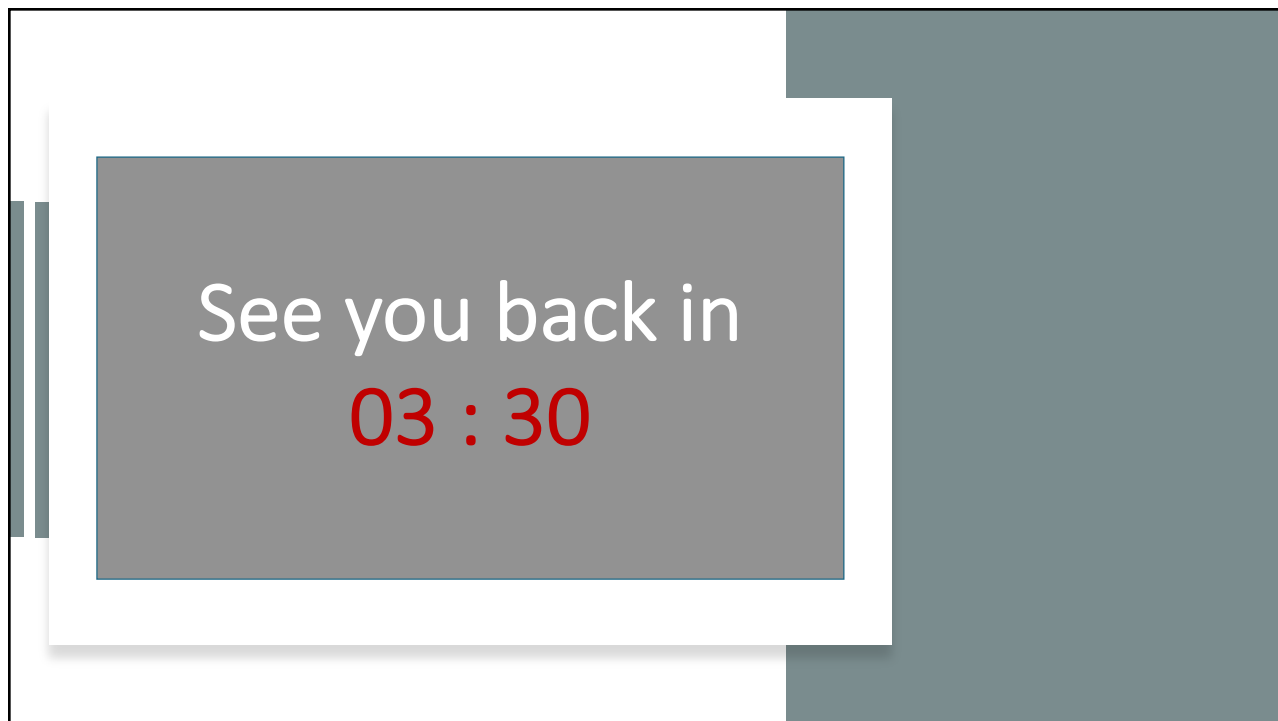
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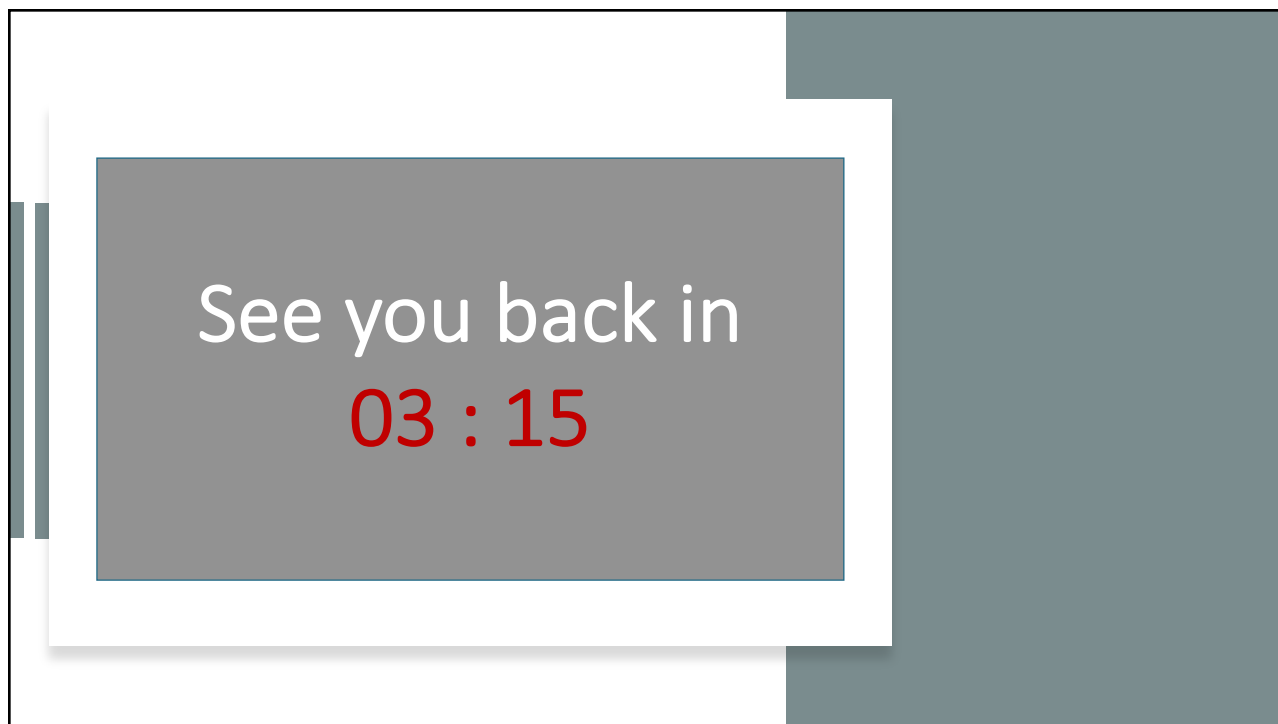
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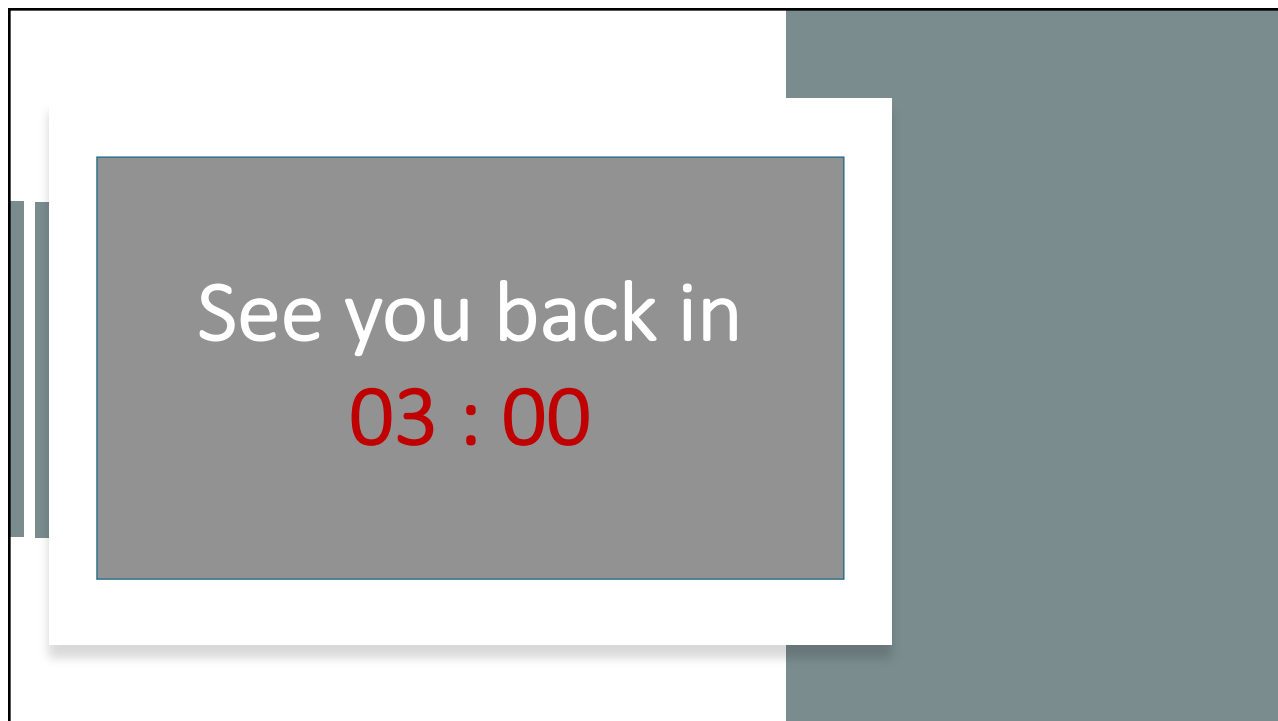
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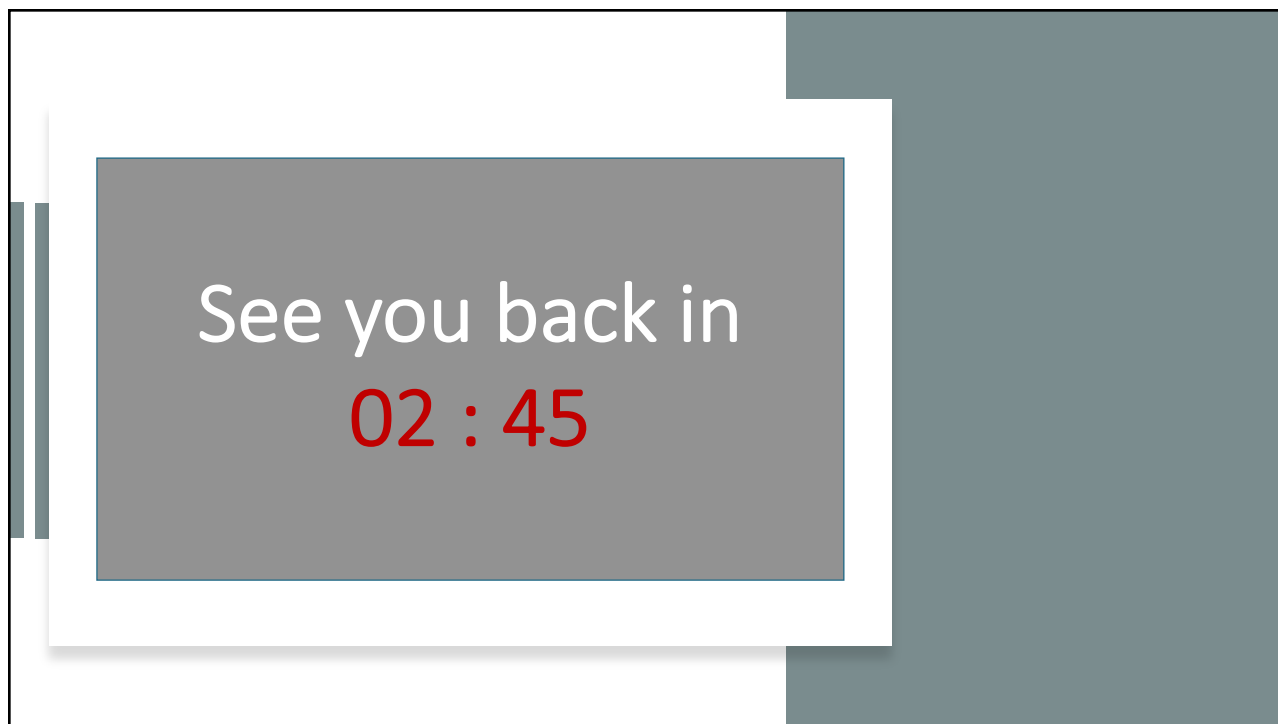
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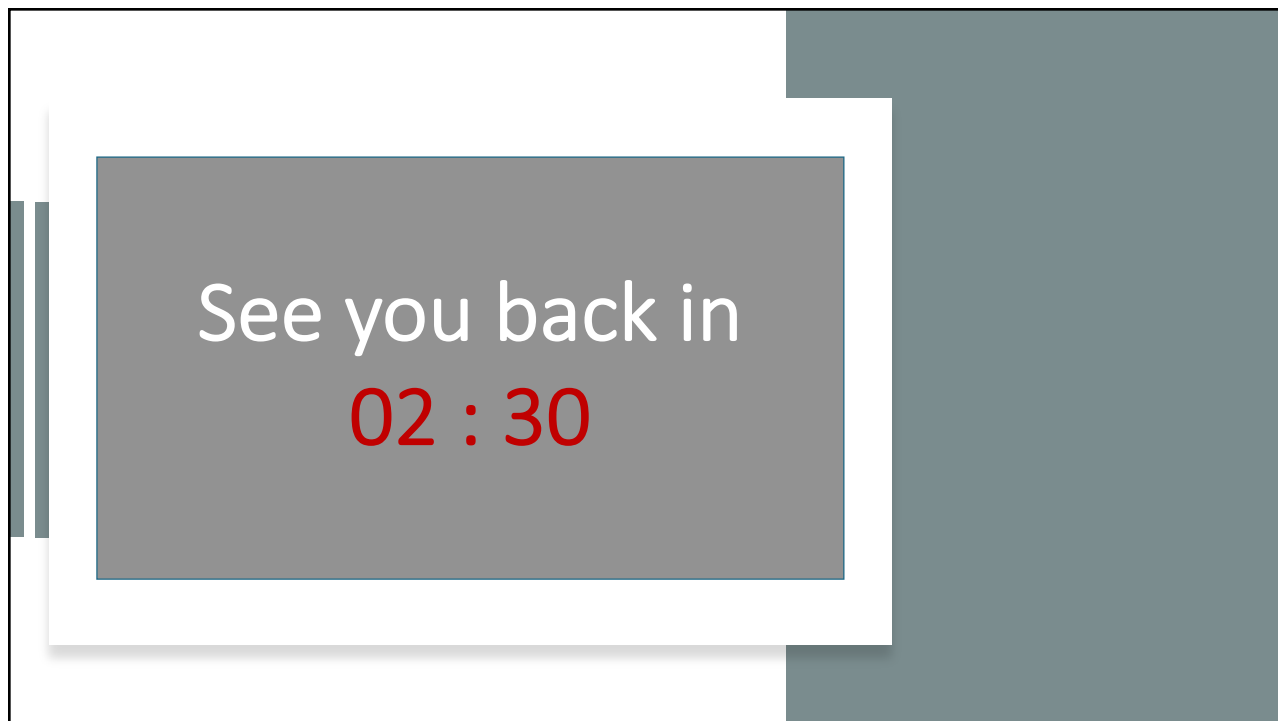
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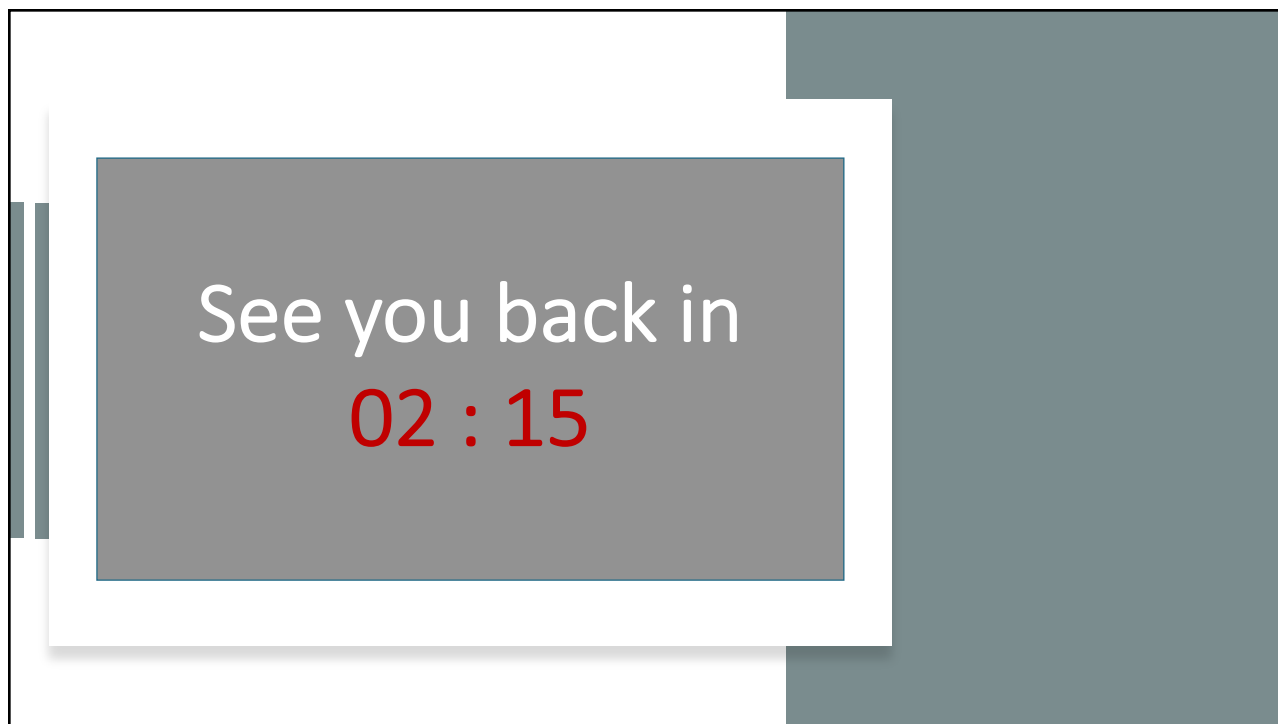
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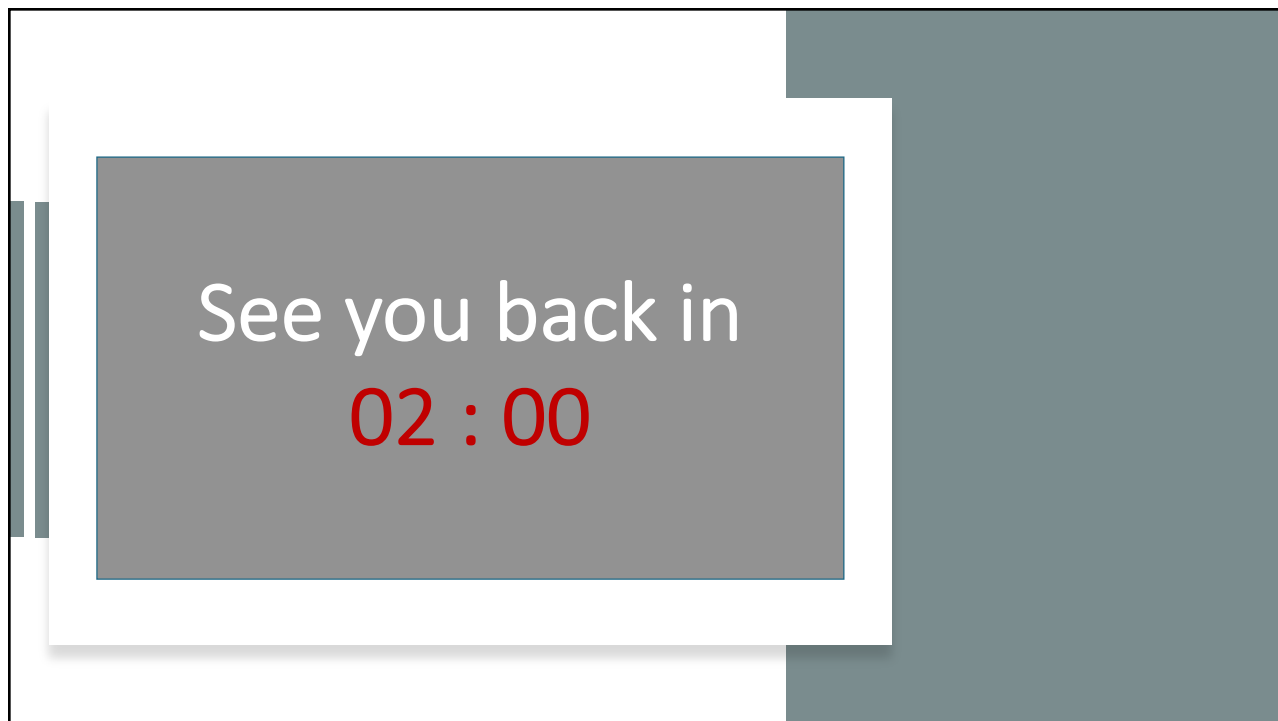
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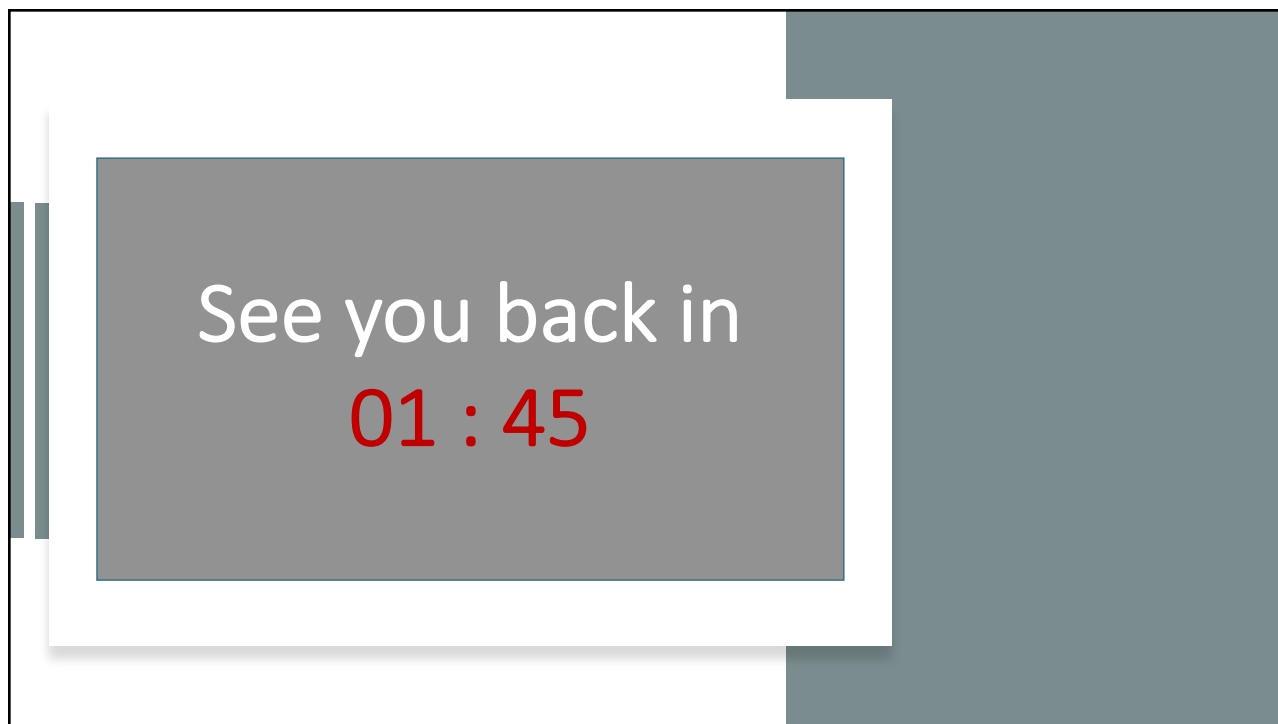
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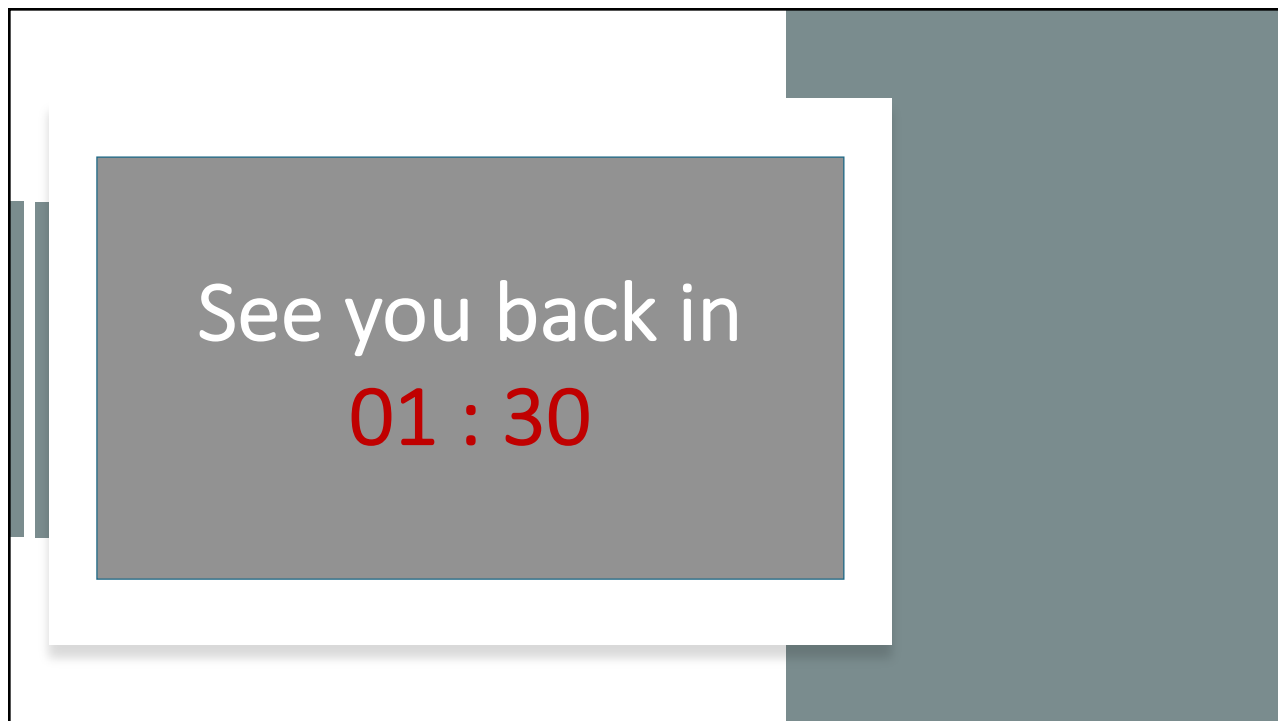
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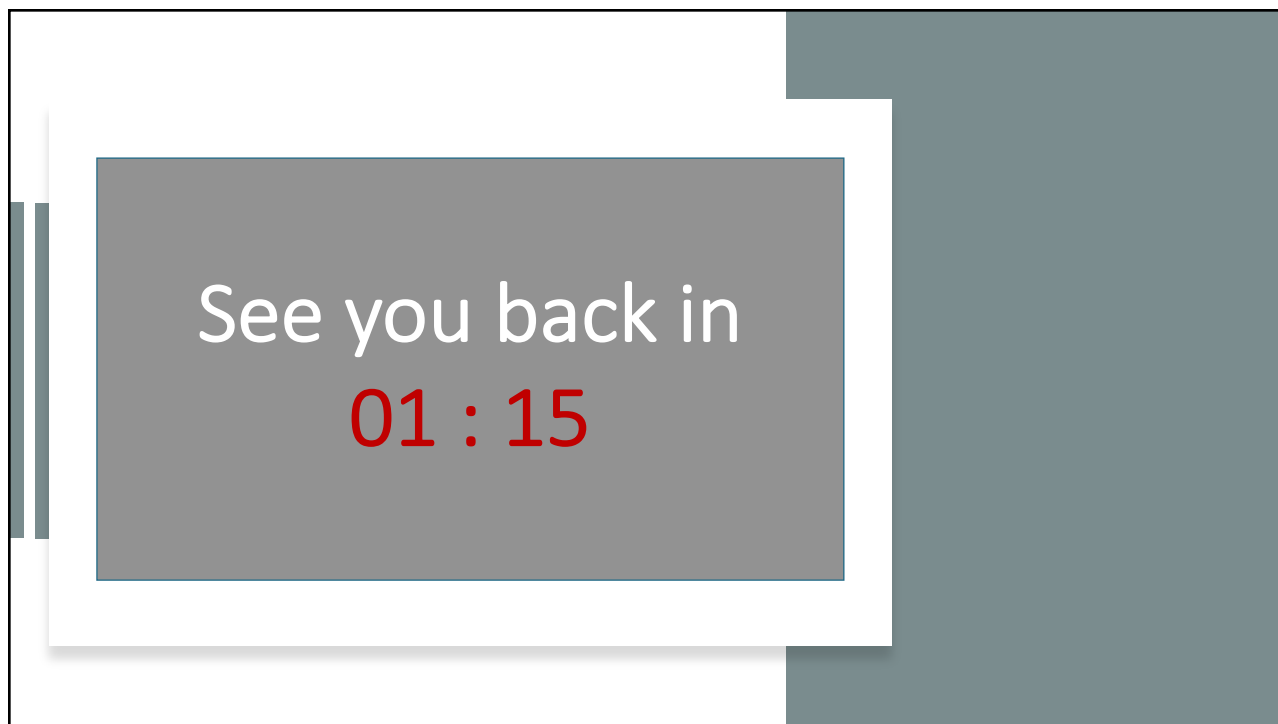
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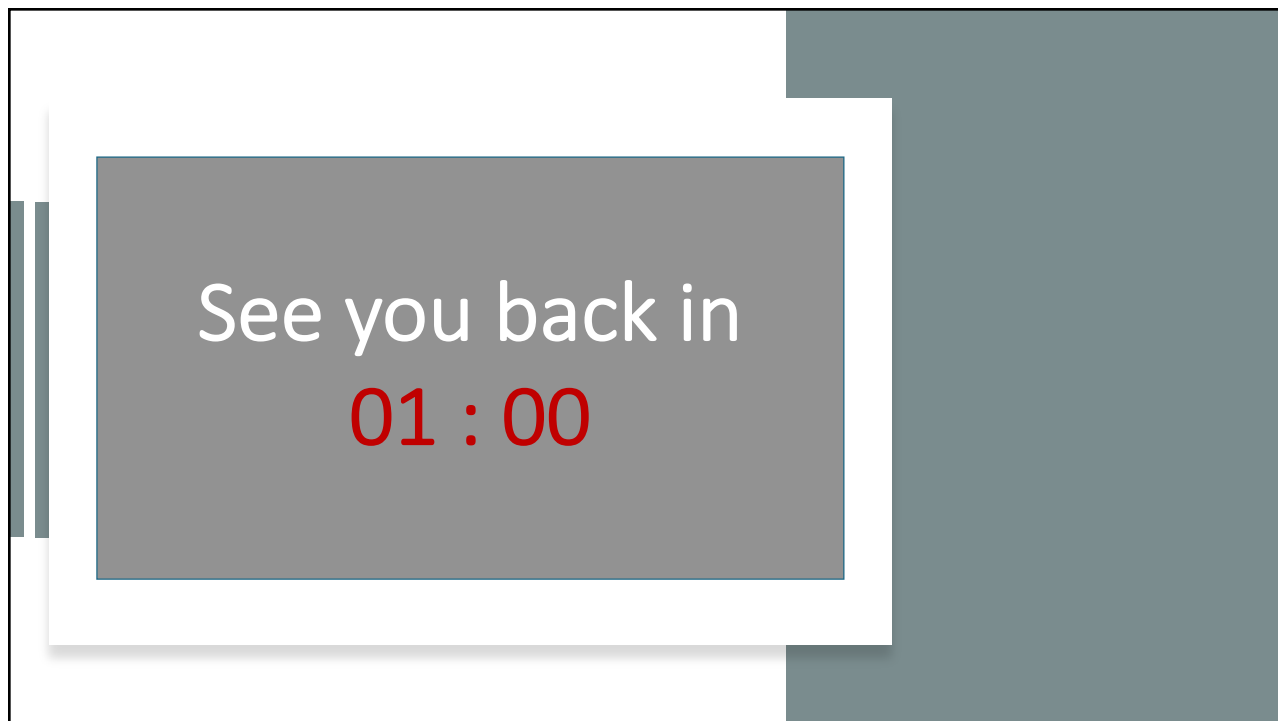
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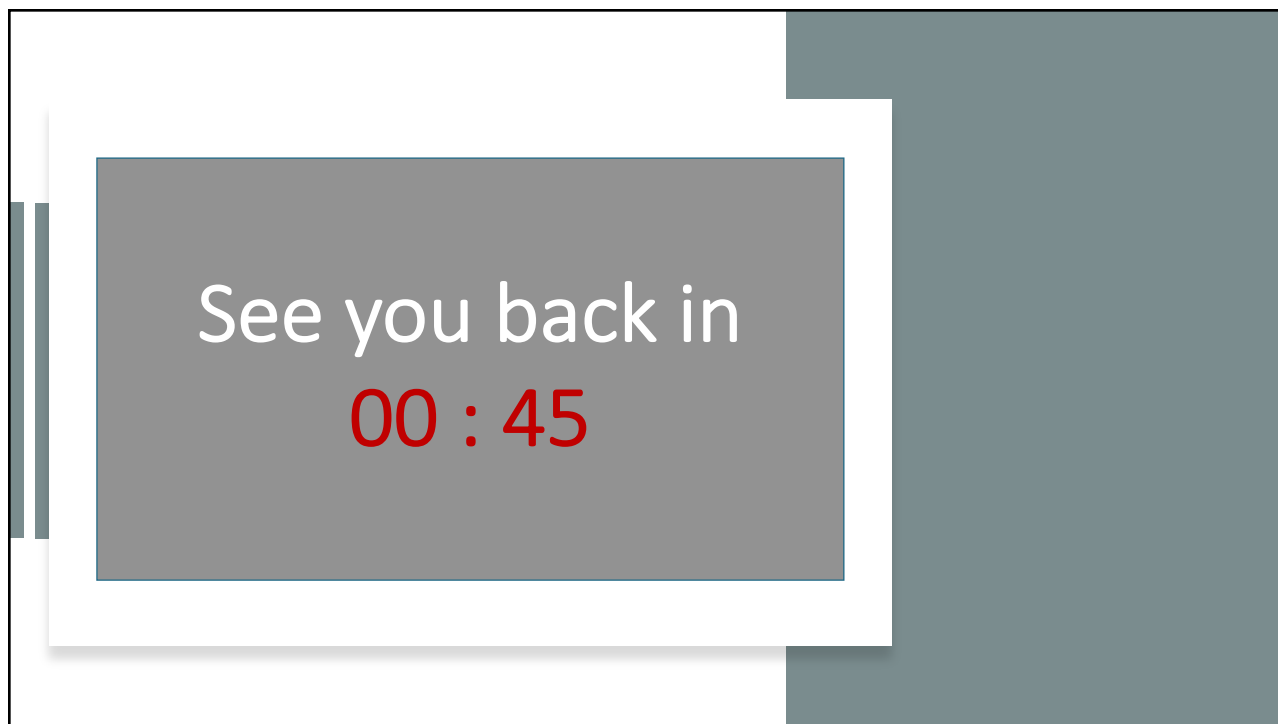
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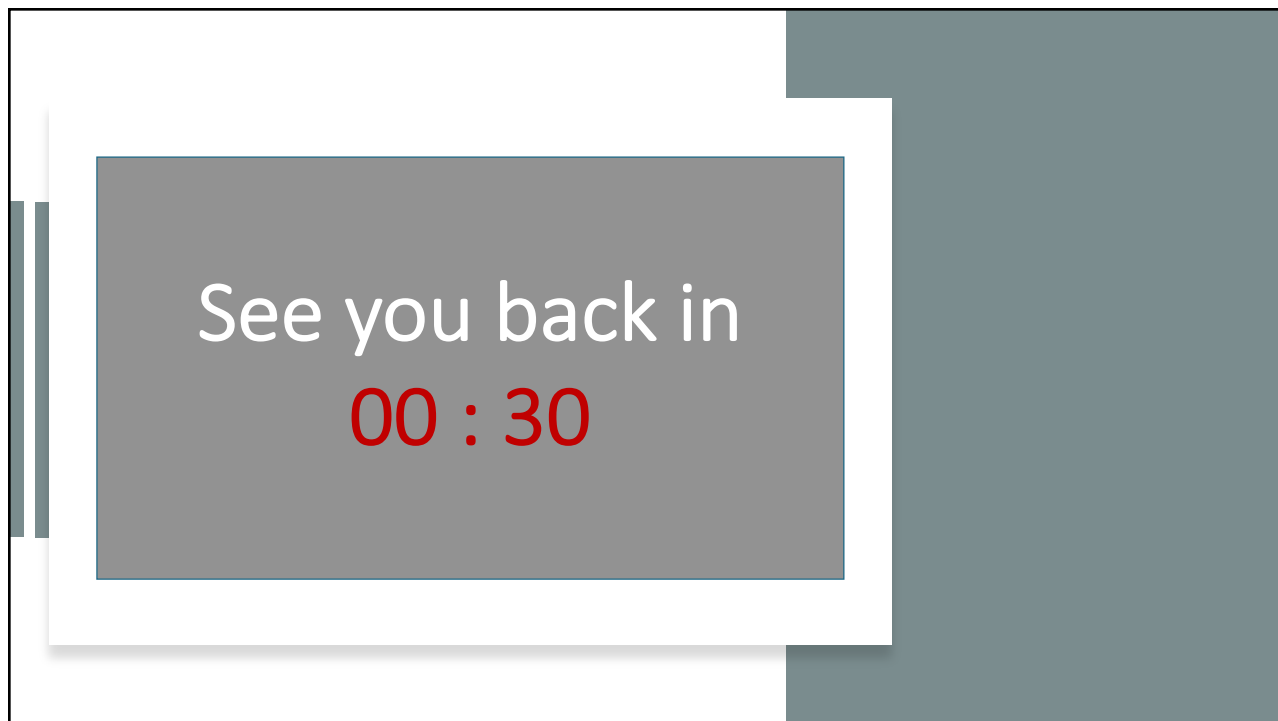
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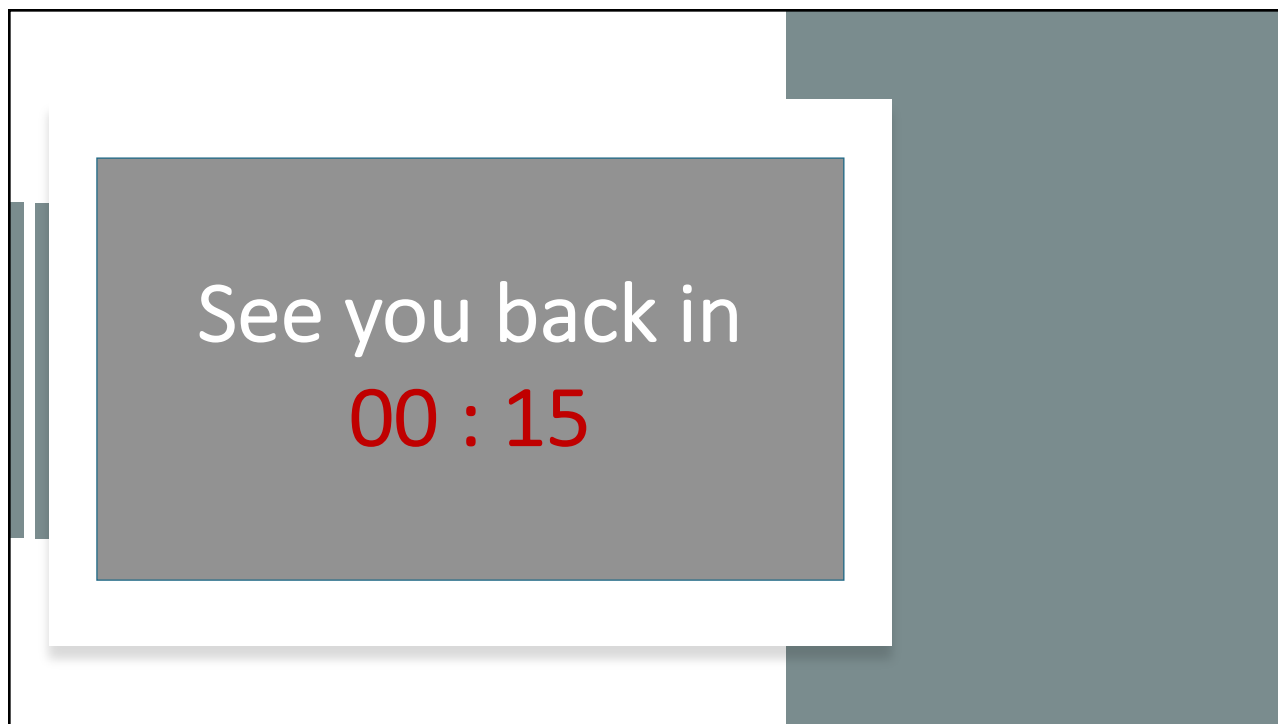
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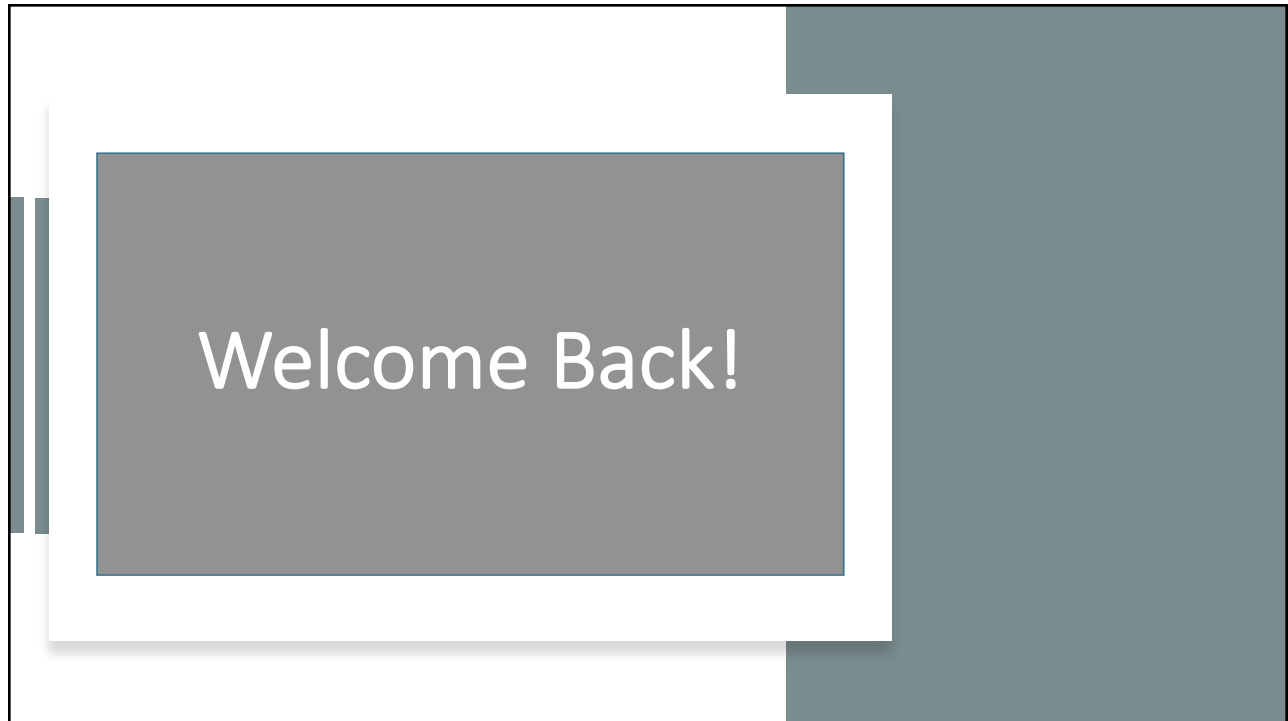
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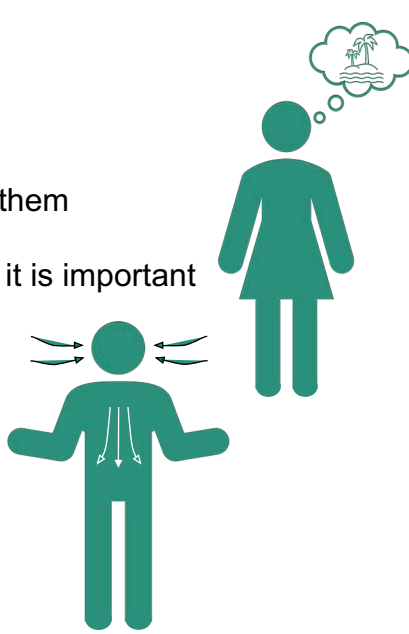
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Review: Stress Management

- Stress affects our life in many ways, some of them unexpected.
- Everyone shows stress in different ways, and it is important to know your own signals.
- Deep breathing & visualization works best if it is practiced often.

Skills learned:

- Deep Breathing
- Visualization



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Review: Mood Management

- Depressive symptoms are common during caregiving. Taking the time to enjoy yourself will help you feel less stressed and a better CG.
- Scheduling and then doing positive activities can help to manage mood.
- It is important to do the scheduled activity, even if you don't feel like it. Make a plan and do the plan – trust in the process.

Skill learned:

- Positive Activities



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Review: Nurturing Resilience

- 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 and communicate with everyone.

Skills learned:

- Focusing on the Positive
- Atlas CareMap



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Review: Self-Care

- CGs are at an increased risk for certain health concerns and burnout.
- Self-Care is a deliberate action you take that improves your physical, mental, or emotional well-being.
- Understanding what keeps you from doing self-care can help you to increase the amount of self-care you do.
- Prioritizing addressing health concerns, finding support, practicing self-compassion, and adding laughter is a good start on adding self-care to my day.

Skills learned:

- Knowledge of their own participation in self-care
- Broadening their engagement in self-care



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Review: Coping with Frustration

- Both positive and negative emotions are a normal part of caregiving.
- Emotions are one part how you feel, one part how your body reacts, one part how you behave.
- There are different ways to proceed dependent on how angry you are.
- Stop, Take ten breaths, Observe, and Proceed can help to give you space to respond rather than react when you are angry.

Skills learned:

- Anger Mapping
- Awareness of self-talk
- S.T.O.P.



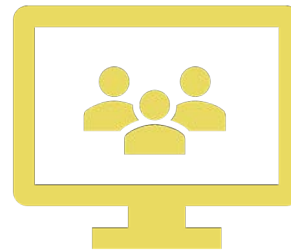
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Review: Finding Support

- Social connectedness is important to staying healthy and happy.
- These meaningful connections help to prevent loneliness
- There are multiple methods to foster feeling connected to others

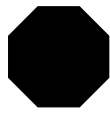
Skills learned:

- Methods of finding support online



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Making it Personal: Planning for the Future



Making It Personal: Planning for the Future
Think of camping issues or problems that you'll likely be facing in the future and review the skills in this workshop to see how they can be applied to those challenges.

Situation
Describe the Situation
Example: I'm helping my mom get dressed & she's being difficult

- 1.
- 2.
- 3.

Skill
Which skill will you use? Please refer to workshop last session for skill review
Example: remember to do deep breathing when I'm stressed or frustrated

- 1.
- 2.
- 3.

Likely Outcome
What is the likely outcome if you use this skill? What if you don't?
Example: If I do the deep breathing first, I'll be more able to help her get ready without her getting stressed too. If I don't, likely she'll get frustrated too & we'll be late

- 1.
- 2.
- 3.

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