

EMPLOYEE CONSULTATION SERVICES

Human Resources Consultants

DIRECTOR
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SUGGESTIONS FOR PARTICIPANTS:

STRENGTHEN FAMILY BONDS FOR LOVE AND SUPPORT

- 1. EDUCATE YOURSELF FOR GREATER UNDERSTANDING OF SYMPTOMS TO BE BETTER EQUIPPED TO REDUCE ANXIETY.**
- 2. PRIORITIZE YOUR OWN PHYSICAL HEALTH BY GETTING ENOUGH SLEEP, HEALTHY NUTRIENTS AND APPROVED REGULAR EXERCISE TO LIFT MOOD. TRY DEEP BREATHING, MEDITATION OR YOGA.**
- 3. TALK WITH FAMILY ABOUT NATURE OF ILLNESS AND DEMANDS ON YOU/THEM AS THE CAREGIVERS.**
- 4. LISTEN AND VALIDATE THEIR PERCEPTIONS OF FEELINGS, ANXIETY, FRUSTRATION, ANGER AND SADNESS. REGULARLY REASSURE THEM OF YOUR LOVE, REAFFIRM, REASSURE THAT THEIR NEEDS ARE IMPORTANT TO YOU.**
- 5. PRIORITIZE AND SCHEDULE FAMILY TIME**

- * DEDICATE 1 ON 1 TIME, EVEN SHORT, TO TALK, PLAY GAMES, SPORTS, and WALKS**
- * PLAN NON-CAREGIVING ACTIVITIES: WATCH A MOVIE, EAT TOGETHER.**
- * MAINTAIN EXISTING ROUTINES: FAMILY DINNERS, WEEKEND ACTIVITIES TO BUILD SENSE OF NORMALCY.**

6. DELEGATE AND SHARE RESPONSIBILITIES

- ENLIST/ACCEPT HELP FROM OTHERS: PITCH IN WITH CHORES, TASKS**
- ASSIGN AGE APPROPRIATE CHORES TO LIGHTEN CAREGIVER LOAD AND TO MODEL IMPORTANCE OF SHARED FAMILY RESPONSIBILITY AND EFFORT.**
- INVOLVE SIBLINGS AND EXTENDED FAMILY BY HAVING FAMILY MEETINGS TO EXPAND SHARED CAREGIVING DUTIES LIKE MEDICAL APPOINTMENTS, RESPITE TIME.**
- CREATE A WRITTEN, POSTED SCHEDULE TO ENSURE COLLABORATIVE SUPPORT SO THAT NO ONE FAMILY MEMBER IS BURDENED.**

7. SET REALISTIC EXPECTATIONS AND BOUNDARIES

- CAREGIVERS ARE EASILY CONSUMED BY SO MANY DRAINING REQUESTS**
- CLEARLY COMMUNICATE AND RESTATE BOUNDARIES TO THE ILL PERSON AND FAMILY**

8. AVOID GUILTING BY OTHERS FOR NOT BEING ABLE TO DO ENOUGH OR TO THEIR STANDARD/EXPECTATIONS

- **RECOGNIZE DANGER OF FEELING SHAME.**
- **CONGRADULATE YOURSELF FOR DOING EVERYTHING POSSIBLE.**

9. UTILIZE SUPPORT SYSTEMS

- **ENSURE RESPITE FOR SELF/OTHER FAMILY MEMBERS**
- **REDUCE ISOLTION BY CONNECTING WITH OTHR CREGIVERS/SUPPORT GROUPS**
- **NETWORK TO FIND IN-HOME AIDS, ADULT DAY CARE, SHORT STAY ASSISTED LIVING**
- **ENGAGE IN FAMILY COUNSELING**
- **FIND SAFE SPACES TO NAVIGATE CHALLENGES (eg) SPIRITUAL GUIDANCE OR PERSONAL, TRUSTED CONFIDANT.**

10. CLOSIING THOUGHTS ON CAREGIVER SELF CARE

YOU ARE DOING THE BEST YOU CAN. PLEASE REMAIN FOCUSED FIRST ON YOURSELF AND NON-ILL FAMILY MEMBERS. ENGAGE IN POSITIVE SELF-TALK AND RESERVE TIME FOR PERSONAL JOYS. MAINTAIN YOUR IDENTITY.