



# CARING FOR THE CAREGIVER



**HOW A FAITH COMMUNITY  
CAN RESPOND**



## **What We Will Cover Today:**

- **Who are caregivers**
- **Situations creating need for care**
- **My responsibility chart/self assessment**
- **Caregiver roles and responsibilities**
- **Caregiver involvement- When is it time?**
- **Emotional aspects of caregiving**
- **Problem solving**
- **A faith communities response**
- **Resources**



**“There are only four kinds of people  
in this world:**

**Those who have been caregivers,  
those who currently are caregivers,  
Those who will be caregivers, and  
those who will need caregivers.”**

**~Rosalynn Carter**





## Types of Caregivers:

- **Family caregivers**
- **Professional caregivers**
- **Dual caregivers**
- **Volunteer caregivers**

Caring for You...Caring for Me

Rosalynn Carter Institute for Caregiving, 2016



## Situations Creating Need for Care:

- Physical illnesses or disabilities
- Mental illnesses
- Dementia
- Developmental disabilities
- Addictive diseases
- Difficulties of frail older adults



## My Responsibility Chart

- ▶ This is an exercise to help clarify your personal responsibilities. Write the name or family position of every living member in your family. This includes spouses/partners, you and your spouses parents, grandparents, children, grandchildren, etc.
- ▶ Now underline the name of each person for whose "financial" welfare you **FEEL** responsible.
- ▶ Now, underline the name of each person for whose "emotional " welfare you **FEEL** responsible; some names may now have two lines under them.



## My Responsibility Chart cont.:

- ▶ Third, underline the name of each person for whose "daily welfare" you **FEEL** responsible. Some names will now have 3 lines under them.
- ▶ Draw a circle around the name of each person who shares with you equal or greater part of any of these responsibilities.

Discussion questions... For how many in your own generation or above do you feel responsible? How many people younger than you do you feel responsible? How many do you share responsibilities with? Did you underline your own name? How does this make you feel?



## Self Assessment for Caregivers

- Survey what is in your ability to control and manage.
- Identify your self-care deficits and decide if you can change them.
- Examine your goals.
- Be realistic.
- Don't take on more than you need to as a caregiver.
- Do you have a care team, if not why?



# Caregiver Roles and Responsibilities

- Advisor
- Advocate
- Coordinator
- Evaluator
- Mediator



## Caregiver Roles and Responsibilities cont.

- Protector
- Emotional
- Financial
- Physical
- Social
- Spiritual



## **10 Considerations on deciding to be more involved-ranking from 1 to 10, 1- not a concern, 10- major concern**

- **Medical Condition**
- **Driving**
- **Food/Nutrition**
- **Hygiene**
- **Behavior**



## 10 Considerations cont.

- Daily Tasks
- Medication
- Finances
- Mail/Emails
- Safety



# Emotional Aspects of Caregiving

- Grief
- Joy
- Stress
- Gratitude
- Burnout
- Appreciation



## **Emotional Aspects of Caregiving cont.**

- Depression
- Isolation
- Relief
- Helplessness
- Resentment



## Problem Solving

A few problem solving techniques that work well with caregivers:

- Types/ Problem Situations and Feelings Associated with Them
  - ❖ Elements nobody can change
  - ❖ Elements somebody else can change, but not you
  - ❖ Elements I can change



## Problem Solving cont.

### ➡ Problem Solving Technique

- ❖ Define the problem
- ❖ Think about what has worked in the past
- ❖ Set a goal for the problem
- ❖ Consider the possible solutions



## Problem Solving cont.

- ❖ Practices strategies
- ❖ Troubleshoot possible barriers
- ❖ Try out selected strategies
- ❖ Measure success
- ❖ Determine next steps

Dealing with Dementia: A Caregiver's Guide  
Rosalynn Carter Institute for Caregiving, 2018



# A Faith Communities Response

How to help:

- ▶ Say a prayer during the worship service for not only those whom are sick but their caregivers.
- ▶ Establish a family caregiver support network or buddy system.
- ▶ Sponsor a healthcare equipment loan program.
- ▶ Train congregates to be lay pastoral counselors to support the emotional and spiritual needs of your congregation.
- ▶ Honor your family caregivers with an event.
- ▶ Provide educational programs and/or materials on dementia, end of life planning and other topics of interest to caregivers.



## A Faith Communities Response cont.

More ways to help:

- Initiate a volunteer caregivers group and/or a respite caregivers group.
- Start a health ministry by hiring a parish nurse, or recruit and train volunteers to be health care advocates.
- Provide space in a church or synagogue library or resource room where caregivers can find current information and help on various caregiving issues.
- Organize a health and information fair for caregivers.



## A Faith Communities Response cont.

More ways to help:

- Provide a secure central filing system to maintain records concerning individuals desires about health care decisions and funeral pre-planning.
- Provide space to have a loan closet of hospital equipment, canes, walkers, wheel chairs, bathroom stools, etc.
- Incorporate caregiving issues into sermons, weeknight dinner programs, church school programs, especially during national caregivers month.
- Start a support group for caregivers.



## A Faith Communities Response cont.

More ways to help:

- Produce a newsletter for caregivers.
- Stay in touch with caregivers via telephone, personal visits, cards, etc.
- Offer opportunities to learn how to become better care receivers.
- Become involved with public policy making and legislative advocacy on health care issues.
- **ENCOURAGE**

*Adapted from 20 Ways Your Congregation Can Support Caregivers and Care Receivers by Dora Elaine Tiller*



## Resources

- Presbyterian Older Adult Ministries (POAMN)

<http://www.poamn.org>

- University of Toronto- Family Care Office

<https://familycare.utoronto.ca/eldercare/caregiver-support/>

- Canadian Patient Safety Institute

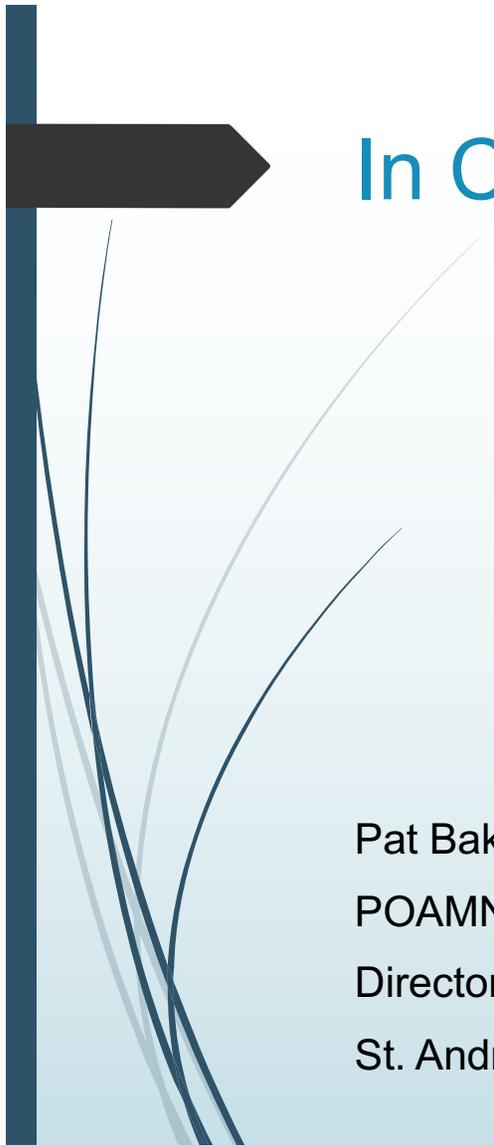
<http://www.patientsafetyinstitute.ca>

- CARERS CANADA

<https://www.carerscanada.ca/resources/>

- Comfort life

<https://www.comfortlife.ca/retirement-communities/caregiver-resources>



In Conclusion...

# QUESTIONS??

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