

Self-Care and Support for the Caregiver_Staff

Caregiver Support_Staff Version

Self-Care and Support for the Caregiver

For Paid Caregivers

Title Page

1/24

Slide 1: Title Page

Narration: Welcome to this course, Self-Care and Support for the Caregiver

This is the fourth in a series of courses, webinars, and trainings designed to provide practical information on dementia in people with intellectual and developmental disabilities – or IDD. In this course, you'll learn more about the experience of caring for someone with IDD and dementia. While caregiving can be stressful, there are also moments of joy and strength. This course will discuss positive aspects of caregiving as well as some of the challenges and provide resources for reducing stress - including self-care tips and seeking support from others.

Welcome!

The buttons underneath the slides will help you navigate through the course:

- The “Play” button will play or pause the slide
- The left arrow will bring you back to the previous slide
- The right arrow will bring you to the next slide
- The speaker button will mute the audio

Slide 2: Welcome and Instructions

Narration: Welcome!

The buttons underneath the slides will help you navigate through the course.

- The “Play” button will play or pause the slide.
- The left arrow button will bring you back to the previous slide.
- The right arrow button will move to the next slide.
- And the speaker button will mute the audio.

Learning Objectives

- Build confidence as a caregiver
 - Recognize the positive aspects of caregiving
 - Develop self-care strategies
 - Identify challenges for caregivers
- Learn about coping strategies around grief for both the caregiver and others

Slide 3: Learning Objectives

Narration: Learning Objectives

In this training we'll shift the focus to you, the caregiver. You play a vital role in the life of the person you care for, and taking care of yourself will benefit both of you.

This training aims to help you build confidence as a caregiver including:

- Recognizing the positive aspects of caregiving
- Developing self-care strategies and
- Identifying challenges for caregivers

Also, learning about coping strategies around grief for both the caregiver and others (other staff, housemates, and peers)

Section 1:

Recognize the positive aspects of caregiving

Slide 4: Section 1

Narration: Section 1: Recognize the positive aspects of caregiving

Attitudes Towards Caregiving



Slide 5: Attitudes Towards Caregiving

Narration: Attitudes Towards Caregiving

The caregiving experience will be different for each person. You may experience positive feelings, such as satisfaction, caring, and confidence, but you may also experience negative feelings, such as frustration, fatigue, and grief. We hope that as you work your way through this module, you'll recognize and strengthen the positive aspects of caring for the person you care for with dementia, but also learn ways to prevent or reduce stress and discomfort from more difficult situations.

Positive Aspects of Caregiving



Slide 6: Positive Aspects of Caregiving

Narration: Positive Aspects of Caregiving

While we often focus on the difficulties that caregivers face, there are many opportunities for favorable and fulfilling experiences. Watch the video to hear about one family's experience that highlights some of the positive aspects of being a caregiver. While you are employed as a caregiver, you may recognize similar satisfaction in making connections and sharing time together.

Positive Aspects of Caregiving - Cont.

- Satisfaction in caring for the people you serve at a vulnerable time
- Confidence that you're doing something positive
- Feeling competent
- You are making a difference



Slide 7: Positive Aspects of Caregiving – Cont.

Narration: Positive Aspects of Caregiving – Continued

We've just heard that caring for someone with IDD and dementia can bring satisfaction from knowing that the person is happy and safe.

Here are some other ways that caregiving can be a gratifying and positive experience:

- Satisfaction in caring for the people you serve at a particularly vulnerable time.
- Confidence that you're doing something positive.
- Feeling competent in your job
- Knowing that you are making a difference

Think About It

Reflection on positive aspects of caregiving

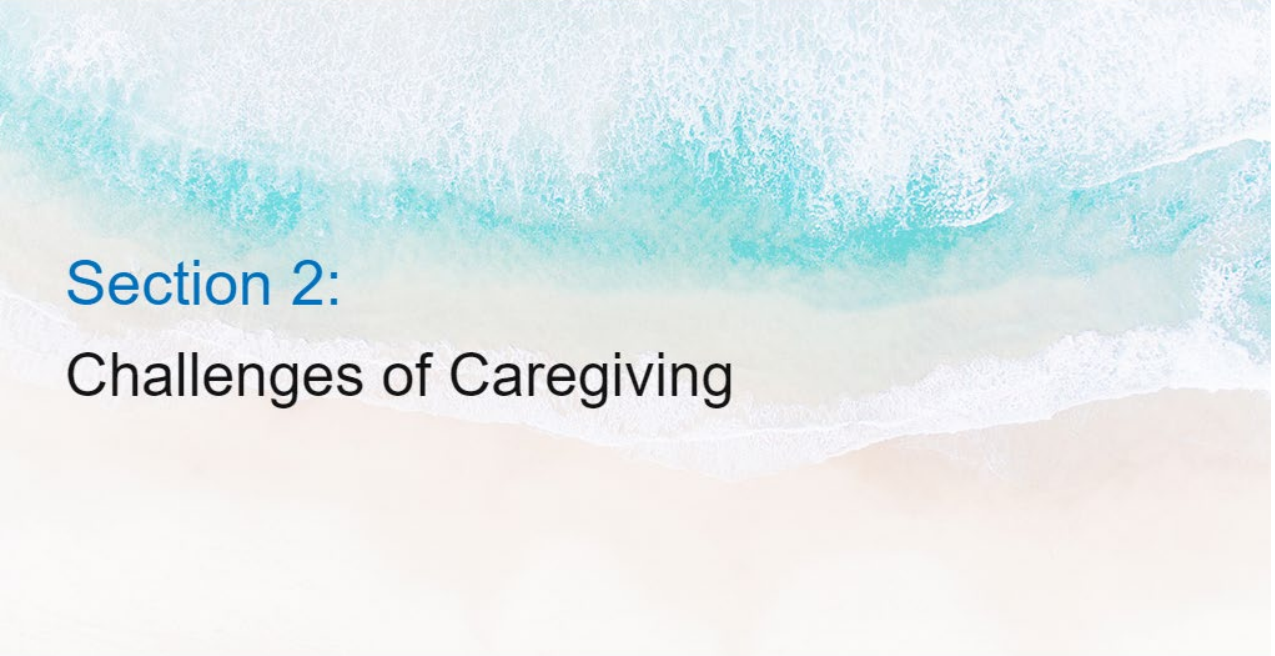


Slide 8: Think About It 1

Narration: Think About It

In this section, take a moment and reflect on an activity that you could enjoy with a person you serve who has dementia. Maybe it's a fun routine you do every week, such as sharing music. Or maybe it's just watching a favorite show on TV.

How do these small moments help you feel connected?



Section 2: Challenges of Caregiving

Slide 9: Section 2

Narration: Section 2: Challenges of Caregiving

Difficulty of Caregiving



Slide 10: Difficulty of Caregiving

Narration: Difficulty of Caregiving

While caregiving can be affirming, it can also be difficult and often stressful for many reasons. Listen to one family discuss what they found difficult.

Physical

- Fatigue
- Physical caregiving burden - such as helping a person with bathing, dressing, going to the bathroom, or eating

Social and Emotional

- Feelings of grief and loss
- Managing difficult situations

Logistic

- Lack of training and education on how to care
- Not knowing what to expect
- Implementing decisions made by people who may be less involved in daily care

Slide 11: Demands of Caregiving

Narration: Demands of Caregiving

Reports from caregivers indicate that there are several aspects of caregiving that are difficult.

- There might be physical demands of caregiving, especially in the later stages as people's need increases for assistance in things like bathing, dressing, going to the bathroom, or eating.
- There may be social-Emotional demands, such as:
 - Feelings of grief and loss as the person's dementia worsens.
 - Managing difficult behaviors and frustrating situations
 - The focus of supporting people with ID is typically on growth & development, choices, & community engagement so the philosophy confuses us as care shifts to maintaining good quality of life in the face of declining skills.
- Logistic
 - Not knowing how to care for the person.
 - Not knowing what to expect
 - And a sense of powerlessness when decisions are made by others (who may have limited connections with the person with ID) and may not be agreeable to direct support provider

Grief and Loss



Slide 12: Grief and Loss

Narration: Grief and Loss

In the previous page, we mention dealing with grief and loss. We often think of grief coming once the person has died, however with dementia you may experience grief in stages. As the disease progresses, it may seem that you are slowly losing the person. For example, in the later stages, the person you care for may not remember important memories in your history together. They may even forget who you are, even if you've been caring for the person for a long time. These losses can be painful, and you may feel grief. Watch the video for more on grief and loss.

Self-Check

Which of the following may lead to caregiver stress?

- Not knowing how to care for the person
- Physical demands of late-stage caregiving
- Behaviors of the person with dementia may be difficult to manage
- All of the above

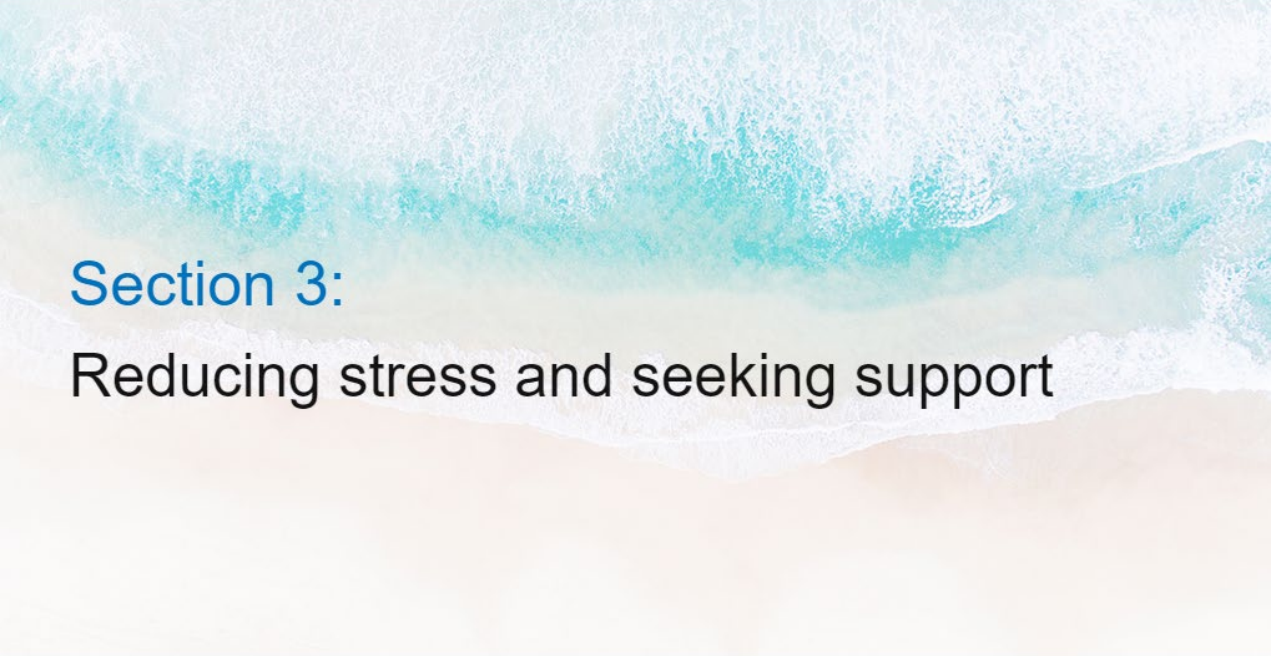
Submit

Slide 13: Self-Check

Narration: Self-check

Which of the following may lead to caregiver stress?

Select your answer then click Submit, click it again to go to the next slide.



Section 3: Reducing stress and seeking support

Slide 14: Section 3

Narration: Section 3: Reducing Stress and Seeking Support

Reducing Stress in Caregiving

Education and Training



Planning



Communication



Slide 15: Reducing Stress in Caregiving

Narration: Reducing Stress in Caregiving

While it can be difficult and stressful to care for someone with IDD and dementia, there are ways to reduce the stress. Learning about dementia – what to expect, how it affects the person, and how to care for the person can help relieve stress. Discuss ways that your co-workers have handled or prevented difficult situations. There may be “best practices” that will make your job easier if you know them. The more you know, the better prepared and confident you’ll be in your work. Having plans in place for managing difficult situations is also important. Keep communication open with your co-workers and supervisors, and document increasing needs of the person you’re caring for, so supervisors can arrange for increased support, as needed. You can use staff meetings for planning, but also as a support group.

Watch this video to learn more about managing stressful situations as you care for the person with dementia.

What is Self-Care?

Self-Care is protecting your own well-being and happiness, particularly during times of stress. It includes taking care of your own physical, emotional, mental, spiritual and social health.



Slide 16: What is Self-Care?

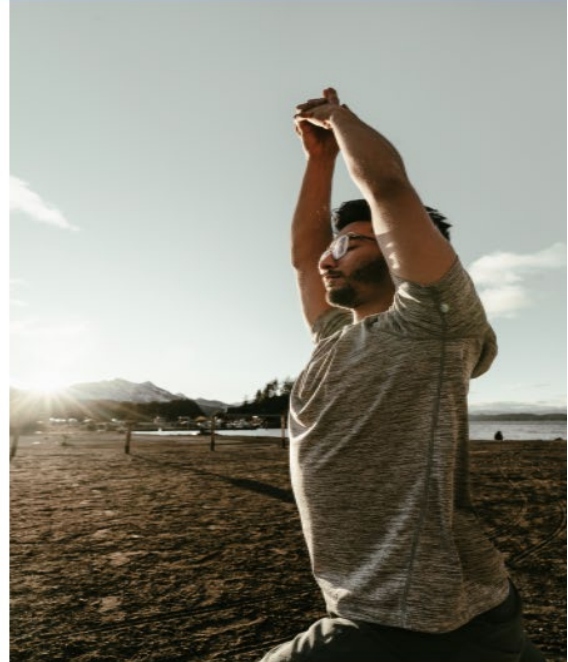
Narration: What is Self-Care?

Self-Care is protecting your own well-being and happiness, particularly during times of stress. It includes taking care of your own physical, emotional, mental, spiritual, and social health.

Up until now we've talked about how getting informed about how to care for the person and putting care plans in place can reduce stress. In the next slides you'll see other suggestions for self-care.

Personal and Self-Care Tips to Relieve Stress

- Stress relief activities
- Maintain your health
- Set routines
- Take breaks and know how to calm down in the moment
- Educate yourself
- Create and seek meaningful and affirming activities, such as life story



Slide 17: Personal and Self-Care to Relieve Stress

Narration: Personal And Self-Care Tips to Relieve Stress

In addition to putting plans in place at work, here are some self-care tips and other ways to find support.

- Stress relief activities such as exercise, engaging in activities that you enjoy, or reflective activities such as meditation/prayer/or relaxation.
- Try not to bring worries from home to work with you. It may help if you begin your day with a sense of calm.
- It's important to keep up with your own health care needs.
- Having routines in place may help keep the day organized and running smoothly.
- Knowing how to calm down in the moment, including taking a break if there are other staff members, who can relieve you.
 - It may also help to remember that you don't need to correct the person if they say something that you know isn't correct. It's part of the disease and not saying anything deliberate. If you can "let it go" you may be less likely to feel stress in that situation.
- Engage in meaningful activity with the person, that you can enjoy together

Stress Relief



Stress Relief

18/24

Slide 18: Stress Relief

Narration: Stress Relief

Listen to the video to hear more suggestions about ways to reduce stress.



Seeking Support From Others

Seek Support From:

- Look for support within your agency
- Don't be afraid to ask for help or seek counseling
- Community options for shared experiences, such as Memory Cafes

Slide 19: Seeking Support From Others

Narration: Seeking Support From Others

As we've heard in the previous video, it's important to develop support systems such as house meetings or staff planning meetings, this will allow you to have support from people who understand the situation and know the person, so you won't violate confidentiality.

Know how to ask for support or who to ask within your organization.

- Don't be afraid to ask for help from your supervisor. And ask if your agency has an Employee Assistance Program that can help you.

Check to see if there are Memory cafes in your area. These are community gatherings where caregivers and the people they care for meet in a structured setting. There's a shared group activity, as well as an opportunity to socialize. This may offer some support and a source of satisfaction in sharing a meaningful activity.

Handling Stress at Work



Slide 20: Handling Stress at Work

Narration: Handling Stress at Work

Watch this video to learn more about ways you might handle stressful situations at work.

Helping Peers and Housemates



Slide 21: Helping Peers and Housemates

Narration: Helping Peers and Housemates

We've focused this training on caregiver stress, but you may find that housemates and peers of the person with IDD and dementia may also be experiencing stress. Watch this video to see some tips on helping them understand and cope with their stress.

Resource Guide

Resources that Provide Support:

- [Respecting Choices](#)
- [Applying the Knowledge Webinar](#)
- [Caregiving in Action Webinar](#)
- [Family Caregiver Alliance](#)
- [Alzheimer's Caregiving: Caring for Yourself](#)
- [MA DDS, Family Support Center](#)
- [Mass Council on Aging](#)
- [Alzheimer's Association](#)
- [Your Local Aging and Disability Resource Consortia Agency \(ADRC\)](#)

Links:

- [MassOptions](#)
- [After the Diagnosis](#)
- [End of Life Planning](#)
- [MOLST Training Webinar](#)
- [Aging Information and Webinars](#)

The resource links on this slide are current as of 7/1/23 but may change over time as pages are updated. Please visit the organization site for the most current information.

Slide 22: Wrap Up

Narration: Wrap-up

If you experience stress as you care for someone with IDD and dementia, you will find your own way of relieving that stress. It may be one of the ways we've discussed or something unique to you. Take some time to explore the resources here that may help in supporting you as a caregiver.

The resource links on this slide are current as of July 1, 2023, but may change over time as pages are updated. Please visit the organization site for the most current information.

In Memoriam

John Bohan, October 1960-May 2023.

We would like to thank Patricia Bohan (John's sister) for her thoughtful contributions to this training on self-care and supporting the caregiver.



Slide 23: In Memoriam

Narration:

In Memoriam of John Bohan, October 1960-May 2023. We would like to thank Patricia Bohan (Johns' sister) for her thoughtful contributions to this training on self-care and supporting the caregiver.

Congratulations! This is the end of the training.

Please click the “Exit Activity” button above to leave the training and go to the course homepage.



Slide 24: Course End

Narration: Congratulations! This is the end of the training.

Please click the “exit activity” button above to leave the training and go to the course homepage.