



# *Managing Caregiver Stress*

*Presented by Sharron Spencer, RSSW- GER*






# *What is a Caregiver?*

*a person who provides direct care (as for children, elderly people, or the chronically ill)*

*The care of a patient with Alzheimer's Disease or a related disorder can be a physical, emotional and financial drain on the family caregiver.*

*—Diane Duquette Ascioti*

<https://www.merriam-webster.com/dictionary/caregiver>



# *Definition of a Caregiver*

- *Anyone who helps another in any way*
- *Care is physical, practical, emotional, or spiritual*
- *Care is provided by a family member, friend, volunteer or paid professional*
- *Care is short or long term*



# *Features of Caregiving*

- *Hard work*
- *Stressful*
- *Fulfilling*
- *Loving*
- *Someone is counting on us*
- *Grieving the person we are losing*

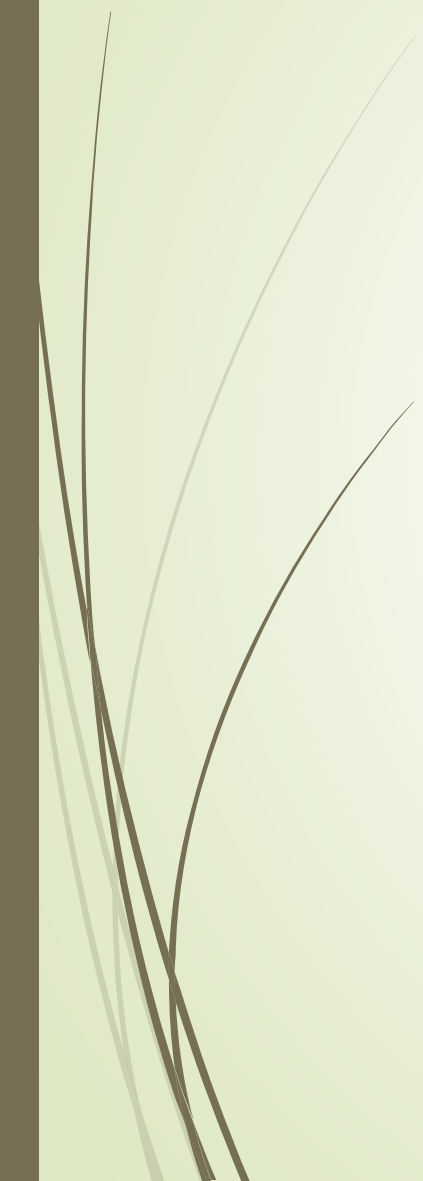
# What is Stress?


- *Stress is a state of extreme difficulty, pressure, or strain*
- *A response to adverse external influences*
- *Mentally or emotionally disruptive or upsetting*
- *Capable of affecting physical and mental health*
- *Can also be the stress of bearing witness to the suffering of others*



# Caregiving Stress

➤ *Managing daily stresses and challenges*

- 1. Take a look at what is happening and how I am reacting*
  - 2. What is causing stress*
  - 3. What changes can I make to reduce the stress*
- 



# Caregiver Burnout

- *Putting others needs before your own needs will build up over time and will lead to caregiver burnout*
- *Consistently putting others needs first*
- *Not taking care of or making time for ourselves*
- *Burnout can cause:*
  - *Depression*
  - *Mental and physical ailments*
  - *Lead to other stresses*



*Burn out may creep up on you.  
You may be too busy to be aware.*






*Remember~*

*It is important for you to make the  
time to take care of yourself.*

*You must nourish yourself if you are  
going to nurture others.*



# *Caring for Ourselves*


*One day at a time – acceptance*

➤ *Finding hope*

➤ *enjoying the simple things*

➤ *enjoying being around others or having quiet time to ourselves – without guilt*

➤ *Balance gives us strength – charges our battery*



# *Taking Action*

- *Taking steps to:*
  - *Finding ways to reduce stress*
  - *Planning time to nourish yourself*



# *Signs of Stress*

- *Forgetfulness, inability to concentrate*
- *Irritability*
- *Eating more or not enough*
- *Getting sick*
- *Crying easily*
- *Feelings of resentment*
- *Headaches, muscle tension, high blood pressure*
- *Exhaustion*

# What is Causing the Stress?


- *Too much to do*
- *Repeated questions*
- *Feeling inadequate*
- *Lack of help from others*
- *Lack of sleep*
- *Unreasonable expectations*
- *Interruptions*
- *Inability to say 'NO!'*




# *How to manage stress*

*By identifying the cause(s) of our stress and realizing how it is affecting us and those around us, we can take actions to get control of our stress.*

*We can now figure out what WE can change*



# *Where do I begin?*

- I can't think of anything I want to do!
  - It should not be an item on our chore list – must be something we enjoy!
  - Do not keep putting it off!
- 



# *Stress Reducing Activities*

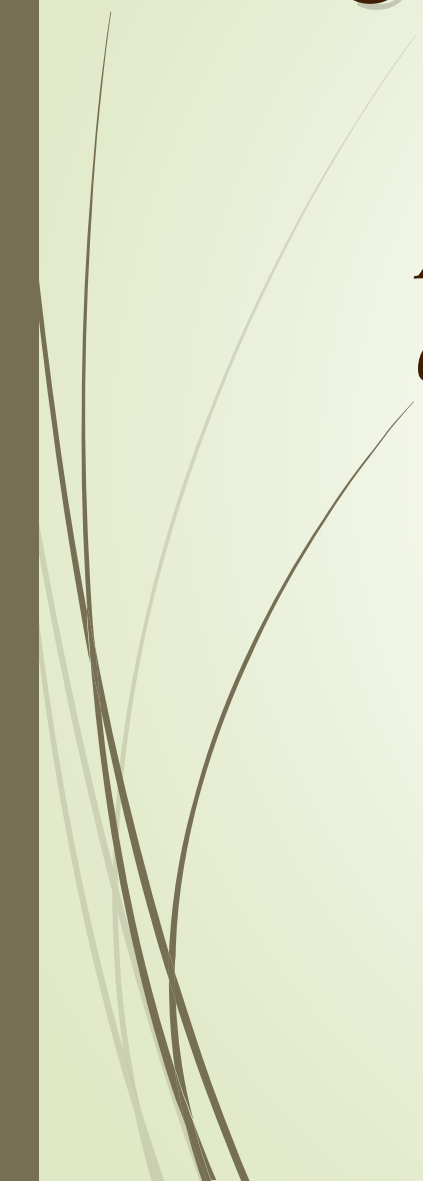
- *Prepare YOUR favourite flavoured Smoothie, or meal*
- *Go for a walk; around the block, around the mall, outside in nature*
- *Listen to music that makes you feel like singing along or dancing*
- *Have an uninterrupted cup of tea or coffee*
- *Record a favourite tv show to watch at a planned time*
- *Read a chapter in a book every day for 20 minutes*
- *Go to bed earlier*






# *Stress reducers are personal*

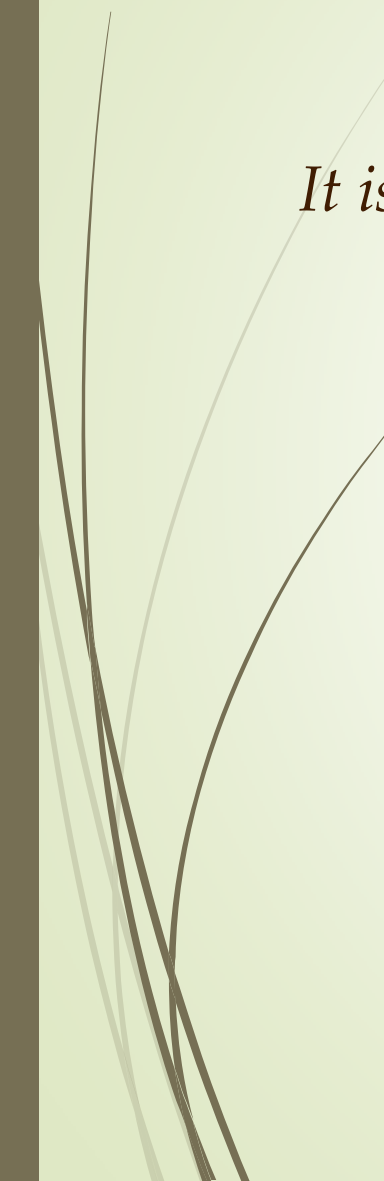
*An activity that is stress reducing for one, may be stressful for someone else*





# *What is important?*

*It is important to;*

- *Take care of yourself*
  - *Nourish yourself*
  - *Reduce your personal stress*
  - *Take care of yourself on a daily basis*
- 



There are 168 hours in a week


Sleep = 56 hours

Work = 40 hours

Transit = 10 hours

Remaining = 62 hours

What if you devoted 1 or 2 of the remaining hours to yourself?



*Many Community Hospices  
offer visiting volunteers and  
Complementary Therapies  
at no or little cost*

# Powerful Tools FOR Caregivers

## A FREE SIX-WEEK WORKSHOP FOR CAREGIVERS

The "Powerful Tools for Caregivers Workshop" teaches skills to help you manage the day-to-day challenges of caregiving. The workshop provides you with tools, to increase your self-care and confidence, helping you handle difficult situations, emotions and decisions.

The workshop runs for six consecutive weeks for 1.5 hours and is led by trained leaders who themselves have experience as caregivers. The workshops are free and run in communities throughout the region.

### Topics Include:

- Develop a self-care "Tool Box"
- Identifying and reducing personal stress
- Communicating feelings, needs and concerns
- Dealing with emotions such as anger, guilt and depression
- Mastering caregiving decisions.

CLASS #1:  
TAKING CARE OF YOU

CLASS #2:  
IDENTIFYING AND REDUCING  
PERSONAL STRESS

CLASS #3:  
COMMUNICATING FEELINGS,  
NEEDS, AND CONCERNS

CLASS #4:  
COMMUNICATING IN CHALLENGING  
SITUATIONS

CLASS #5:  
LEARNING FROM  
OUR EMOTIONS

CLASS #6:  
MASTERING CAREGIVING  
DECISIONS

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me... and a healthier us!"

### Pre-registration is required, for more information:

LOCAL: (905) 895-4521 EXT 6489  
TOLL FREE: 1-855-462-8848 EXT 6489

✉ [skirby@southlakeregional.org](mailto:skirby@southlakeregional.org)

🌐 [www.healthy-living-now.ca](http://www.healthy-living-now.ca)

### Upcoming Workshops:

Matthew's House-131 Wellington St. E., Alliston

October 2-November 6, 2018 10am to 11:30am

Danube Centre-715 Simcoe Rd, Bradford

November 7 to December 16 2-3:30pm

Alzheimer Society -240 Edward St., Unit 2, Aurora

October 5-November 9



AS PART OF  
THE WORKSHOP  
YOU WILL RECEIVE  
A FREE BOOK



# *Community Hospices in York Region*

## **Hope House Community Hospice**

350 Industrial Parkway South Unit 4  
Aurora, ON L4G 3V7 (Main Office)

or

212-10909 Yonge Street  
Richmond Hill, ON L4C 3E3

Phone: (905) 727-6815

Email: [info@hopehousehospice.com](mailto:info@hopehousehospice.com)

## **Hospice Vaughan**

31 Woodbridge Ave

Vaughan, ON

L4L 2S6

CANADA

Phone: 1-905-850-6266

Email: [info@hospicevaughan.com](mailto:info@hospicevaughan.com)



# *Community Hospices in York Region*

## **Evergreen Hospice**

201-5762 Highway 7  
Markham, ON L3P 1A8  
Phone: (905) 499-2185  
Email: [info@evgcares.org](mailto:info@evgcares.org)

## **Doane House Hospice**

17100 Yonge St  
Newmarket, ON L3Y 8V3  
Phone: 905-967-0259  
Email: [info@doanehospice.org](mailto:info@doanehospice.org)

## **Hospice Georgina**

20849 Dalton Rd  
Sutton, ON L0E 1R0  
Phone: 905-722-9333  
Email: [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com)