

***Taking
Care
of the
Caregiver***



We're talking about YOU!!

When helping others...



- **We may find it difficult to have a balanced approach.**
- **We don't want to do too much for another person and we don't want to appear distant and unconcerned.**

At the same time...

... we don't want to be overwhelmed by someone attempting to "unload" their baggage on us.



When helping others...



**We need to realize that
there are at least
*Three Styles of Helping.***

The ENABLER...



- **Makes “able” the status quo**
- **Acts FOR the person**
- **Continues the existing process**
- **May add energy to the system**
- **Denies the problem**

The ENABLER...



- **May compensate or cover up**
- **Tries to prevent consequences**
- **Discards own needs**
- **May become trapped**

The **RESCUER...**



- **Fosters dependency**
- **Also acts FOR the person**
- **Tries to remove the person from the process**
- **Tries to fix the problem and imposes solutions**

The RESCUER...



- **Tries to remove consequences**
- **May play the role of hero or superior**
- **Acts from own needs**
- **Is dependent on the outcome**
- **The rescued feels less capable**

The EMPOWERER...



- **Encourages independence**
- **Acts WITH the person**
- **Serves as resource and gives feedback about the process**
- **Acknowledges the problem and focuses on options**

The EMPOWERER...



- **Lets consequences happen**
- **Is an equal in the situation**
- **Takes care of self and sets clear boundaries**
- **Remains free and is not dependent on the outcome**
- **The empowered feels more capable**

Three Styles of Helpers...



➤ **ENABLER**

➤ **RESCUER**

➤ **EMPOWERER**

Burnout Club Rules:

- **Be a perfectionist**
- **Work at least 14 hours per day**
- **Don't take days off and holidays**



Burnout Club Rules:



- **Eat fast foods and candy bars**
- **Be inflexible in thought and behavior**
- **Assume responsibility for everyone else**
- **Never delegate responsibility**

Signs of Over-Extension:



- **Loss of focus**
- **Dread of seeing people**
- **Personal issues are at the surface**
- **Resentment**

Signs of Over-Extension:



- **Failure to see own needs**
- **Feeling rushed all the time**
- **Overreacting to common situations**
- **Unable to complete activities**



GOD PUT ME ON EARTH
TO ACCOMPLISH A
CERTAIN NUMBER OF
THINGS. RIGHT NOW
I AM SO FAR BEHIND,
I WILL NEVER DIE

The FEMA Diet

Breakfast:

- **2 cups strong coffee and 2 or 3 doughnuts**

Lunch:

- **No time... skip it!**



The FEMA Diet

Mid-Afternoon Snack:

- Finish the pot of coffee and the doughnuts

Dinner:

- Happy Hour appetizers, a pitcher of beer, and a pint of ice cream



The Slippery Slope of Burnout



Stage 1:

- **high energy, high enthusiasm,
high idealism**

Stage 2:

- **less energy, less enthusiasm,
less idealism**

The Slippery Slope of Burnout



Stage 3:

- **chronic exhaustion, diffused physical symptoms, irritability, depression, resentment**

Stage 4:

- **obsession with own problems, apathy, immobilization, career or life is at risk**

Taking Care Of Yourself!



- **Seek and accept support**
- **Acknowledge your own feelings**
- **Accept your own grief**
- **Pace yourself**

Taking Care Of Yourself!



- **Seek balance in life**
- **Don't try to "go it alone"**
- **Allow yourself to say "NO"**
- **Think before you respond**

Taking Care Of Yourself!



Be passionate about what you do!

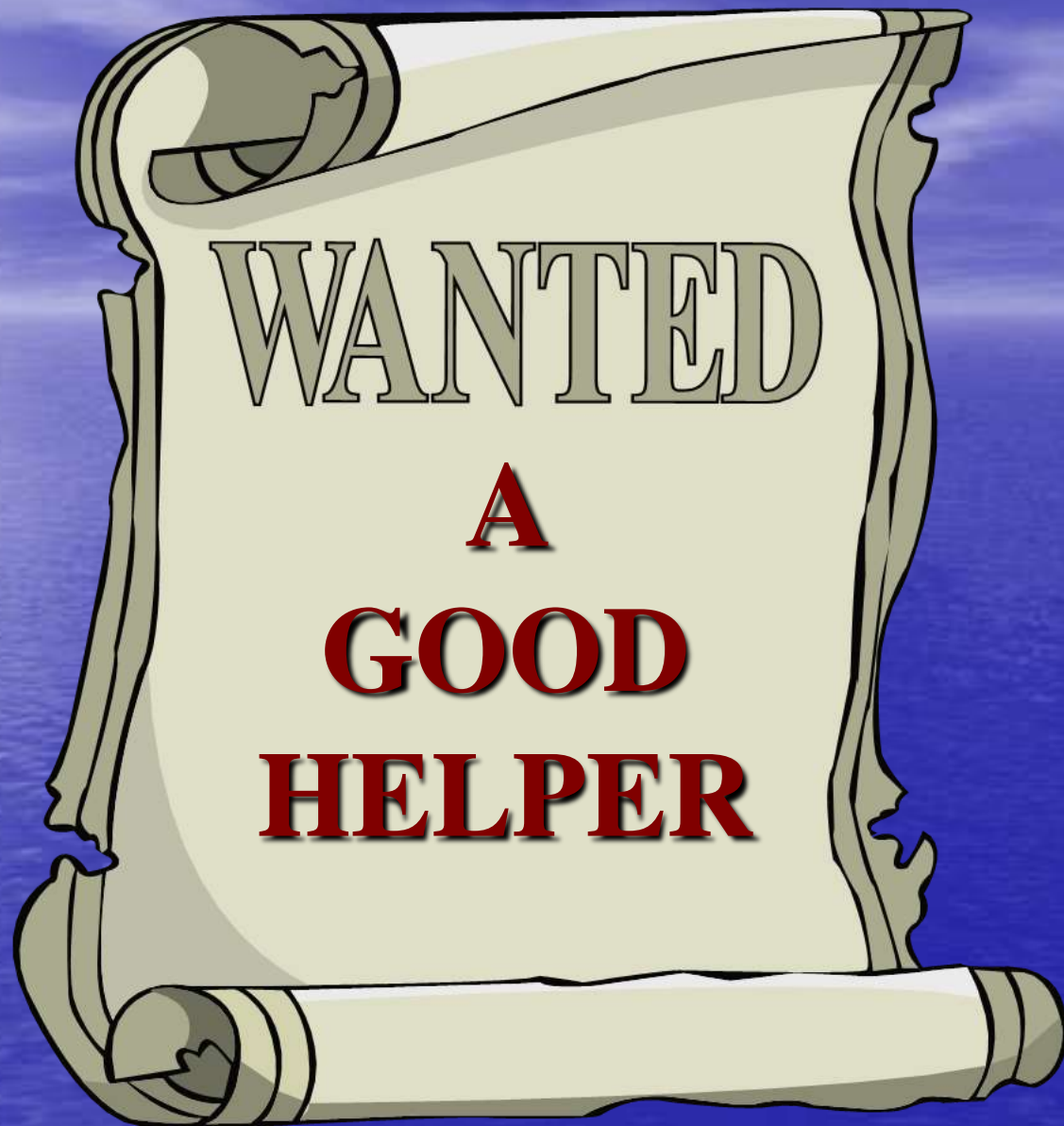
- **Know yourself**
- **Work with people you enjoy**
- **Find the greater good**
- **Know who you work for**

Your Assignment...



**The most helpful, healthy thing I
can do for myself this week is...**

Write it down and DO IT!



WANTED

A

GOOD

HELPER

What's needed is...

A strong, deep person, wise enough to allow me to grieve in the depth of who I am and strong enough to hear my pain without turning away.

One who is:

**...not too close, because then you
couldn't help me to see;**

**...not too objective, because then
you may not care;**

One who is:

**...not too aloof, because then you
couldn't hug me;**

**...not too caring, because I'd be
tempted to let you live my life for me.**

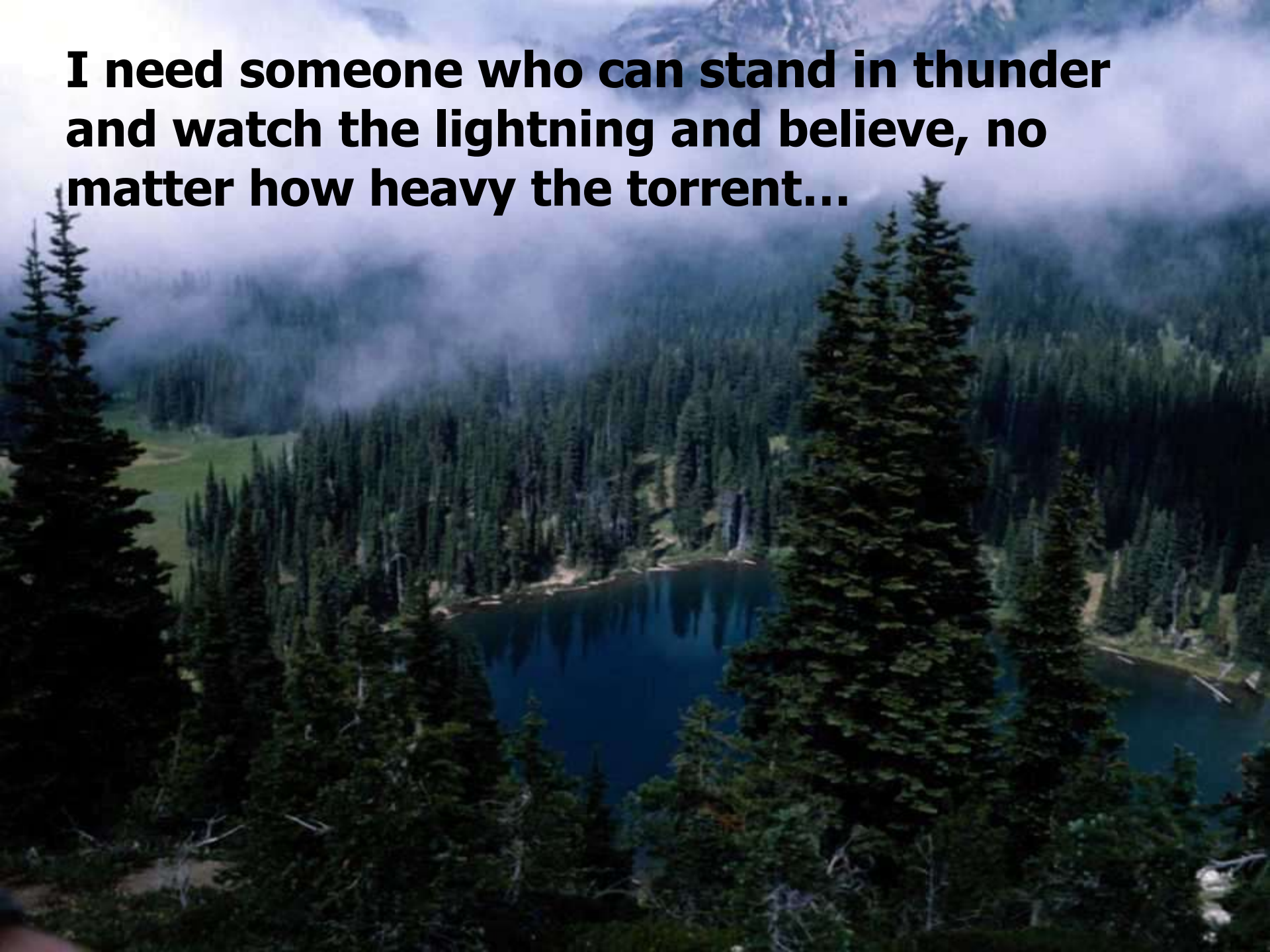
I need:

...someone who believes that the sun will rise again, but who does not fear my darkness or my walk through the night.



**I need someone who can point out
the rocks in my way without making
me a child by carrying me over them.**

**I need someone who can stand in thunder
and watch the lightning and believe, no
matter how heavy the torrent...**



...that a rainbow will follow.



***Take Good
Care
of the
Caregiver***



We're talking about YOU!!

***Let us know
how we can
help support
YOU***

Feel free to call one of our offices...

in the Address and Phone section of our website



Hospice Care
of the Southwest