

## *Caring And Caregivers*

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*Sometimes it is easier to have a  
disease than love the person  
who has one*

## *Who Are Caregivers?*

- ❖ Those closest to us who help manage our lives and health.
- ❖ Usually a spouse, partner, parent, child or friend.
- ❖ Person most likely affected by the illness.

## *Role of a Patient Caregiver*

- ❖ Be informed about the patient's disease
- ❖ Be the extra set of eyes and ears for the medical team.
- ❖ Be the patient's "go-to" person
- ❖ Be the patient's provider
- ❖ Be there... thru it all

### *Role of a Care Giver*

- ❖ “B” What is your Plan B?
- ❖ Support the patient
- ❖ Voice over-all concerns about the patient
- ❖ Gather information

### *What would you add?*

- ❖ What other roles do you play in caring for your loved one?
- ❖ Are there things that are *not* the role of the caregiver?

### *Caregiver concerns*

- ❖ What worries you the most about being a caregiver?
- ❖ What are your scariest times as a caregiver?
- ❖ What are the 3 most difficult things about being a caregiver?

### *What Happens During Hospitalizations?*

- ❖ Child care
- ❖ Elder care
- ❖ Interaction with the medical team
- ❖ Just getting on with “normal” life and family demands

*It is often said  
It is more blessed to give  
than to receive.*

*It can be more difficult to  
accept your need to receive.*

### *Tips for Caregivers*

- Take Charge of your life
- Be good to yourself
- Watch out for signs of depression
- Dream new dreams
- Accept offers of help

### *Tips for Caregivers*

- Educate yourself: information is power
- Be open to new approaches and ideas
- Trust your instincts
- Seek support from other caregivers

*What can you do specifically?*

*Remember*

- ❖ When your loved one is sick ---especially if it is a chronic illness---lots of medical professionals are taking care them.
- ❖ Who is taking care of you? If you do not take care of yourself, no one will!