



# CAREGIVERS NETWORK

for East Kootenay Seniors

*"There are only four kinds of people in the world.  
Those who have been caregivers.  
Those who are currently caregivers.  
Those who will be caregivers,  
and those who will need a caregiver."*

**- Rosalyn Carter**



## CAREGIVERS SELF-CARE WORKBOOK



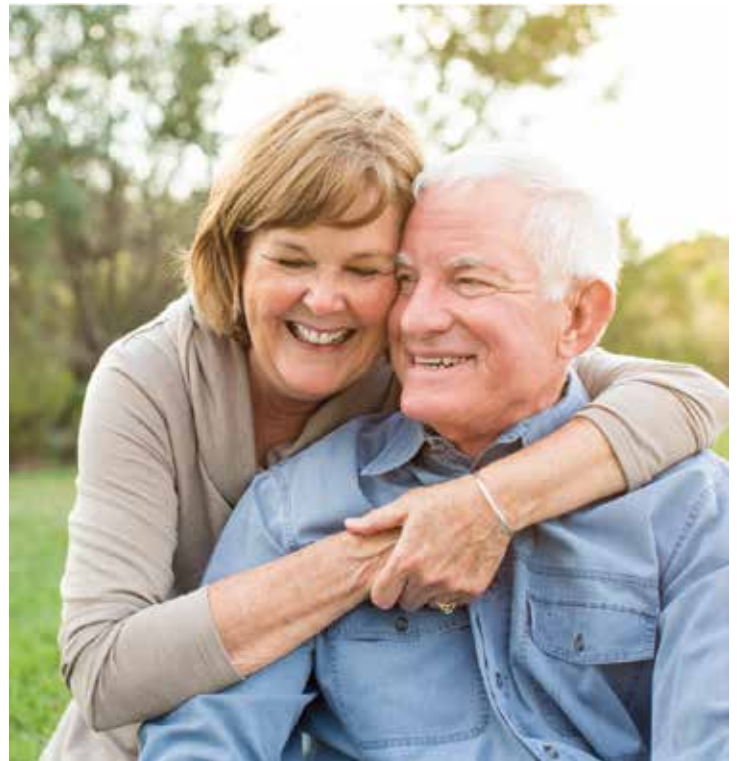
# CAREGIVERS SELF-CARE WORKBOOK

## Introduction

*No matter what your individual circumstances, caregiving is a huge undertaking that requires many skills – compassion, understanding, knowledge, patience, a good sense of humor and organization. Given that caregiving can be all encompassing it becomes extremely important for caregivers to care for themselves. Although this may sound simple the demands of a loved one can easily take over. As caregivers we tend to focus on the health and safety of our loved one and may put off our own mental well-being and self-care.*

*Looking after yourself is an important part of living a happy and healthy life. Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and well-being.*

*In this Caregivers Self-Care Workbook, we describe why self-care matters, why it's important to take time to look after yourself, and how you can build a self-care plan to improve your quality of life.*



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# CAREGIVING MATTERS

## Interesting Facts About Caregivers

- ✓ *More than 8 million Canadians provided informal care to family member or friend.<sup>1</sup>*
- ✓ *More than 1 million caregivers are older than 65.<sup>2</sup>*
- ✓ *44% of caregivers between the ages of 45-64 care for both a parent and children.<sup>3</sup>*
- ✓ *The number of seniors requiring care is set to double over the next 15 years.<sup>4</sup>*
- ✓ *39% of caregivers look after the needs of their parents, 8% care for a spouse.<sup>5</sup>*
- ✓ *35% of Canada's workforce provides informal, unpaid work while working.<sup>6</sup>*
- ✓ *1.6 million caregivers took time off work to provide care.<sup>7</sup>*
- ✓ *One-in-ten caregivers spend more than 30 hours per week providing care.<sup>8</sup>*
- ✓ *80% of all care given to seniors in the community and 30% of services to seniors in institutions are provided by informal caregivers.<sup>9</sup>*
- ✓ *The economic value of caregivers is astounding: caregivers who look after seniors save Canada's health care system between \$24 to 31 billion annually.<sup>10</sup>*

**What all these facts demonstrate is that caregiving matters. Caregivers are integral to the health care system and our loved ones well-being. As such, the physical health and emotional state of caregivers is important to nurture and support.**

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### References:

1. Statistics Canada. 2012. "Portrait of Caregivers"
2. Report from the Employer Panel of Caregivers. 2015. "When Work and Caregiving Collide"
3. Ibid
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7. Ibid
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9. Carstairs, S. and Keon, WJ. (2009). "Canada's Aging Population: Seizing the Opportunity" (Ottawa, Ont.: Special Senate Committee on Aging)
10. Hollander, M.J., Lui, G., Chappell, N.L., "Who Cares and How Much? The Imputed Economic Contribution to the Canadian Health Care System of Middle-Aged and Older Unpaid Caregivers Providing Care to the Elderly", *Healthcare Quarterly* 12(2): 42-49. March 2011, < <http://www.longwoods.com/product.php?productid=20660> >



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# Why is Self-Care Important?



*As a caregiver you know that life is busy. In fact, caring for another person may be the most difficult responsibility you will ever have. While many rewards come with caregiving, there are sacrifices, and demands may be high. In an effort to juggle these demands often times caregivers skip meals, stop exercising, or cancel their social engagements.*

*When life gets busy, self-care is often the first thing caregivers sacrifice. People often think that taking time for themselves in the middle of busy times seems indulgent, but looking after your well-being will help you be a better caregiver for your loved one.*

**Self-care is not selfish.**

**Self-care is important in order to: 1) increase effectiveness, 2) maintain relationships and 3) prevent burnout.**

## **1) Increasing Effectiveness.**

*The demands of caregiving require energy, and because of this it becomes extremely important to provide your body with the necessary fuel. The fuel for effective caregiving comes from taking time for yourself, eating healthy and comforting food, resting intentionally, and participating in some form of activity. All of the above provide balance in your daily routine and this results in more productivity and resilience to stressors.*

## **2) Maintaining Relationships.**

*Self-care results in a feeling of mental and physical well being, and this is critical to increased confidence and self-esteem. Caregivers who are confident and have high self-esteem are better equipped to build and maintain the necessary relationships with family, friends, co-workers and others who may be allies or supports in their process of providing care. Practicing self-care demonstrates to people around you that you are setting healthy boundaries, and this not only provides an example for others but shapes their expectations of you.*

## **3) Preventing Burnout.**

*Caregiving can be stressful and leads to prolonged emotional, mental, and physical exhaustion which can cause burnout. Burnout results in reduced productivity and energy, and sometimes more serious mental or physical concerns. Self-care activities help to rejuvenate you mentally and physically. Activities can be as simple as talking with a friend or family member or going for a walk, anything that gives your mind and/or body time to rest and/or reset.*



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# Creating a Self-Care Plan

When it comes to self-care, there are many options and things that may work. We all have different needs, strengths, and limitations. The following four step process will help you to create a personal plan that works for you on your caregiving journey.

## Step 1: Evaluate Your Coping Skills

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break?

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Beside are a few examples of each. Which strategies do you use?

### Positive

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- Deep breathing
- Stretching
- Meditation
- Listening to music
- Exercising
- Reading
- Going for a walk
- Taking a bath
- Socializing with friends
- Sitting outside and relaxing
- Engaging in a hobby

### Negative

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- Yelling
- Acting aggressively
- Overeating
- Drinking excessive amounts of alcohol
- Smoking
- Pacing
- Biting your fingernails
- Taking drugs
- Skipping meals
- Withdrawing from family & friends
- Dangerous driving

**Be honest when evaluating your current behaviours. If you find yourself drawing more from the negative strategies instead of the positive ones, it may be time to re-evaluate your go-to coping skills.**



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# Step 2: Identify Your Self-Care Needs as a Caregiver

As caregivers we are faced with unique challenges and no two people have the same self care needs. Think about what you value and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self care needs). It is important to remember that self care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial and workplace well-being.

## Daily Self Care

What are you doing to support your overall well-being on a day-to-day basis? Do you engage in self-care practices now? Are you more active in some areas of self-care than others? You can use the table below to help you determine which areas may need more support.

Area of Self-Care	Current Practices	Practices to Try
<b>Physical</b> (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)		
<b>Emotional</b> (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
<b>Spiritual</b> (e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)		
<b>Professional</b> (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)		
<b>Social</b> (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)		
<b>Financial</b> (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.)		
<b>Psychological</b> (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, access life coaching, or counselling support if needed, etc.)		



# Emergency Self Care

As a caregiver, when you are faced with a crisis, you likely won't have time to create a coping strategy. A good practice is to take time to develop a plan in advance so it is there when you need it. Try completing the following table to help identify your unique self care needs during time of distress.

Emergency Self-Care Tools	Helpful (What To Do)	Harmful (What To Avoid)
<p><b>Relaxation/Staying Calm</b> Which activities help you to relax (e.g. deep breathing, taking a walk)? Which activities make you more agitated or frustrated (e.g. yelling, swearing, or drinking)?</p>		
<p><b>Self-Talk</b> Helpful self-talk may include, "I am safe/I can do this." Harmful self-talk may include, "I can't handle this/I knew this would happen/I deserve this."</p>		
<p><b>Social Support</b> Which family members and friends can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.</p>		
<p><b>Mood</b> Which activities support a positive mood (e.g. listening to uplifting music, enjoying the sunshine)? What should you avoid when times get tough (e.g. staying in bed all day, avoiding social activities)?</p>		
<p><b>Resilience</b> What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?</p>		





# Step 3: Create Your Self-Care Plan

Once you've determined your personal needs and strategy, write it down. Your self-care plan can be as simple or complex as you need it to be. You may choose to keep a detailed plan at home and carry a simplified version in your wallet, in your purse, or on your phone. Here is an example of how your simplified self-care plan might look:

List your favorite practices for each category:

MY DAILY SELF CARE PLAN					
BODY	MIND	SPIRIT	EMOTIONS	RELATIONSHIPS	WORK
MY TOP THREE POSITIVE COPING STRATEGIES					
MY EMERGENCY SELF-CARE PLAN					
HELPFUL			HARMFUL		
List your top 5 emergency self-care practices			List 5 practices, people, places or things to avoid during times of stress.		

Now that you've created your self-care plan, look at it regularly. It takes time to form good habits. Make a commitment to yourself and practice your self-care routine as often as possible – you're worth it.



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# Ideas: Self Care Activities

Having trouble getting started? Here is a list of helpful hints that may work for you. As each caregiver is unique so are your self care needs. Feel free to try out the following or make up your own ideas about what is helpful to you.

- ✔ **Join a support group**
- ✔ **Go for a walk**
- ✔ **Write in a journal**
- ✔ **Read a good book**
- ✔ **Volunteer for a cause meaningful to you**
- ✔ **Sit in the sun**
- ✔ **Make a gratitude list of things you are thankful for**
- ✔ **Take a fresh air break**
- ✔ **Have a game night with friends**
- ✔ **Meditate**
- ✔ **Cuddle with pets**
- ✔ **Treat yourself to a nice meal**
- ✔ **Take a nap**
- ✔ **Listen to music**
- ✔ **Talk on the phone with a friend**
- ✔ **Drink lots of water**
- ✔ **Try a new hobby**
- ✔ **Have an adventure day**
- ✔ **Get a massage**
- ✔ **Buy yourself flowers**
- ✔ **Practice yoga**
- ✔ **Turn off electronic devices**
- ✔ **Have a movie marathon**
- ✔ **Play a game**
- ✔ **Dance**
- ✔ **Wear something that makes you feel confident**
- ✔ **Browse your local music store or bookstore**
- ✔ **Work in the garden**
- ✔ **Get creative: draw, paint, write a song, or cook a new meal**



# Step 4: Create a Backup Plan

Caregiving is challenging and can take its toll on the caregiver. Don't go it alone, try asking for help. While it is not easy to ask for help it can be surprisingly rewarding to have friends and family show you how much they care. Below is a chart to help you build your support network and create a backup plan that is not just solely reliant on you. In time of stress you may forget there is a community of people who are willing to support you so a little preplanning goes a long way to ensuring you have support.

I WILL NEED SOMEONE WHO WILL	NAME	PHONE	EMAIL
<b>Talk with Me as a Trusted Friend</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Go Shopping</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Run Errands</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Drive Me or My Loved One Places</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Do Home Repairs</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Stay With Care Recipient</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>Other</b>	_____ _____ _____	_____ _____ _____	_____ _____ _____



# Tips to Remember About Caregiver Self Care

**The care you give to yourself is the care you give to your loved one.**

**1. Learn about the disease your loved one has.** Find out about what is happening now and what will happen in the future with this disease. The more you know the more you will be able to plan.

**2. Use community resources.** The more you let these services help you, the less you have to do. There are places to get help.

- Your local area agencies (Better at Home, Dinners at Home, snow removal services).
- Support groups for caregivers.
- Adult day programs or home support.

**3. Take a break from caregiving.** Take a walk, meet a friend for lunch. Everyone needs to get out of the house once in a while. Do something not related to caregiving.

**4. Get Support.** Attend a support group, have a friend you can call to let off steam and complain. Depression is treatable. Talk to your doctor about it or seek counselling.

**5. Practice communication and behavior management skills.** This will make the caregiving easier. Learn how to do this by taking a class, or reading how to on the web. The right way is not always intuitive.

**6. Relax.** Read a good book, meditate, take a walk, garden, knit. Take advantage of any down time.

**7. Take care of your health.** Go to the doctor, get routine exams and flu shots, get enough sleep and try to eat well.

**8. Ask for and accept help when offered.** No one can do this alone.

**9. Forgive yourself – often.** You cannot be the perfect caregiver, all day, every day.

**10. Laugh.** Find ways to keep your sense of humor on a daily basis.

## WE CAN HELP



**CAREGIVERS**  
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# Warning Signs of Caregiver Stress

**1. Denial** about the situation and its effect on the care recipient. I know Mom is going to get better.

**2. Anger** at the person with dementia or frustration that he or she cannot do the things they used to be able to do. He knows how to get dressed – he is just being stubborn.

**3. Social withdrawal** from friends and activities that used to make you feel good. I don't care about visiting with the neighbours anymore.

**4. Anxiety** about the future and facing another day. What happens when he needs more than I can provide?

**5. Depression** that breaks your spirit and ability to cope. I just don't care anymore.

**6. Exhaustion** that makes it nearly impossible to complete necessary daily tasks. I am just too tired for this.

**7. Sleeplessness** caused by a never ending list of concerns. What if she wanders out of the house or hurts herself?

**8. Irritability** that leads to moodiness and triggers negative responses and actions. Leave me alone!

**9. Lack of concentration** that makes it difficult to perform familiar tasks. I was so busy, I forgot my appointment.

**10. Health problems** that begin to take a mental and physical toll. I can't remember the last time I felt good.



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*"It is not the load that breaks you down.  
It's the way you carry it."*

**— Lena Horne, singer 2016**

## **About the Caregiver Network for East Kootenay Seniors**

*The Caregivers Network for East Kootenay Seniors recognizes that caring for seniors can be challenging and hard work. Recognizing this challenge, our not-for profit organization strives to provide support for caregivers of seniors with higher complex needs who live in the East Kootenay. The Caregivers Network has been serving and supporting caregivers for over 15 years through our toll free telephone support line, in person support visits, telephone check in's, educational opportunities, and our support groups for caregivers in six of the largest communities throughout the East Kootenay region. The Caregivers Network for East Kootenay Seniors believes that emotional support, information about community resources and help to navigate the system are essential to a caregiver's well-being.*

## **Contact us**



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***Tobi Johnston M.A., M.S.W., R.S.W,*** is the Executive Director of the Caregivers Network for East Kootenay Seniors and a pioneer in the field of caregiver mental health and wellness. Her speciality and focus is creating therapeutic tools for family caregivers to assist them in caring for aging loved ones. She is the author of *Care At Home: An Organizational Tool for Family Caregivers* and the *Caregivers Self-Care Workbook*. Her most recent publication is the *Caregiver Coloring Book* and the *Practice of Mindfulness*.



# CAREGIVERS NETWORK for East Kootenay Seniors

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