Caring For Caregivers

Addressing Caregiver Stress





We Serve Patients







About Eric Crump



- VP of Business Development for AngMar Medical Holdings, Inc., a privately held company based in Mansfield, Texas, that manages a network of Home Health agencies in nine states under the national brand of Angels Care Home Health.
- Served as consultant and motivational speaker for TAG Home Care Marketing in Franklin, TN.
- Former chemical process engineer, orthopedic nurse and home health nurse.

Angels Care Home Health

An AngMar Managed Company







When Your Loved One Has

Chronic Obstructive

Pulmonary Disease

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Taking Care of the Caregiver

When Your Loved One Has

Chronic Obstructive

Pulmonary Disease

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Taking Care of the Caregiver

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order so you are prepared for the future. . Connect with friends and family members. 8. Consider using outside resources such as home

10 percent of life is out of your control. The other SD percent of life is how you mendle that uncontrolled 10 percent. Remember: You are not in control of your loved one's disease, but you are in control of how you let it affect you.

Be malistic. The disease is only aging to get worse.

REMEMBER THE 90/10

PRINCIPLE:







phospheras, polassium and solium. Encourage anticolant-rich foods such as apples, berries, chemies, cabbage cauliflower online, and rod bell opport to decease chronic inflammation associated with kidney

6. Get a referral to a mutritivoist who

Keep a list of daily medications.

Include drug name, purpose of drug dosage, possible side effects, and

who prescribed each drug. Take thi

list with you to all dector's annount

specializes in idding disease and can help you design a personal me

Ask assetions and downs assemb to understand the kidney diseas diagnosis and treatment plan.

. If your loved one is in the late staze of kidney disease (stage 4 or 5), find out about the different types of treatment for kidner failure dialysis (either hemodialysis or

3. Go to your loved one's health care appointments and take notes. Keep a running list of questions to bring with you to those appointments.

4. Know your loved one's kidney murbors, including blook urine, the EGFR destinated glamendar filtration rath, and blood prossure.

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Taking Care of the Caregiver

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5. Talk to a doctor if you feel depressed (extreme sadness, trouble concentrating, apathy, hopelessness, and thoughts of death).

8. Make sure finances, wills, and insurance are in order to you are occurred for the future 7. Connect with friends and family members



10. bin a support group.



When Your Loved One Has A Heart-Related Disease



eing a caregiver for someone who h no-term commitment of time and er your job as a caregiver easier and yo provide the best care possible

1. Ask questions to understand the diagnosis and the treatment plan. Become a tracker for medications. bibod pressure readings, activities, food, and weight

2. Learn the warning signs of heart affack and sudden cardiac arrest and what to do to prevent an erresgency situation. You may want to take a CPR class.

3. Go to your loved one's health care appointments and take notes. Keep a running list of questions to take with you to those appointments.

4. Read up an vaccines that help prevent illness.



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When Your Loved One Has CANCER

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When Your Loved One Has A Heart-Related Disease

Taking Care of the Caregiver

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8. Consider using outside resources such as home care, adult day care, respite care, area agency on aging, and the services of a geriatric care managec

for terminally ill patients, or added safety, you may want to look into audio and video monitors.



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Taking Care of the Caregiver

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care, adult day care, respite care, area agency







IF YOU CARE FOR SOMEONE WHO HAS ALZHEIMER'S DISEASE, you probably feel overwhelmed, angry, confused, sad, exhausted and scared. Here are some strategies to help you reduce your stress:

TAKE CARE OF YOURSELF

- · Avoid guilt-driven feelings.
- Act, don't react, to what people tell you. Don't let hurtful comments affect you.
- · Stay involved in your faith and social circles.
- · Improve your physical fitness. Take a daily walk.
- · Learn how to relax. Nap when your loved one naps.
- If you are sick, stay home. Tend to your own health care needs.
- . Do not over extend yourself.
- · Ask for help when you need it.
- Be realistic. The disease is only going to get worse.
 Know your limits. Prepare for future in-home care or facility stay.

MINIMIZE THE CONFLICT

- Be truthful with family members. Keep them apprised of your loved one's health.
- Show family legal paperwork. Let them know your wishes.
- · Get together regularly.
- · Be honest with each other.
- · Do not criticize.
- Pre-shop services. Do not operate from panic.

THE 90/10 PRINCIPLE

10 percent of life is out of your control. The other 90 percent of life is how you handle that uncontrolled 10 percent. Remember: You are not in control of your loved one's disease, but you are in control of how you let it affect you.

Contact us for more information on legal issues and dementia.



Serving:
City and surrounding areas
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angelscarehealth.com





Only Lessons I've Learned So Far....



- Not all Patients are compliant
- Not all Families are teachable
- Not all practitioners are infallible
- I can't fix everyone because everyone is not my job.

....Therefore not all outcomes I am involved with are positive.



Care Stress is Cumulative







Don't be the Octopus

Octopi are known to chew off an arm when faced with repeated stressors.

stress is seen by our bodies as a threat and triggers our "fight or flight" defenses.

Most of our reactions to stress aren't exactly healthy.





Dealing with Family Stressors

It is reasonable to assume that successful family adaption to Caregiver Stress depends on 3 main Factors:

1. Agreed upon internal family resources; scheduled calls, scheduled respite times, etc...

2. Open communications of facts... (different than thoughts).

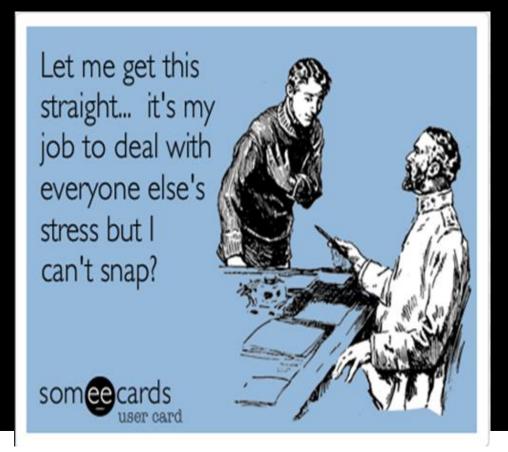
3. All concerned parties are free to express their opinions and concerns.





Family and Friends

You will never run out of advice!







In the Home....



The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.

(Maya Angelou)

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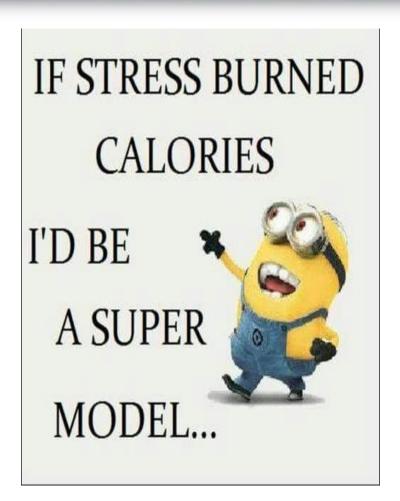




How long can I keep this up?

 Caregiving requires tremendous emotional, physical and spiritual stamina and makes burnout an everyday challenge for caregivers.

Answer: Not long!





How can I Overcome the Isolation?

First and foremost, it needs to start with you.

Change is hard for most people...Often reaching out for support is even harder.

It is definitely hard to admit that you aren't super-human.







What Should I do when I am Feeling Empty?

Simple Answer:



I am really guilty of "going inward".

I try so hard and spend so much time looking for answers, sometimes I cause physical reactions.

Here are 7 proactive things to do instead of constant mulling....





1. Meditate

A few minutes of practice per day can help ease anxiety. Research suggests that daily meditation may alter the brain's neural pathways.

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself."

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10% HAPPIER



HOW I TAMED

THE VOICE IN MY HEAD,

REDUCED STRESS

WITHOUT LOSING MY EDGE,

AND FOUND SELF-HELP

THAT ACTUALLY WORKS-

A TRUE STORY

DAN HARRIS



2. Breathe Deeply

Take a 5-minute break and *focus on your breathing*. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.







3. Be Present

All stressful situations are exacerbated by the "What If" scenarios.



These imagination-driven thoughts of what the future will hold will only add to your stress and reduce your judgement.

Only deal with the present.

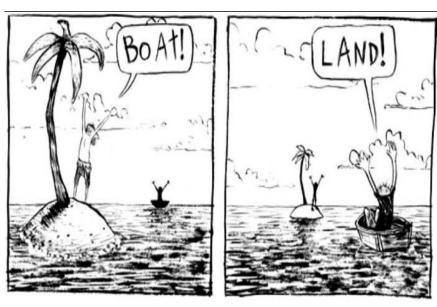
The future will come later.





4. Reach Out

What would our world look like if we could actually talk to our co-workers?



Getting trusted feedback is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.





5. Exercise



 You don't have to run a marathon or even break a sweat for that matter.

 All forms of exercise, including yoga and walking, can ease moodiness and anxiety by helping the brain release feelgood chemicals and by giving your body a chance to practice dealing with stress.





6. Decompress

- Use some sort of tactile stimulation to help relieve stress
- Place a warm heat wrap around your neck and shoulders for 10 minutes.
- Close your eyes and relax your face, neck, upper chest, and back muscles.
- Use a tennis ball or foam roller to massage away tension.





How Do I Restart the Best in Me?

Best Answer: Never allow yourself to get too far from YOU!



Do not hesitate to contact Angels Care Home Health in Ottawa at

785-242-3100 to enroll in a Caregiver Support Class:

Amy DeWitt, Administrator, amy.dewitt@angmarcompanies.com -OR-

Chris Lorman, Account Executive, chris.lorman@angmarcompanies.com



