

Caring For Caregivers

Addressing Caregiver Stress



ANGMAR
Medical Holdings, Inc.

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



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Medical Holdings, Inc.

When Your Loved One Has DEMENTIA



DEMENTIA-Specific Care

Being a caregiver for someone with dementia takes time and energy. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the disease. Do you know the signs and symptoms? Do you know how to handle emergencies? Do you know how to handle legal issues?
2. Ask your doctor for referrals to dementia-specific resources. Do you know where to go for help? Do you know who to call for help?
3. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
4. Find a caregiver who is trained in dementia care. Do you know where to go for help? Do you know who to call for help?
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When Your Loved One Has DEMENTIA



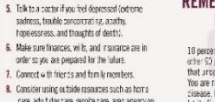
Taking Care of the Caregiver

If you are a caregiver for someone with dementia, you may be feeling frustrated, sad, lonely and overwhelmed. It's so easy to get so busy with your loved one that you forget to take care of yourself. Caregivers who take care of themselves have the energy and enthusiasm to keep giving good care.

1. Put your physical needs first. Do you get enough sleep? Do you eat healthy meals? Do you exercise?
2. Eat nutritious meals. Don't give in to stress-driven urges for sweets and fast food, or overindulge in alcohol.
3. Find time to exercise, even if you have to ask someone to watch over your loved one.
4. Get enough sleep. If you have trouble sleeping at night, try relaxing during the day.
5. Talk to a doctor if you feel depressed (sadness, hopelessness, and thoughts of death).
6. Make sure finances, wills, and insurance are in order so you are prepared for the future.
7. Connect with friends and family members.
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 manager.
9. Understand the benefits of a hospice program for terminally ill loved ones, or adult care, area agency on aging, and the services of a geriatric care manager.
10. Join a support group.

REMEMBER THE 90/10 PRINCIPLE:

10 percent of life is out of your control. The other 90 percent of life is how you make the most of it.



When Your Loved One Has A Heart-Related Disease



Heart Disease-Specific Care

Being a caregiver for someone who has long-term commitment of time and energy is a caregiver's job. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the diagnosis and the treatment plan. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
2. Learn the warning signs of heart attack and sudden cardiac arrest and what to do to prevent an emergency 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 on vaccines that help prevent illness.
5. Talk to a doctor if you feel depressed (sadness, hopelessness, and thoughts of death).
6. Make sure finances, wills, and insurance are in order so you are prepared for the future.
7. Connect with friends and family members.
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 manager.
9. Understand the benefits of a hospice program for terminally ill loved ones, or adult care, area agency on aging, and the services of a geriatric care manager.
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When Your Loved One Has A Heart-Related Disease



Taking Care of the Caregiver

It's been said that caregiving often leads to love. If you are a caregiver, you may be feeling stressed, overwhelmed, sad, and isolated. When you are caring for others, it is critical that you first take care of yourself.

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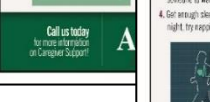
When Your Loved One Has Chronic Obstructive Pulmonary Disease



COPD-Specific Care

Being a caregiver for someone with COPD takes time and energy. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the diagnosis and the treatment plan. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
2. Establish an action plan for when you have a flare-up or exacerbation of a COPD. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
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 on vaccines that help prevent illness.
5. Talk to a doctor if you feel depressed (sadness, hopelessness, and thoughts of death).
6. Make sure finances, wills, and insurance are in order so you are prepared for the future.
7. Connect with friends and family members.
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 manager.
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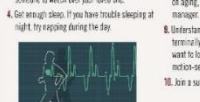
When Your Loved One Has Chronic Obstructive Pulmonary Disease



Taking Care of the Caregiver

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When Your Loved One Has KIDNEY DISEASE



KIDNEY DISEASE Caregiving

Being a caregiver for someone who has chronic kidney disease takes time and energy. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the diagnosis and the treatment plan. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
2. If your loved one is in the late stages of kidney disease (stage 4 or 5), find out about the different types of treatment for kidney failure. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
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. Ask your doctor for referrals to kidney disease-specific resources. Do you know where to go for help? Do you know who to call for help?
5. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
6. Ask your doctor for referrals to kidney disease-specific resources. Do you know where to go for help? Do you know who to call for help?
7. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
8. Find a caregiver who is trained in kidney disease care. Do you know where to go for help? Do you know who to call for help?
9. Help provide your loved ones with emotional support.
10. Join a support group.

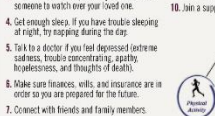
When Your Loved One Has KIDNEY DISEASE



Taking Care of the Caregiver

It's been said that caregiving often leads to love. If you are a caregiver, you may be feeling stressed, overwhelmed, sad, and isolated. When you are caring for others, it is critical that you first take care of yourself.

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10. Join a support group.



When Your Loved One Has CANCER



Cancer-Specific Caregiving

Being a caregiver for someone with cancer requires time and energy. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the diagnosis and the treatment plan. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
2. Establish an action plan for when your loved one has a flare-up or exacerbation of a cancer. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
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. Offer encouragement during this difficult time. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
5. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
6. Ask your doctor for referrals to cancer-specific resources. Do you know where to go for help? Do you know who to call for help?
7. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
8. Find a caregiver who is trained in cancer care. Do you know where to go for help? Do you know who to call for help?
9. Help provide your loved ones with emotional support.
10. Join a support group.



When Your Loved One Has CANCER



Taking Care of the Caregiver

If you are a caregiver for someone with cancer, you may be feeling frustrated, sad, lonely and overwhelmed. It's so easy to get so busy with your loved one that you forget to take care of yourself. Caregivers who take care of themselves have the energy and enthusiasm to keep giving good care.

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When Your Loved One Has DIABETES



DIABETES Caregiving

Being a caregiver for someone who has diabetes takes time and energy. Here are some strategies to help you be better so you can continue to care for your loved one.

1. Ask questions to understand the diagnosis and the treatment plan. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
2. Establish an action plan for when your loved one has a flare-up or exacerbation of a diabetes. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
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. Offer encouragement during this difficult time. Do you know what the doctor's instructions are? Do you know what the doctor's instructions are?
5. Keep a list of family members, friends, neighbors, and other people who can help. Do you have a support group? Do you have a support group?
6. Ask your doctor for referrals to diabetes-specific resources. Do you know where to go for help? Do you know who to call for help?
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8. Find a caregiver who is trained in diabetes care. Do you know where to go for help? Do you know who to call for help?
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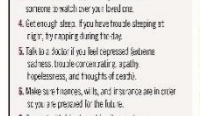
When Your Loved One Has DIABETES



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Caregiver Stress

community
NURSES



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.

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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

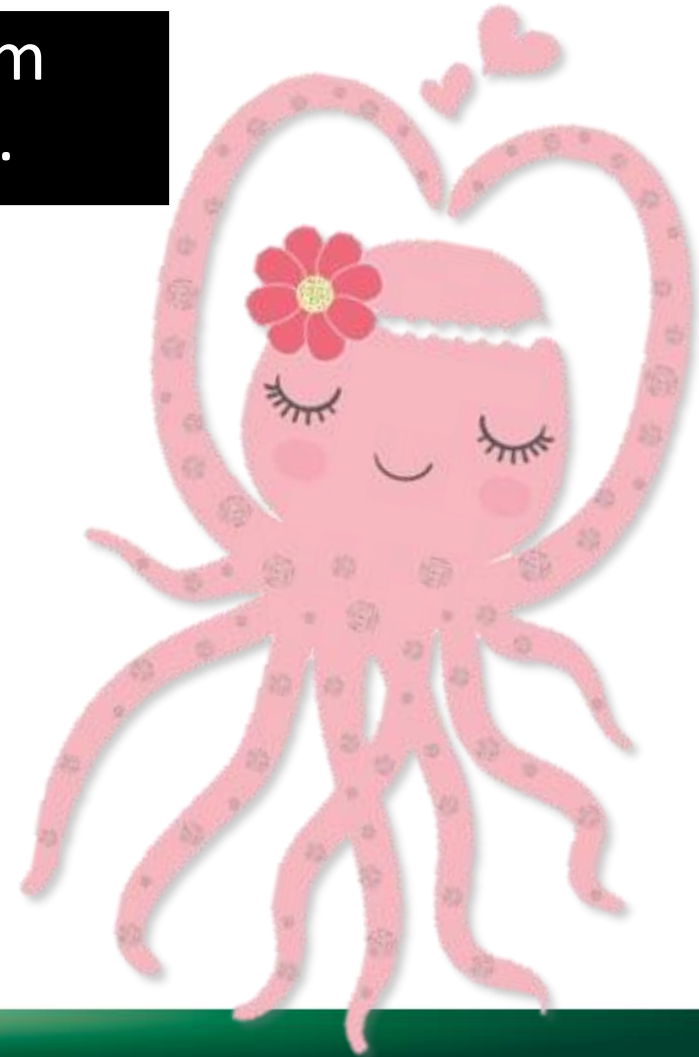
KEEP YOUR BUCKET FULL



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!

Let me get this straight... it's my job to deal with everyone else's stress but I can't snap?



someecards
user card



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.

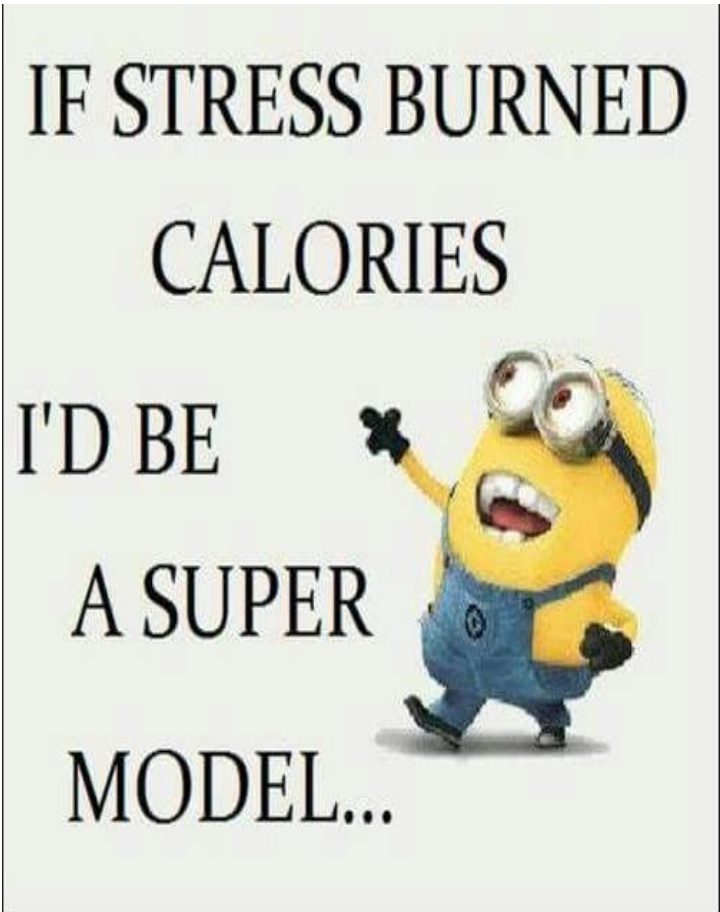
(Maya Angelou)



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:

DO SOMETHING

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."

#1 NEW YORK TIMES BESTSELLER



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.

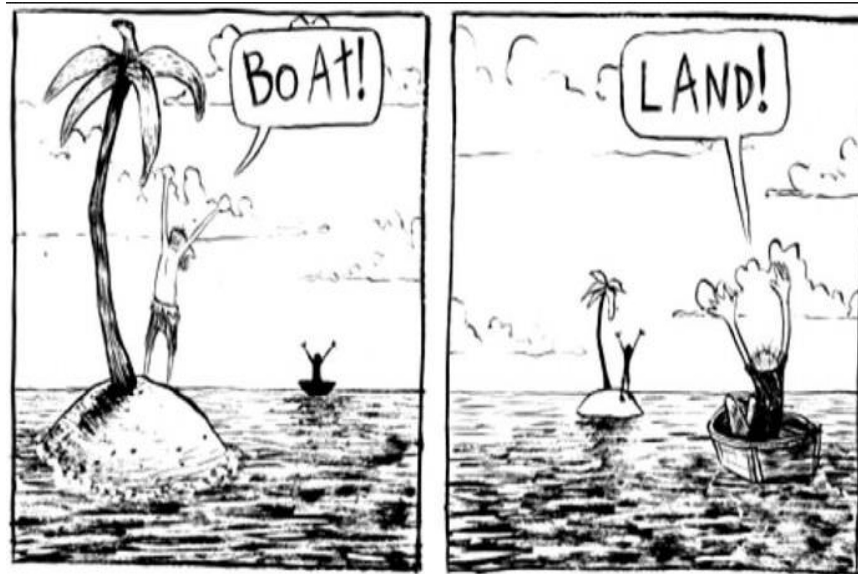
Only deal with the present.

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 feel-good 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

**Thank
you!**



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