

Caregiver Emotions

Presented by Linda Fisher

Self Introduction

- Advocate
- Volunteer
- Blogger
- Author
- Caregiver for 10 years



Objectives

- Identify Seven Caregiver Emotions
- Develop Strategies to Cope
- Share Emotional Concerns
 - Questions Welcome

Guilt

- Pulled Different Directions
- Beat Yourself Up – Could Have Haves
- Nursing Home Decision



What to do about guilt?

- Realistic
- Cut Yourself Some Slack
- Reality VS Perfection
- Both of You

Resentment

- Others Don't Pull Their Weight
- Loved One Being Difficult
- Role Reversals
- Life Is Out of Control

“Resentment is like drinking poison and then hoping it will kill your enemies.”

~ Nelson Mandela



What to do about resentment?

- Ask for Help (Make a List!)
- Blame the Disease, Not the Person
- Focus on What You Can Do
 - Be an advocate
 - Volunteer

Anger

- Balky
- Unfair Criticism
- Disease
- Life Is Unfair



What to do about anger?

- Deep Breath
- Time Out
- Humor

God
grant me the serenity, to
Accept
the things I cannot change,
Courage
to change the things I can, and the
WISDOM
to know the difference

Worry

- Quality of Care
- Health of Loved One
 - Eat, Fall, Behave
- Endless Cycle

Worry (verb)
give way to
anxiety or
unease; allow
one's mind to
dwell on
difficulty or
troubles.

What to do about worry?

- Solutions
- Physically Active
- Mentally Busy
- Share Concerns

Loneliness

“Alzheimer’s is a lonely disease.”

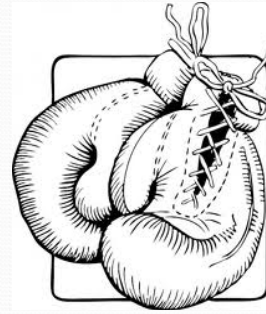
- Changing Relationship
- Friends Don’t Know What to Do
- Isolation

What to do about loneliness?

- Get-Together
- Day Away
- Widen Your Circle

Defensiveness

- Tell You What to Do
- Critique Caregiving
- Taking Advantage



What to do about defensiveness?

- Keep an Open Mind
- Hear Them Out
- Stop Others From Taking Advantage

Grief - #1 Challenge

- Anticipatory
 - What does the future hold?
- Ambiguous
 - When did it start?
 - When will it end?

What to do about grief?

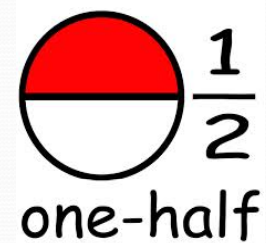
- One Day at a Time
- Talk About It
- Positive Outlook
- Enjoy Small Moments
- In Your Own Time and Way

The Seven Emotions-Recap

- Guilt
- Resentment
- Anger
- Worry
- Loneliness
- Defensiveness
- Grief

Take-Away

- Half the Battle
 - Normal
- The Other Half
 - Take Care of Yourself



When Love Remembers

- <https://www.youtube.com/watch?v=jJQzwUtafbE>

Resources

- Alzheimer's Association
 - www.alz.org
- Greater Missouri Chapter
 - www.alz.org/greatermissouri/

Questions?

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