

Soar

The Care-ring Voice Network Newsletter



Fall 2011

www.careringvoice.com

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Caregiver Appreciation Week – October 31, 2011 – November 4, 2011

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I am a health care practitioner who for the last several years has been running a number of support groups for caregivers. During this time I have had the opportunity to witness the experiences and lives of many caregivers that are often punctuated by many turning points. The first major turning point is when someone realizes and acknowledges for the first time that they are a Caregiver and now need help and support themselves. This can change the caregiver's perception of who they are. They are no longer only wife, husband, sister, son, or daughter. They are a Caregiver. One of the last turning points comes when the decision for long-term care has to be made. This is a hard one because it means the caregiver has to acknowledge that their loved one has reached the point of needing the kind of care only professionals can provide. Throughout the journey, the versatile caregivers I meet are constantly changing and adapting to circumstances beyond their control, they have no choice. But one thing I have also noticed and would like to change if I could is the amount of appreciation and thanks that caregivers get for what they do. Let's face it; it can be a very thankless job. So the purpose of this message is to say "Good job!" "Well done!" and "Thank you!" If you are a caregiver give yourself a pat on the back and know that you are appreciated and that what you do is invaluable. If you are not a caregiver yourself but know one, take the time to show them some appreciation and make them feel good about what they are doing. They deserve it.

Free tele-learning sessions

Coping with the Transition to Care

November 3, 2011 7:00 PM PST

Host Organization: North Shore Community Resources Society

[Click here to register](#)

Let's Talk About Advance Care Planning: Hard Conversations Made A Little Easier

November 9, 2011 7:00 PM (EST)

Host Organization: Solutions- East Toronto's Health Collaborative

[Click here to register](#)

Caring For The Caregiver

www.caregiver.com

Being a caregiver is a stressful and demanding job. There is usually very little, if any opportunity to prepare for a new caregiving situation. The well-being of the caregiver requires priority consideration. Thought must be given to the fate of the care recipient if the caregiver becomes unable to continue with caregiving responsibilities. Caregivers are susceptible to depression, illness, physical exhaustion and emotional exhaustion. Any of these conditions will easily interfere with a person's ability to be an effective caregiver.

The following are suggestions for maintaining caregiver well-being:

- Become informed about the care recipient's health issues and any expected changes in behavior.
- Accept the facts and deal with your situation the best that you can.
- Seek professional help whenever necessary.
- Share the burden of caring and caregiving with family members and other interested persons.
- Talk about your problems with a trusted person.
- Don't be too shy, proud, or afraid to seek help with caregiving.
- Become aware of the limits of your caregiving abilities.
- Maintain social activities and important relationships.
- Get away from the responsibilities from time to time.
- Pace yourself. You may be responsible for caregiving for many years.
- Work off anger with physical activity.
- Plan ahead to avoid crises where possible.
- Live one day at a time.
- Recognize the worst-case scenario, but hope for the best.
- Join a family support group.
- Keep your sense of humor.

Free tele-learning sessions

Asking for Help Receiving Help

November 21, 2011 7:00 PM (PST)

Host Organization: North Shore Community Resources Society

[Click here to register](#)

Unhooking from the Past

November 24, 2011 6:30pm (PST)

Host Organization: Family Caregivers' Network Society

[Click here to register](#)

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