



Extension

UNIVERSITY OF WISCONSIN-MADISON

Milk, Mail, and Medications

Navigating Care Roles

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Oconto County

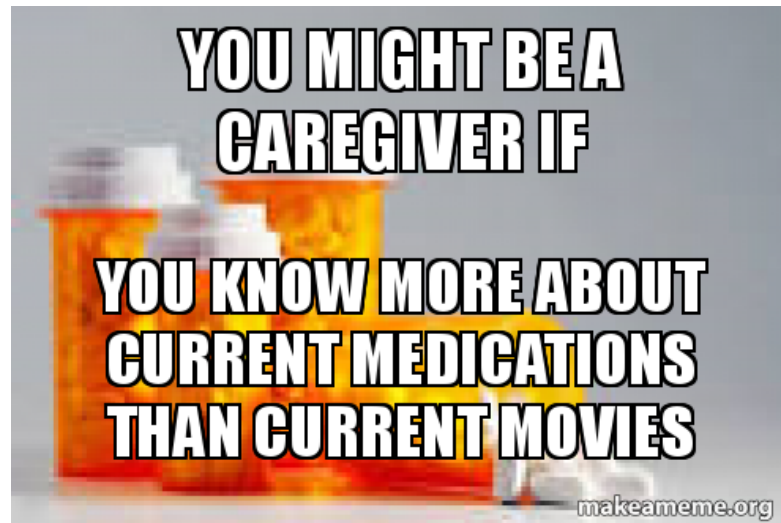
WAHCE 2024

Credit to Kristin Litzelman, PhD; Ashley Berghoff; Heather Quackenboss from UW-Madison Division of Extension

Today's objectives

- I can identify what care roles/tasks look like or feel like.
- I can think critically about the bleak and uplifting role of caregiving.
- I can recognize the things that might impact me in a care role.
- I can apply the tools to help me in my current or future caregiving role.

I'm not a caregiver...



You might be!

When did that happen?

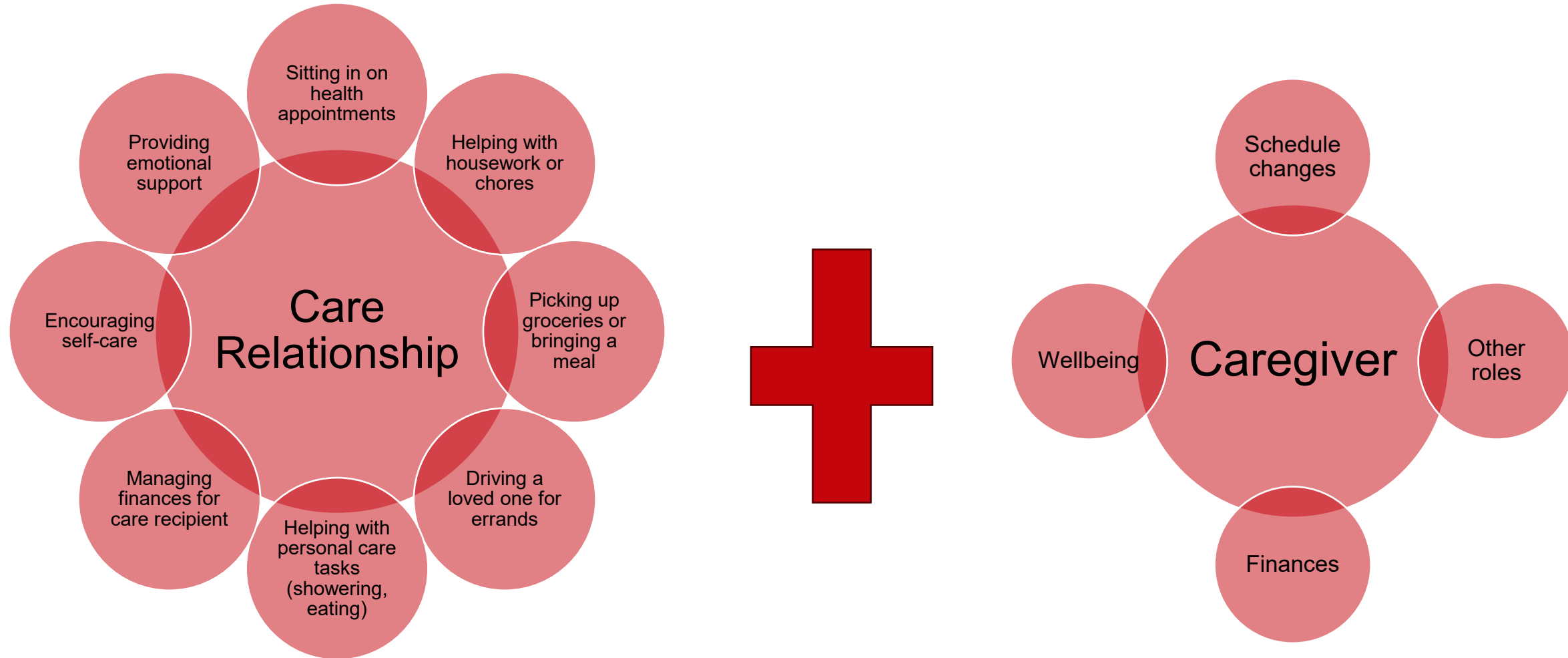


- Care roles are “normal”
- Understand our role
- Navigation

A frog in warm water that slowly boils thinks he's living his best life.
Are you happy with your circumstances, or have you just grown comfortable with them?

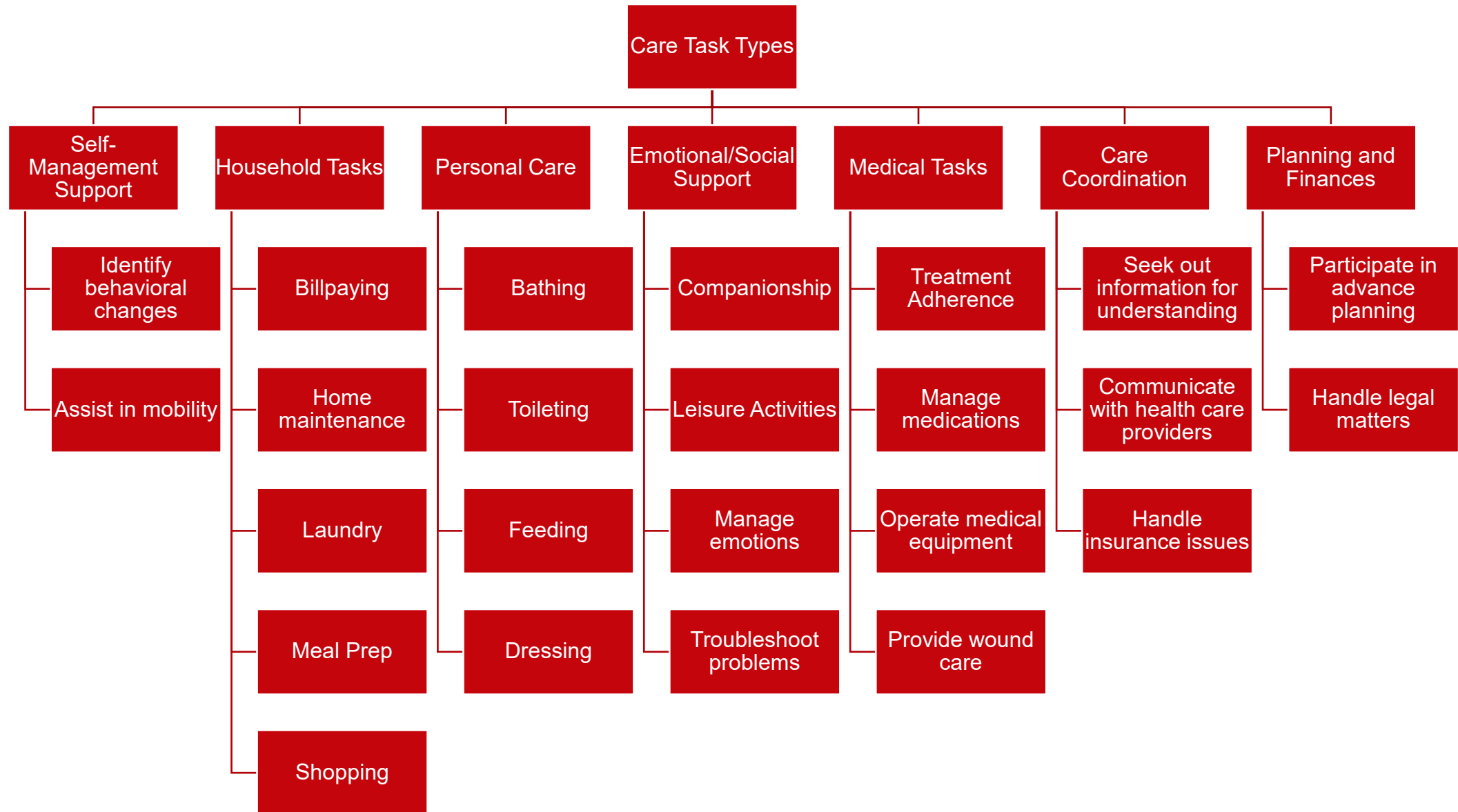


Ripple Effects

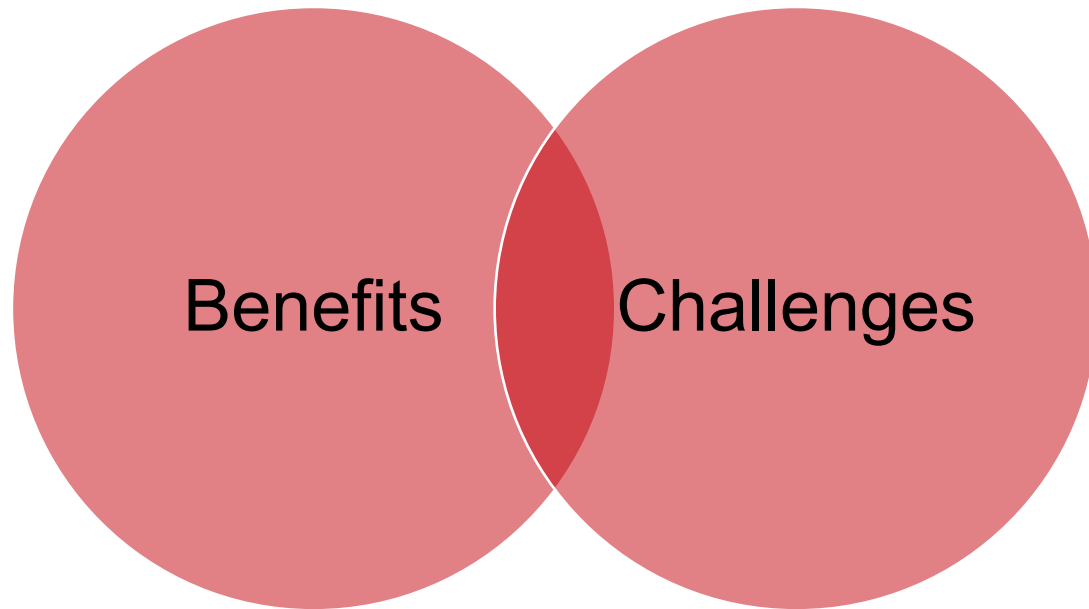


Caregiving: Providing care or assistance to a family member or friend with a health issue or disability.

Identifying Care Categories



You are in good company!

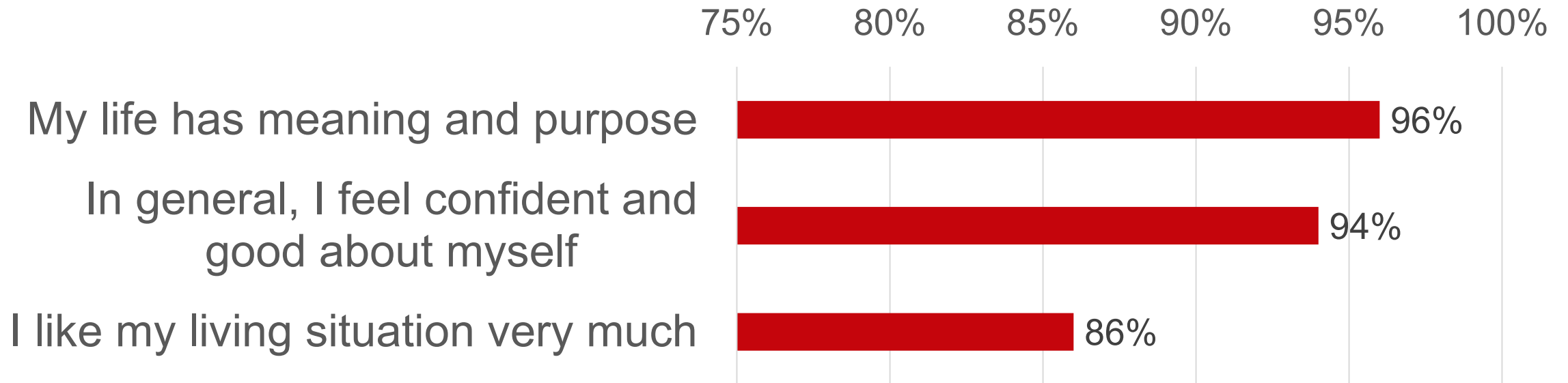


- Positive aspects of caregiving
- Difficulties and challenges

- Change and evolve over time
- Co-exist at the same time

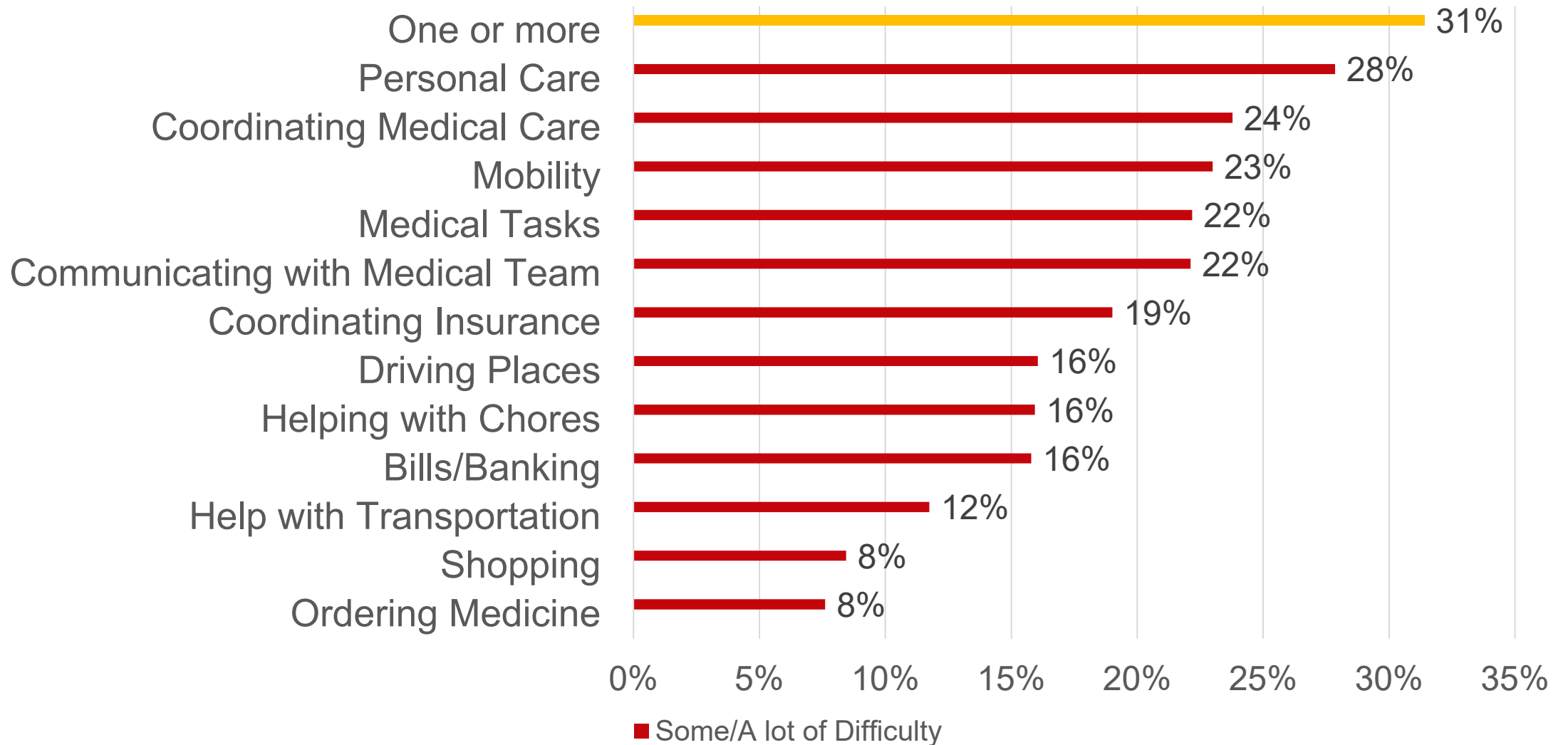
National Study of Caregiving 2021/2022

% of Caregivers Who Agree With the Following Statements:



51% were **given** a sense of purpose

National Study of Caregiving 2021/2022



Experiences Differ

Emotional Stress

- 36% high emotional stress
- 36% low emotional stress

Physical Strain

- 17% high physical strain
- 54% low physical strain

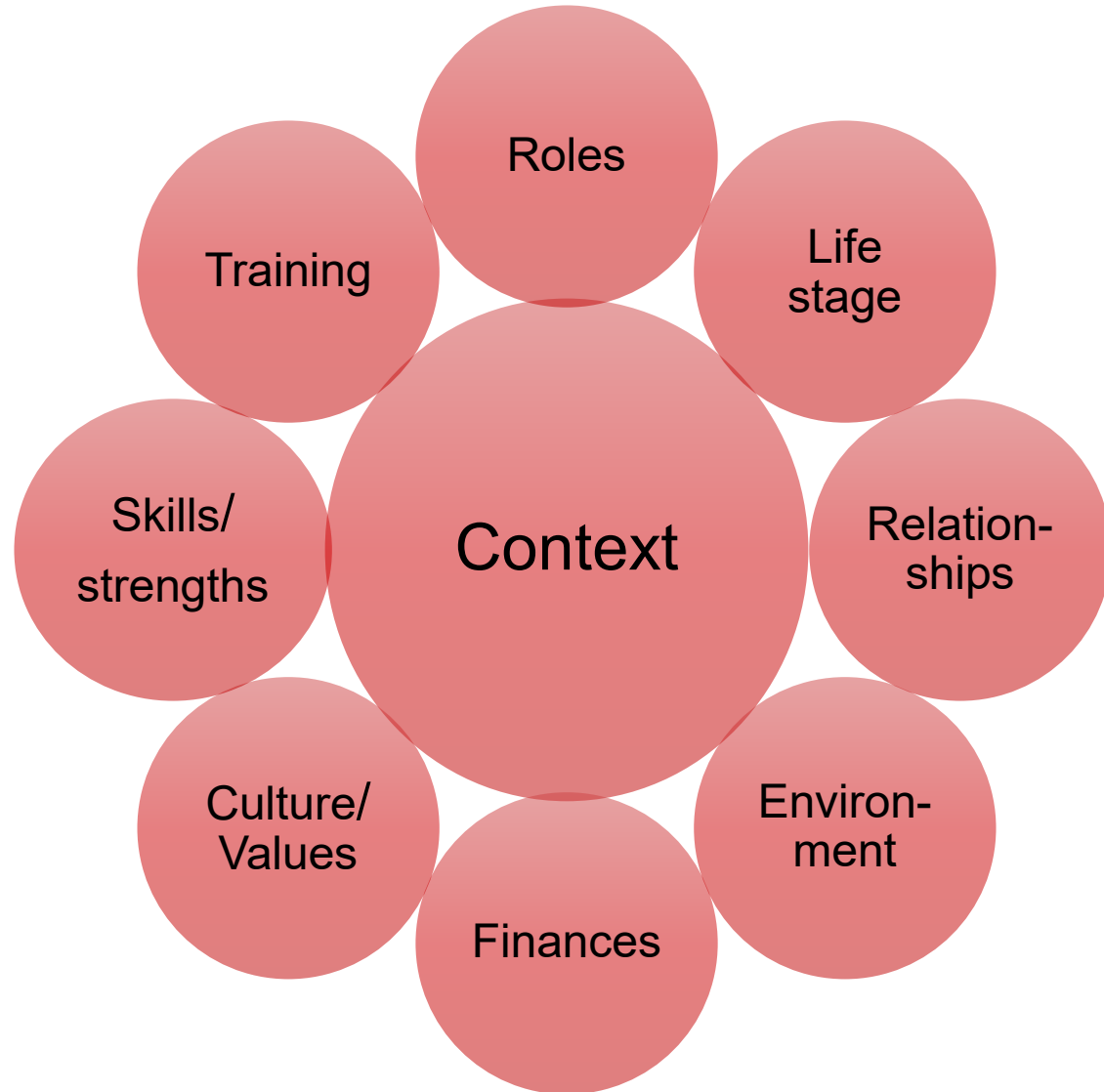
Loneliness

- 21% feel alone
- 58% feel connected

Financial Strain

- 18% high financial strain
- 62% low/no financial strain

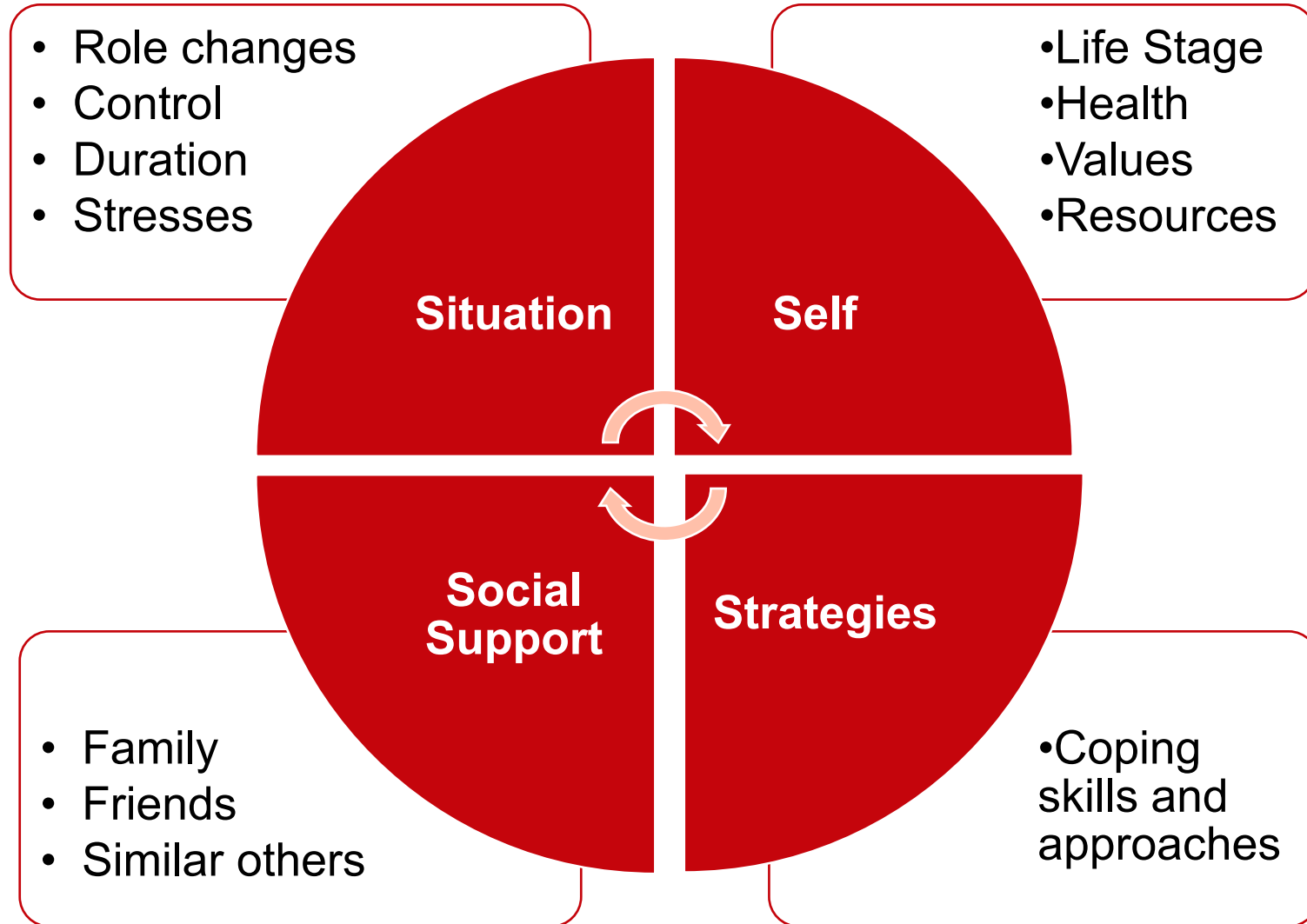
Experiences Differ



How much it changes
**roles, relationships,
routines, and
assumptions.**

(Schlossberg 1981)

Impacts





ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.



UNWELL vs. RENEWAL — A place of illness, fatigue and state of overwhelm or hardiness, resiliency, and transformation.

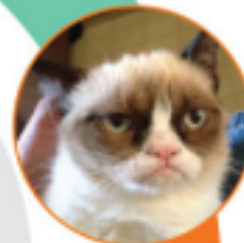
COMPASSION RESILIENCE

BURN OUT

Unwell vs. Renewal

Compassion Fatigue's Path

(Cycle is from work of Eric Gentry, PhD, 2012)



IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

ZOMBIE — A sense that you can't ever do enough, inflated sense of importance, sleeplessness, sense of persecution.



WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.

What's Next...Now What?

Before Care Roles

- Reflect on our own situations, self characteristics, support, and strategies
- Build awareness and plan
- Build skills and practices

During Care Roles

- Assess own needs and preferences
- Reach out for support based on personal needs
- Practice self-compassion
- Part of a nearly universal experience

Skills and Practices

- Build emotional resiliency
 - Mindfulness
 - Gratitude
 - Boundaries
- Healthy Lifestyle
 - Exercise
 - Nutrition
 - Breathing
- Communication
 - Compassionate conversations
 - Planning AHEAD class
 - Planning



Practice Self-Compassion



What Is Self-Compassion?



Self-Kindness
Be loving towards ourselves
instead of self-critical.



Common Humanity
Everyone suffers. You are
not perfect. No one is.
You are not alone.



Mindfulness
Notice our struggle. Feel it,
instead of being reactive.
Be with it, avoiding
self-judgment or overreaction.

When you feel like you have fallen short,
how do you practice self-compassion?

Self-Kindness

Recognize



Acknowledge



Need



Gratitude

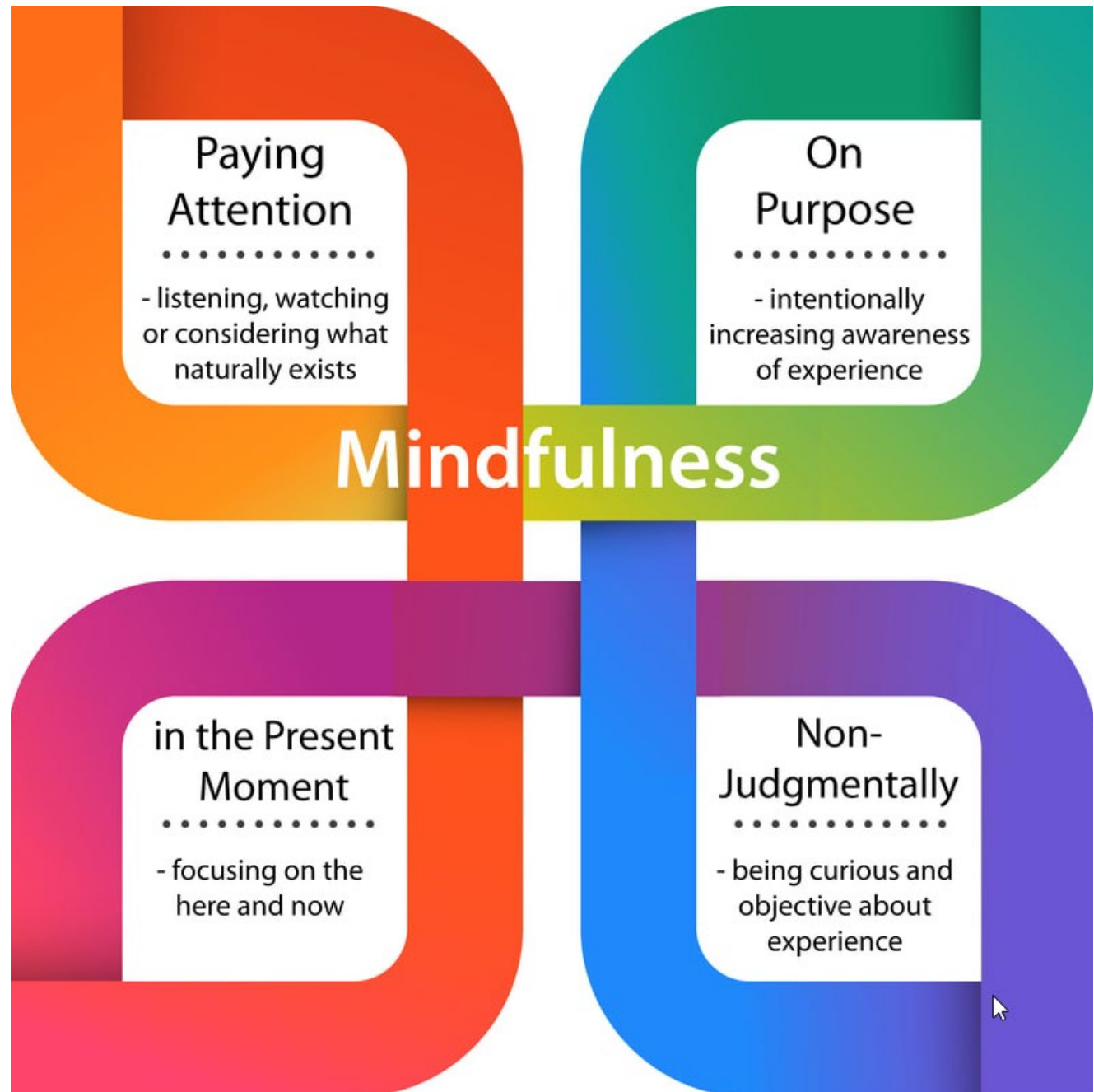
“It is not joy that makes us grateful; it is gratitude that makes us joyful.” -David Steinnall-Rast



Mindfulness



Mindfulness
Notice our struggle. Feel it,
instead of being reactive.
Be with it, avoiding
self-judgment or overreaction.



Common Humanity



Common Humanity

Everyone suffers. You are
not perfect. No one is.
You are not alone.

What is something
that you were “today
years old” when you
learned it?

We are always
learning!

Understanding our why

1. What is most important to me?
2. What will I never compromise on?
3. Who do I admire most and why?
4. What makes me the most frustrated?
5. What makes me feel the most energized?
6. How do I want people to remember me?
7. What is my ideal environment?

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list of personal core values

Acceptance	Exploration	Present
Accomplishment	Expressive	Productivity
Accountability	Fairness	Professionalism
Accuracy	Family	Prosperity
Achievement	Famous	Purpose
Adaptability	Fearless	Quality
Alertness	Feelings	Realistic
Altruism	Ferocious	Reason
Ambition	Fidelity	Recognition
Amusement	Focus	Recreation
Assertiveness	Foresight	Reflective
Attentive	Fortitude	Respect
Awareness	Freedom	Responsibility
Balance	Friendship	Restraint
Beauty	Fun	Results-oriented
Boldness	Generosity	Reverence
Bravery	Genius	Rigor
Brilliance	Giving	Risk
Calm	Goodness	Satisfaction
Candor	Grace	Security
Capable	Gratitude	Self-reliance
Careful	Greatness	Selfless
Certainty	Growth	Sensitivity
Challenge	Happiness	Serenity
Charity	Hard work	Service

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Understanding our why

Tips for Setting Compassionate Boundaries



1. **Know what you want to say "Yes"** to in your life (values, behaviors and priorities).
 2. **Be proactive.** Have "meetings" to discuss boundaries. Structure offers safety for both sides.
 3. **Just say it!** Don't make them guess. Use simple and direct language.
 4. Reinforce by pointing out the violations **IN THE MOMENT.**
 5. **Give explanations that are specific,** relevant to the other person, and offer shared solutions.
 6. **Back up your boundary with action.** If you give in, you invite people to ignore your needs.
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S P I R E



Practicing gratitude and grace

Intentional breathing exercises

Learning how to make a quilt

Reaching out for breakfast dates

Laugh like a kid

S P I R E



My person... (who will help you no matter what?)

My glimmer... (where I find awe)

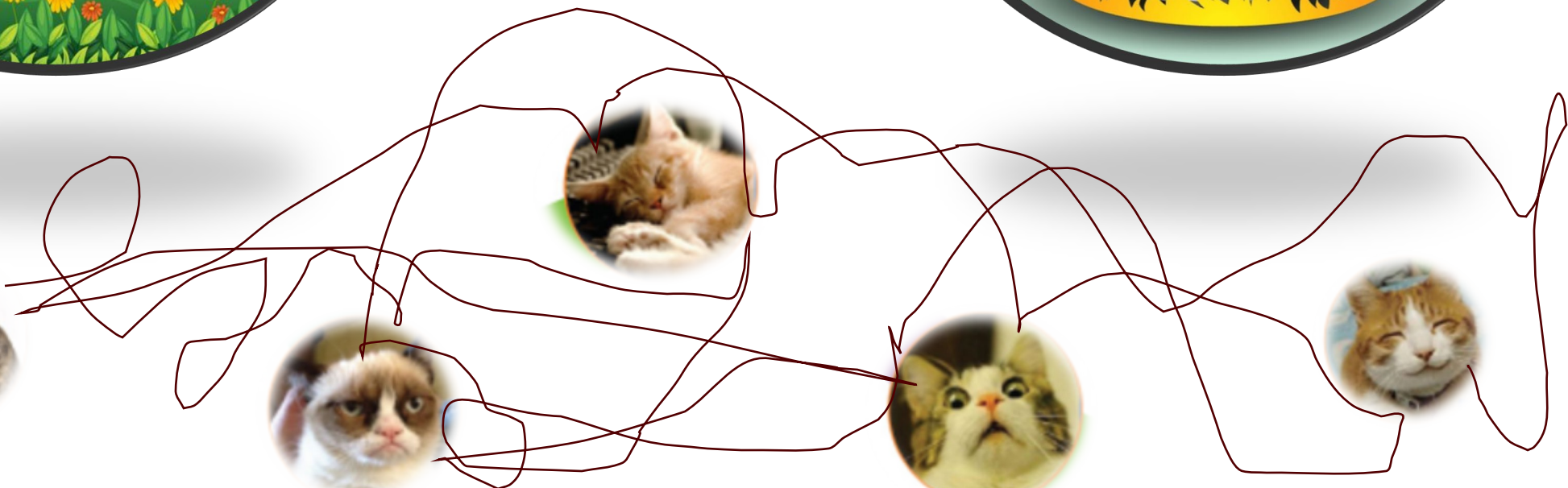
My moment... (what gives me joy or an ahhh moment)

My go-to coping skill... (crying, taking a few breaths, talking to someone, etc.)

S P I R E



Credit: Dr. Tal Ben-Shahar





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Thank you!

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