

THE 7 PILLARS OF SUCCESSFUL CAREGIVING

Things No One Tells You



By the end of this presentation,

YOU WILL BE ABLE TO:

01

Describe

The 7 Pillars of Successful Caregiving and learn how to apply them on any occasion.

02

Understand

the importance of communication in caregiving.

03

Embrace

self-care routines to prevent burnout & alleviate stress.



What does success mean when you are offering care?

If you are looking for a definitive answer, **THERE ISN'T ONE**. Like many circumstances, you must assess what you have at your disposal and how well it can help you navigate.

In fact, dare I say that when you are in the process of defining what success is for you,

MAKE SURE THAT IT IS ACHIEVABLE AND MEASURABLE ALONG THE JOURNEY... NOT JUST AT THE 'END',

Because endings mean different things to both you and your loved one or client.

So, to succeed,

Consider Acquiring Effective Tools

To provide care, care for yourself, and keep everything in perspective.



There is Success
AND YOU CAN EQUIP YOURSELF FOR IT.

The 7 Pillars

There are 7 guiding principles or "pillars" for successful caregiving; each one of these pillars will aid you in avoiding the common pitfalls associated with caring for a loved one or client.

01

SELF-CARE

02

EMPATHY

03

EMPOWERMENT

04

KINDNESS

05

PATIENCE

06

COMMUNICATION
AWARENESS

07

ACTIVE LISTENING



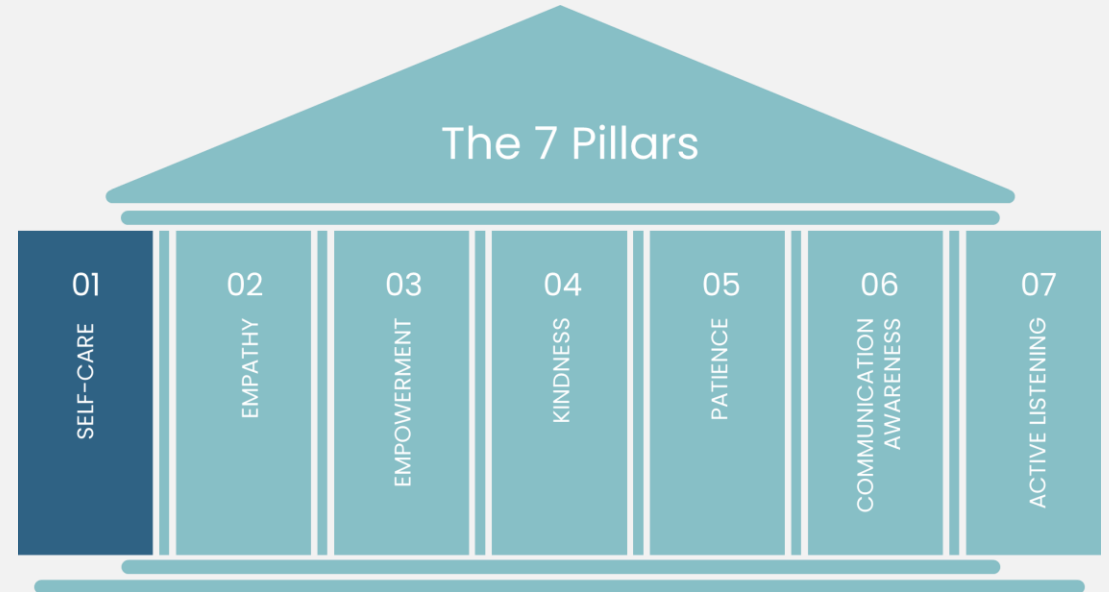
SELF-CARE IS ESSENTIAL.

Put your own oxygen mask
on before assisting others

Randy Pausch



The 7 Pillars



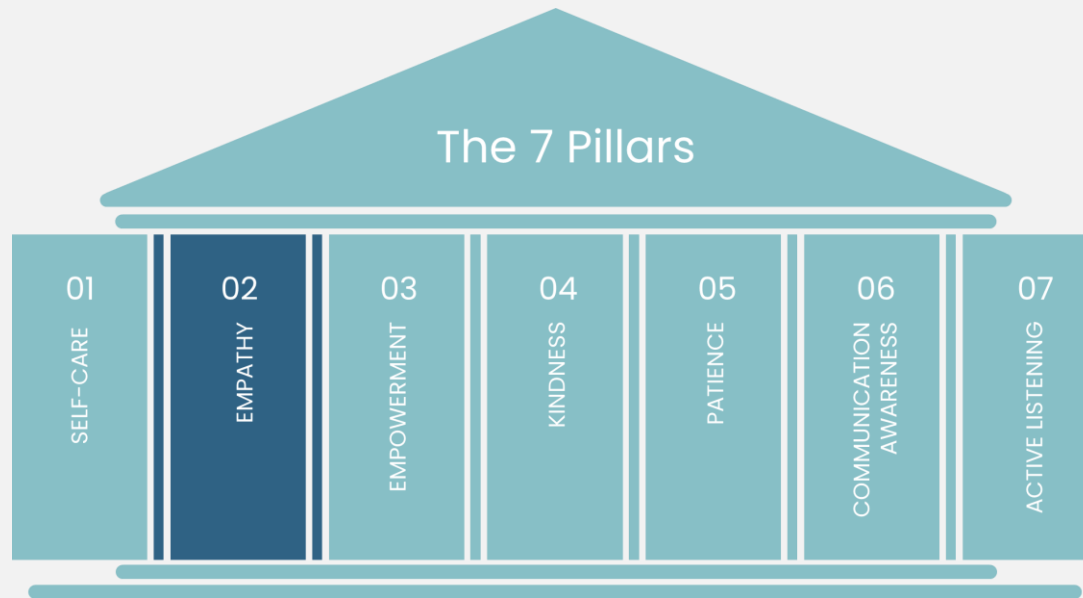
Pillar #1

Self-Care refers to taking care of yourself

Factors Contributing to Burnout

The table below indicates the factors that most commonly contribute to burnout among family and frontline caregivers. It also suggests some steps you can take to counteract them.

Family Caregiver	Frontline Caregiver
Saying yes even when you are tired It is vital that you learn to say no. You cannot be everything to everyone and nothing to yourself.	Working all the overtime available. Do not take on additional shifts without careful consideration. You need time with your family and to do things outside of work.
Not accessing respite care. Every caregiver deserves a break, even you. Caregivers are reported to benefit most from an uninterrupted 8-hour break away from their loved one.	Working without taking breaks. Take your breaks at work. Many healthcare providers work through their lunch and 15-minute breaks; however, you need that time to reflect and regroup. If you have vacation time, plan something fun, or take time to simply do nothing.
Not asking for help Many caregivers do not ask for help from family or friends. Be sure to ask for help and be specific about what you need.	Worrying about work on your days off. Do not focus on work-related problems during your time off. If you are constantly thinking about work problems, you do not actually get a break.



Pillar #2

Empathy is a feeling or emotion that is closely tied to empowerment.

Are you aware of the adage



Put Yourself In
Someone Else's Shoes?"

IF THE ANSWER IS YES,

Then you already understand the basic foundations of empathy.

IN FACT,

The Greater Good Science Center integrates this adage into their definition of empathy, which is characterized by the ability to sense the emotions and feelings of others and act accordingly.



Actions to Take

FIND A WAY TO REMIND

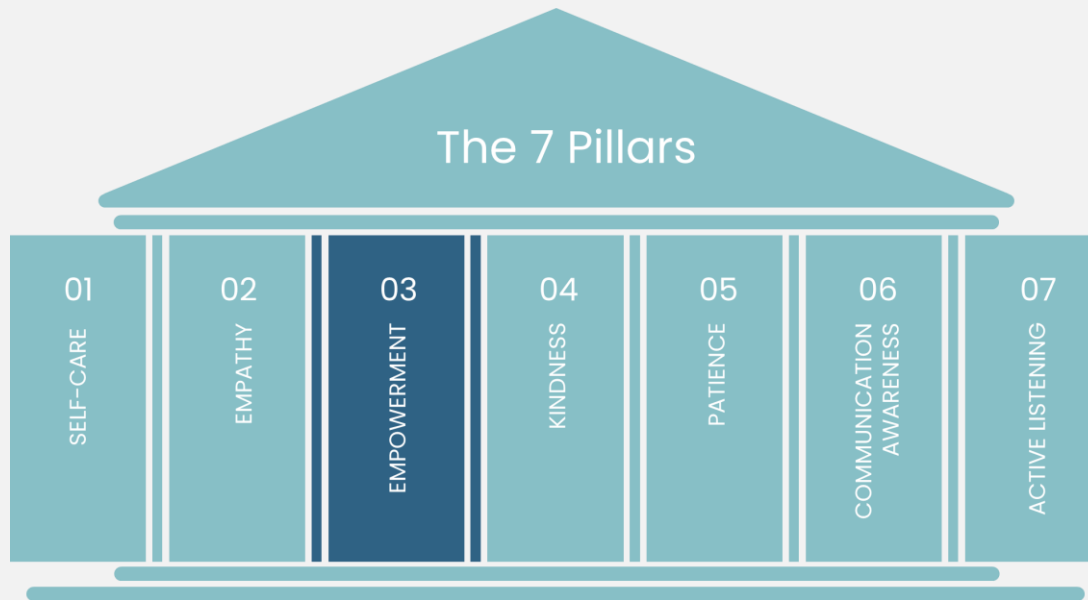
your loved one or client of the things that they are capable of and take pleasure in doing.

TAKE ADEQUATE TIME

with your loved one or client to not only attend to them medically, but to participate in activities they find enjoyable and meaningful.

DEMONSTRATE EMPATHY

in your interactions with your loved one or client by listening and empowering.



Pillar #3

Empowerment occurs when you actively invite the person receiving care to participate in that care.

Autonomy

The right to determine your own destiny.

Empowerment:

Active participation in the decision-making processes in your life.

Self-Actualization:

Living a fully realized life.

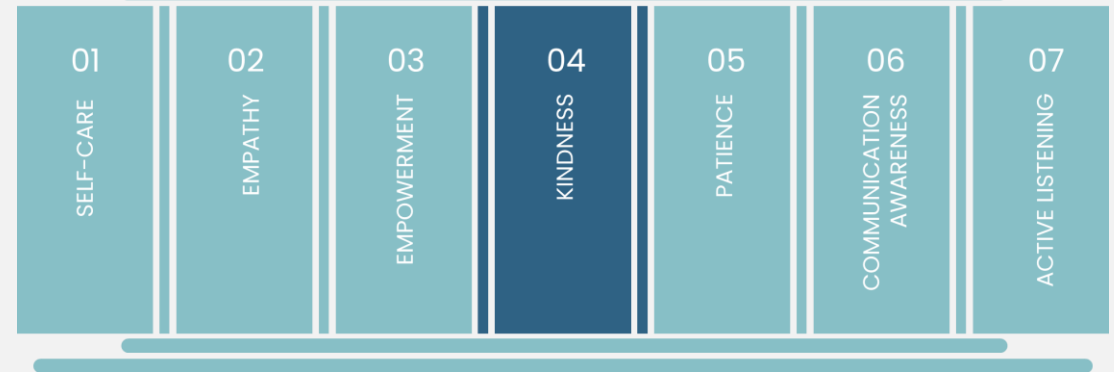


CARRY OUT A RANDOM
ACT OF KINDNESS,
with no expectation of reward,
safe in the knowledge that one
day someone might do the
same for you.

Princess Diana



The 7 Pillars



Pillar #4

Kindness is defined as doing for others without expectation of anything in return.



4 Principles of Kindness

- Be Aware.
- Don't be Judgmental.
- Act.
- Be Unconditional.



Everyone tells you
to be patient.
NO ONE TEACHES
YOU HOW.

Dr. Eboni Green



Pillar #5

Patience is the ability to persevere in difficult circumstances without expressing anger.

Patience in Everyday Life is the patience required when you are waiting in traffic, in line at a restaurant, or at the doctor's office.

Interpersonal Patience

Refers to tolerance exhibited in social relationships. Specifically, it's what you call on when you are interacting with difficult persons.

The 7 Pillars



Exercise

What makes you feel impatient?

What are the consequences when you are impatient?

A trigger for
impatience:

Can be flipped
to patience:

When I

I will

Instead of

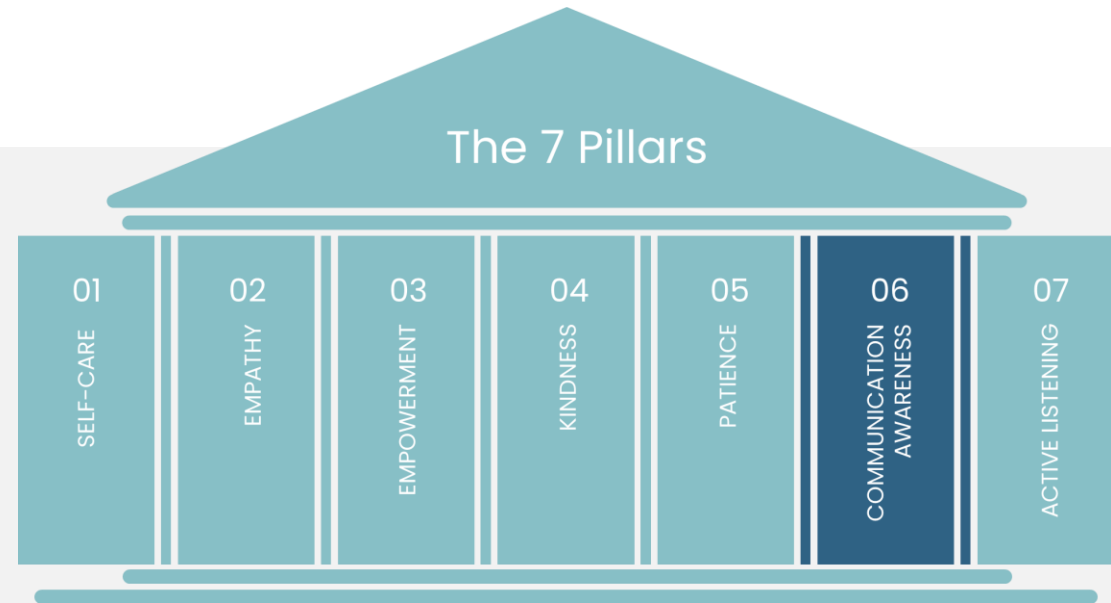
Positive Affirmations

- You might use the following positive affirmations. Look into a mirror in your home or car and say the following:
- I am bigger than my fears and worries
- Things are getting better for me and those I love.
- I am compassionate.
- I am calm.
- I am caring.
- I am patient.



Pillar #6

Communication awareness speaks to your choice of words and the tone and body language you use when talking with your loved one or client.



The term communication awareness:

entails being conscientious of your choice of words, tone, and body language when interacting with your loved one or client. You will want to speak clearly, explain your intentions, and listen carefully during each caregiving interaction you have.

Communication awareness skills help with
**BUILDING TRUST AND CONFIDENCE
IN RELATIONSHIPS.**

Being A Caregiver Requires Excellent Communication Skills

The following are five tips you may find useful as you care for your loved one or client.

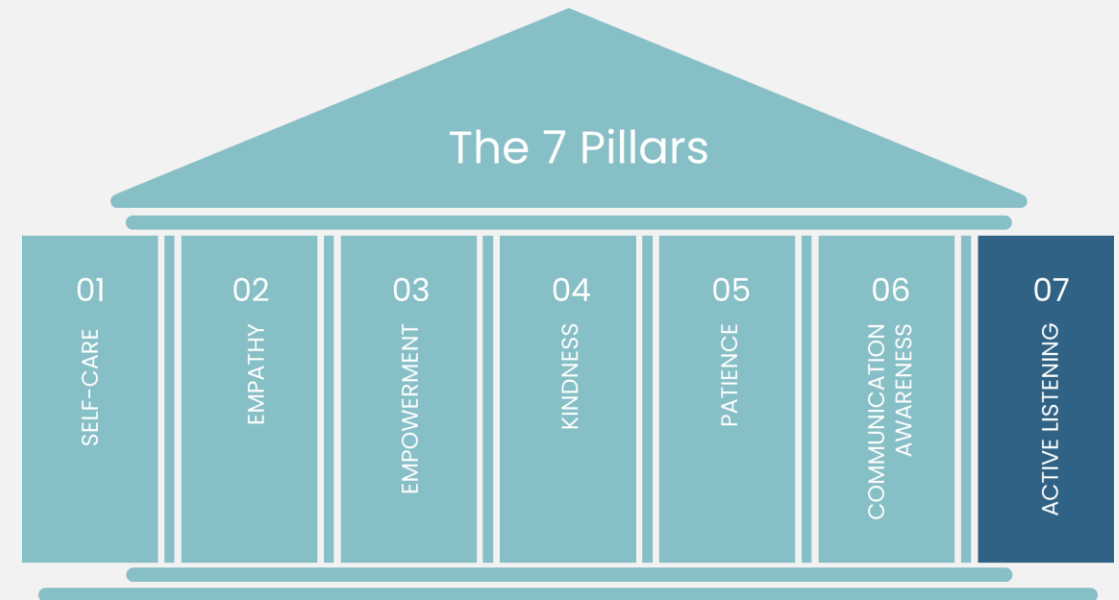
- ➔ Patience and honesty are significant factors for successful communication.
- ➔ Do not place your feelings on the back burner; rather, share your feelings openly and honestly with your loved one or client.
- ➔ Use of personal pronouns such as “I” and “we” (rather than “you”) is preferred. For instance, you might say, “I’m angry,” rather than, “You made me angry.”
- ➔ Respect the feelings and intentions of others.
- ➔ Never intentionally make hurtful remarks.





WHEN PEOPLE TALK,
LISTEN COMPLETELY.
Most people never
listen.

Ernest Hemingway



Pillar #7

Active Listening is an effective approach to take should you find that your loved one or client is feeling stressed, angry, or sad.

Active Listening



Is this a good time to talk?

01



Encourage your loved one or client to express concerns as they arise.

02



Set a timeframe.

03

Resource – Where to Turn for Help



What Does Success Mean When Offering Care?

What does success in caregiving really mean? It is a question many caregivers grapple with. Caregiving is filled with challenges and complexities, making success hard to define. But here's the key: Success is not a final destination. It's a continuous journey. By setting realistic objectives and regularly measuring your progress, you can find success in the small victories along the way.

[Caregiversupportservices.org](https://caregiversupportservices.org)



THE 7 PILLARS OF SUCCESSFUL CAREGIVING



Unlock the Secrets to Successful Caregiving Today!

DON'T JUST SURVIVE
THRIVE!

GET YOUR COPY



Questions



Thank You!

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