

Orange County

In-Home Supportive Services



Public Authority



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CARE FOR THE CAREGIVER - YOU

Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

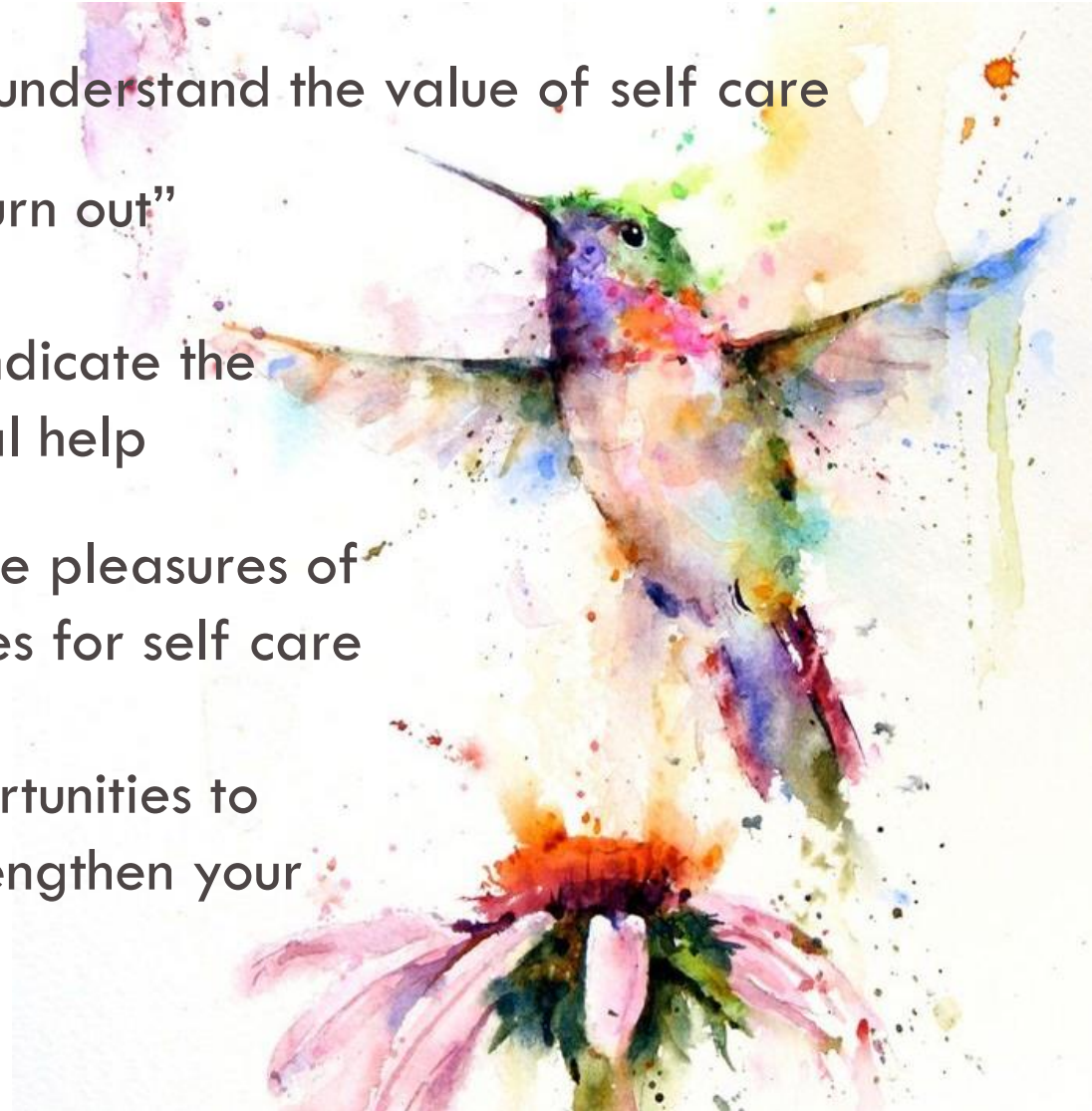
Orientation Overview



- Objective
- Statistics
- Are you feeling burned out??
- When to consider professional help
- Taking care of YOU
- Protect yourself physically
- Asking for help
- Challenges of being a Registry Provider
- Love YOUrself
- Relaxation techniques

Objective

- For caregivers/Providers to understand the value of self care
- To recognize the signs of “burn out”
- To recognize the signs that indicate the need to consider professional help
- To learn to identify the simple pleasures of life that provide opportunities for self care
- To learn how to create opportunities to revitalize happiness and strengthen your inner spirit



Statistics



- 51% stated that they do not have time to take care of themselves
- 49% said they are too tired to take care of themselves

Source: Center for Disease Control and Prevention

Caregivers are a “population at risk”

Studies consistently report that caregivers:

- Experience higher levels of depressive symptoms and mental health problems
- Experience great exhaustion and stress
- Are at greater risk of increased use of alcohol, prescriptions, psychotropic drugs and/or other substances
- Increased risk of poor physical health:
 - Develop chronic conditions - heart attack/disease, cancer, diabetes, arthritis, etc.
 - Obesity and bodily pain
 - Diminished immune system
- Less likely to implement preventative health behaviors, including SELF CARE

Source: FAMILY CAREGIVER ALLIANCE, National Center on Caregiving

Are you feeling burned out ??

- Do you feel an increased desire to smoke, drink alcohol or use drugs – especially if either was considered an addiction?
- Have you increased the use of over-the-counter or prescribed medication?
- Are you feeling fearful or anxious?
- Are you “snapping” at your family, friends, and/or patient/Consumer?
- Do you feel emotionally withdrawn, unable to feel joy or laughter?
- Do you sometimes just want to run away or wish things were “normal” again?
- Are you withdrawing from activities and the lives of others?
- Are you feeling hopeless most of the time?
- Do you overreact to the “small stuff” or criticism?
- Do you feel loss of compassion or resent the patient/Consumer and/or the situation?



Are you feeling burned out ??

- Do you feel completely overwhelmed?
- Do you have difficulty sleeping and/or eating?
- Do you easily start crying, feel edgy, irritable or impatient?
- Are you feeling strained between your work and family responsibility?
- Are you feeling ill – headaches, stomach problems, common cold, back pain, etc.?
- Are you having difficulty focusing on what you're doing?
- Do you feel “stuck”, resentful and/or angry?
- Do you feel lonely?
- Are you upset that your relative has changed so much from his/her former self?
- Do you feel a loss of privacy and/or personal time?



Consider professional help if....

Ignoring your well being can be damaging to YOU.

Consider professional counseling or talk to your doctor about your feelings if:

- You are consuming excessive amounts of alcohol.
- Your use of medications, such as sleeping or pain pills, is in excess of the dose prescribed.
- You have loss of appetite or you are eating more than normal.
- You are feeling depressed, loss of hope, or alienated.
- Feel like you're losing control physically or emotionally.
- You are verbally, emotionally, or psychologically abusing the individual or Consumer.
- You are neglecting the needs of the individual or Consumer.
- ***You feel that life is too difficult and have thoughts of suicide.***

For a list of non-profit agencies in Orange County for Providers without insurance:

- ***<http://www.211oc.org>*** or dial ***2-1-1***
 - Individual, family, or group counseling
 - Mental health counseling and support groups
 - Suicide prevention hotline, etc.



You need to take care of YOU!

Looking out for yourself
is not selfish. Looking out
for yourself is knowing
that you can't help anyone
if you can't help yourself.

KatrinaMayer.com

You need to take care of YOU!

You're doing a very difficult job and you deserve to be taken care of.

- Protect yourself physically.
- Accept help and ask for help.
- Eat smart, exercise, and laugh.
- Schedule time for yourself.
- Give yourself a break!
- Manage your stress: deep breathing, positive thinking, yoga, exercise, music



Protect Yourself Physically

Exhaustion can cause your immune system and body to become weak so taking care of yourself is very important.

ALWAYS take precautions

- Always **wash your hands**
- Always **wear gloves** to avoid contact with bodily fluids

Prevent back injury

- Proper Posture: Head up - shoulders back – chest out – stomach in – buttocks tucked
 - Tighten your stomach muscles, bend at your hips and knees when lifting - NOT your back
 - Do not lift anything that you feel is too heavy
 - Do not twist your back when lifting
 - Avoid overreaching

See your doctor regularly



It's ok to ask for help

Be **STRONG** enough
to stand alone
SMART enough to know
when you need help
and **BRAVE**
enough to ask for it.

Ask for help!

An important part of caring for yourself is communicating your needs

DON'T WAIT UNTIL YOU ARE ALREADY OVERWHELMED!

- Asking for help may be difficult *but* not asking can result in greater harm.
- Don't assume that others will know how you're feeling or that you need help.
- If help is offered, take it!
 - Post a list of needs on the refrigerator
 - Housecleaning, washing dishes, vacuuming, taking out the trash, etc.
 - Help with the laundry
 - Preparing a meal – maybe even just getting it started
 - Running errands
 - Sit with the elder or dependent adult while you do something for **you**



Challenges of being a Registry Provider

In addition to the difficulties encountered when working with the Consumers, many Registry Providers experience challenges that can intensify stress.

- Their financial resources are limited and have to work.
- Their skills may be limited and they feel this is the only job they can do.
- They are frustrated with the established IHSS rate of pay.
- They may be experiencing personal challenges.
- Providers sometimes feel they have reached a dead end but in fact, do have opportunities to make changes to help improve their situation.



Challenges of being a Registry Provider



What can you do to improve how you feel?

First, assess your situation

- Be honest with yourself.
- What is truly causing the stress?
 - Is it family matters, health issues, a financial situation, work, etc.?
 - Is it the Consumer(s) you work for?

Identifying the actual cause is essential in achieving a change.

Second, think of what can be done to help improve your situation

- Can something be done differently?
 - If it's a family matter, a family meeting may be necessary.
 - If it's your health, DO NOT ignore your needs – please seek medical help.
 - Would preparing and freezing meals in advance help?
 - Prepare a list of groceries and have a family member or friend do the shopping.
 - Would parting ways with a difficult Consumer help?

Challenges of being a Registry Provider



How can the Registry help?

Contact your Registry Training Specialist:

- If you feel that working for a new Consumer(s) would help reduce your stress
- If you feel that a change in your schedule will help
- To discuss the possibility of working in a new area – a “fresh” approach
- *If you need guidance or training on how to work with or understand a Consumer with special needs*

We are here to help!

Love YOUrself!

It is not selfish to
love yourself.

take care of yourself,
and make your happiness
a priority...



It is necessary.

Eat smart, exercise, and laugh!



Don't neglect your own physical and mental health



Reward Yourself with Simple Pleasures



Do something *you* enjoy

DO
WHAT
YOU
LIKE

What
do you
enjoy??

Schedule time for *YOU*, that's right *YOU!*

It's easy to say, "I don't have time."

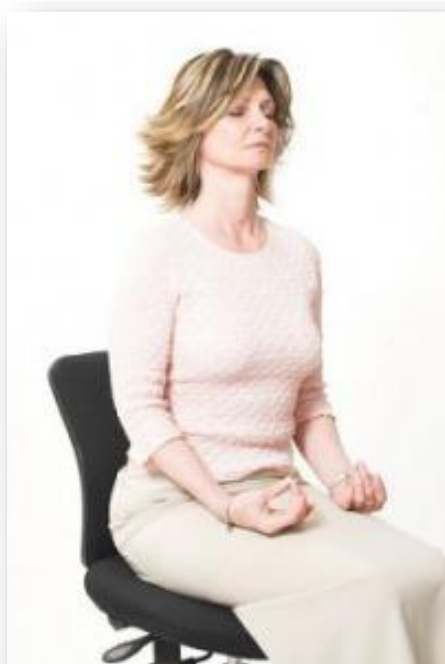
Caregiving for yourself
must be a priority!

You must make time!
Schedule an appointment with
yourself and keep the appointment.



Practice Relaxation Techniques

Relaxation Response



Through this technique your brain signals your muscles and organs to slow down, generating an increased blood flow to your brain, while achieving a state of physical relaxation and mental alertness.

Relaxation techniques do not require a gym membership, a change of clothes, the need to drive anywhere, etc ...
The bonus → this can be done anywhere and it's free!

The goal: to tense and relax various muscles of the body to achieve relaxation

Practice Relaxation Techniques

Relaxation Response – Tense and Relax

Preparation

- Make yourself as comfortable as possible in a seated position.
- Try to sit up straight while resting your hands on your lap.
- Close your eyes (you can keep them open if you prefer).
- It should not be painful when you tense your muscles - a simple tension is all you need.

1. Relaxation of the **feet and calves**

- Flex your feet – pull toes toward your knees.
- Contract the calf muscles and muscles of your lower leg.
- Feel the tension build and hold the tension (about 2 seconds).
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

Practice Relaxation Techniques

2. Relaxation of the **knees and upper thighs**

- Straighten your knees and squeeze your legs together.
- Contract your thigh muscles and all the muscles of your legs.
- Feel the tension build and hold the tension .
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

3. Relaxation of the **hips and buttocks**

- Tense the buttock muscles by squeezing them inward and upward.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

4. Relaxation of the **abdomen**

- Observe your abdomen rising and falling with each breath.
- Inhale and press your navel toward the spine then tense the abdomen.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

Practice Relaxation Techniques

5. Relaxation of the **upper back**

- Draw the shoulder blades together to the midline of the body.
- Contract the muscles across the upper back.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

6. Relaxation of the **arms and palms of the hands**

- Turn palms face down and make a tight fist in each hand.
- Raise and stretch both arms with fists.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

7. Relaxation of the **chin, neck, shoulders**

- Drop your chin to your chest.
- Draw your shoulders up toward your ears.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

Practice Relaxation Techniques



8. Relaxation of the **jaw and facial muscles**

- Clench your teeth together.
- Tense the muscles in the back of your jaw.
- Turn the corners of your mouth into a tight smile.
- Wrinkle the bridge of your nose and squeeze your eyes shut.
- Tense all facial muscles in toward the center of your face.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

9. Relaxation of the **forehead**

- Raise eyebrows up and tense the muscles across the forehead and scalp.
- Feel the tension build and hold the tension.
- Take a deep breath.
- Say the word “RELAX” as you exhale and let the tension go.

Practice Relaxation Techniques

10. Intensification of **Relaxation throughout the body**

- Focus on relaxation flowing from the crown of your head →
 - Over your face
 - Down the back of your neck and shoulders
 - Down your body through your arms and hands
 - Over your chest and abdomen
 - Flowing through your hips and buttocks
 - Into your thighs, your knees and calves
 - And finally into your ankles and feet
- Continue to deep breath for several minutes in silence.

11. **Finishing the Tense and Relax Exercise**

- Count backwards in your head from 3 to 1
 - 3 – become aware of your surroundings (location, people, noises)
 - 2 – move your feet, legs, hands, arms, rotate your head
 - 1 – open your eyes feeling re-energized, refreshed, and relaxed

Practice Relaxation Techniques

Visual Imagery



Visual imagery distracts your mind from the stress, concerns, tension, pain, etc. you may be experiencing.

This technique encompasses **all** your senses - vision, smell, sound, touch, even taste, to achieve an all-consuming state of relaxation.

The goal: to use visualization and your senses to achieve a state of relaxation

Practice Relaxation Techniques

Visual Imagery

1. Enter your image

- Notice the view as you enter your image.
- What do you hear?
- What do you smell?
- Do you taste something?
- Reach out and touch the things in your immediate environment.
- How do these things feel?
- What is under your feet? How does it feel?
- Are there any new smells or sounds?
- What is the temperature? Make it comfortable.
- Look above you. What do you see?
- What do you hear?
- Identify a path through which you will travel during your journey.



Practice Relaxation Techniques



Visual Imagery

2. The Journey

- Take several deep breaths as you begin your journey.
- Your journey should take you deeper and deeper into your image.
 - be keenly aware of the sights as you pass by
 - be aware of the temperature, and feelings under your feet
 - be aware of the things you can touch and examine their texture
 - be aware of smells and tastes that enter your image
- Continue on your journey until you find a place of rich sensory experiences.
This is your private place.

Practice Relaxation Techniques

Visual Imagery

3. The Private Place

- Take several additional deep breaths once you reach your private place.
- Your private place should make you feel calm, peaceful, and filled with sensory pleasure.
 - be keenly aware of the sights around you
 - be aware of new sounds
 - be aware of the temperature, and feeling under your feet
 - be aware of the things you can touch
 - be aware of how things feel
 - be aware of smells and tastes that enter your image
- Stay in your private place for several minutes.
- Allow your imagination to run free with pleasurable images.

Practice Relaxation Techniques



Visual Imagery

4. The Return Home

- Before you start your “return home” pay attention to how your body feels.
- Try to recall the most pleasant part of your journey and of your private place - this will encourage you to return to this place in the future.
- Slowly return home - leave by counting backwards from 3 to 1.
 - 3 – become aware of your surroundings (location, people, noises)
 - 2 – move your feet, legs, hands, rotate your head
 - 1 – open your eyes feeling re-energized, refreshed, and relaxed

Practice Relaxation Techniques

Relax with music

These are just a few examples of relaxing music.

3 hours - Music

<https://www.youtube.com/watch?v=kpZ0kuRL7ho>

15 minutes - Music

<https://www.youtube.com/watch?v=bZeW0vNdDWM>

18 minutes - Music & Sounds of Nature

<https://www.youtube.com/watch?v=XULmg0pX2mo>

be good to yourself



Contract with Myself

I, _____, am worth being taken care of.
I deserve to treat myself.

I promise to dedicate _____ minutes per
day / week / month (circle your choice)
to do something for ME!

YOUR Signature

Date _____

Resources



Center for Disease Control and Prevention

www.cdc.gov

Family Caregiver Alliance, National Center on Caregiving

<https://www.caregiver.org>



Thank you for attending

Any Questions ?