

# Taking Care of Yourself While Taking Care of Others

The Brain Injury Alliance  
of Washington  
2019

# Do You...



Make meals for another person?



Oversee appointments?



Help another person make decisions?



Administer medications and take someone to appointments?



Make sure someone is safe?



Offer emotional support and care on a continuous basis?



Take care of another person?

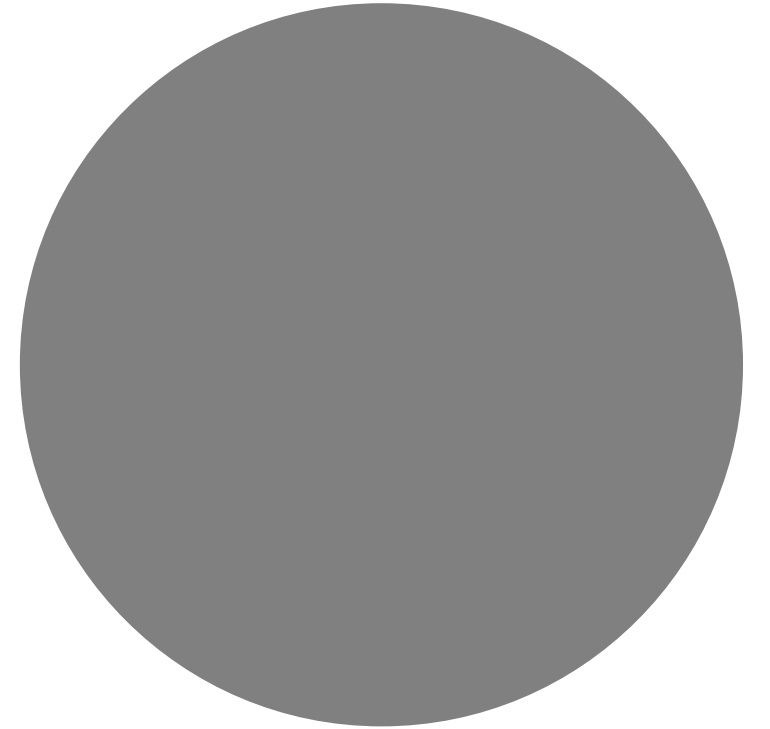
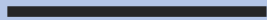
If so...

You Have Come to the  
Right Place!

# In this presentation, we will:

<b>Focus</b>	Focus on your role and how it is defined in WA state
<b>Discuss</b>	Discuss balance and why it is important
<b>Identify</b>	Identify networks of support that may be available to you
<b>Define</b>	Define “Respite” and why it is important
<b>Discover</b>	Discover what programs are available to assist you

LET'S BEGIN!



Your Role as  
a Care  
Provider



# What is a Care Provider?

- A “care provider” is any person who cares for the wellbeing of another person regardless of age.
- They can be paid, either through the state or privately.
- They can be friends or family who care for an individual for free.
- They can be credentialed or hold a license and consider caregiving as their primary profession.
- In Washington State this role is often called “Caregiving” and those who provide this service are termed “Caregiver.”



# An Irreplaceable Role

Care providers are essential to the recovery and continued wellbeing of those they serve. They serve an irreplaceable role within their communities and are often the primary source of support for the recipient of care... And it is not easy work! It takes a great deal of energy, care, support, attention, organization, and emotional stamina to fully an individuals needs.



# Becoming Informed

Caregiving can be an extremely awarding experience that truly makes a difference in the lives of others. However, that is not to say that it does not come with its own set of challenges and needed supports. It is important to celebrate the highs and be informed of lows so that your role as a caregiver is not only successful but personally rewarding.

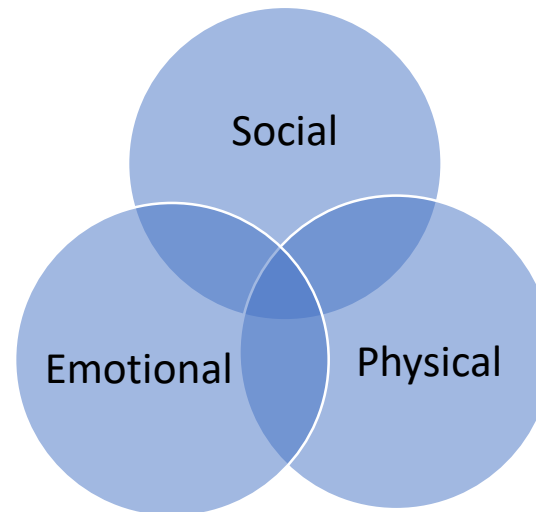
Finding balance is key.



# What does balance have to do with wellbeing?

Balance in wellbeing occurs when your social, emotional, and physical needs are being met. These three domains work together to form positive mental health and a quality of life.

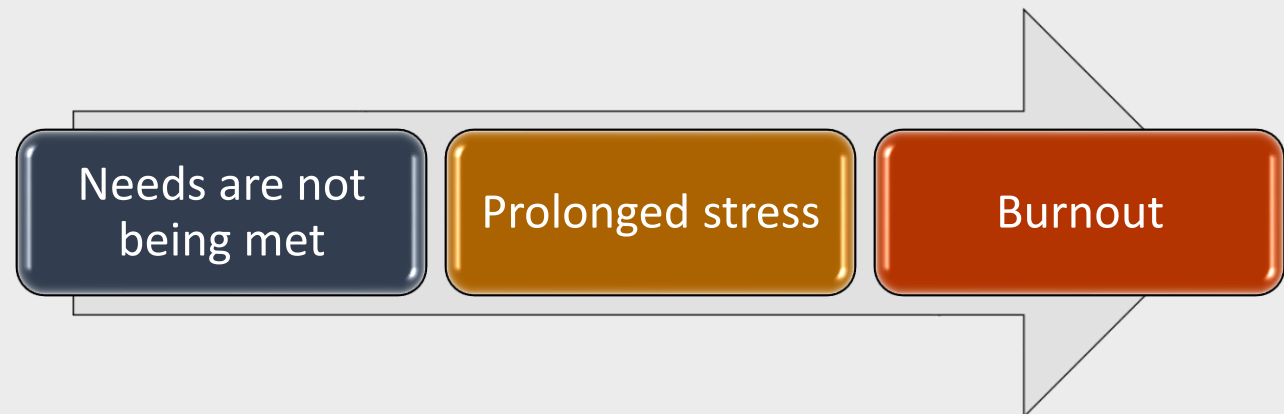
Research indicates that caregivers benefit most from receiving emotional and social support. They found that adequate support in these domains not only assist with driving down stress and depression, but also work to prevent burnout.



# What Exactly is Burnout?

When stress becomes toxic and impacts our balance it can lead to “Burnout.”

Burnout is a state of emotional, physical, and mental exhaustion that is caused by excessive, prolonged stress.



# The Difference Between Stress and Burnout

## Stress vs. Burnout

Stress

Characterized by over-engagement

Emotions are overreactive

Produces urgency and hyperactivity

Loss of energy

Leads to anxiety disorders

Primary damage is physical

May kill you prematurely

Burnout

Characterized by disengagement

Emotions are blunted

Produces helplessness and hopelessness

Loss of motivation, ideals, and hope

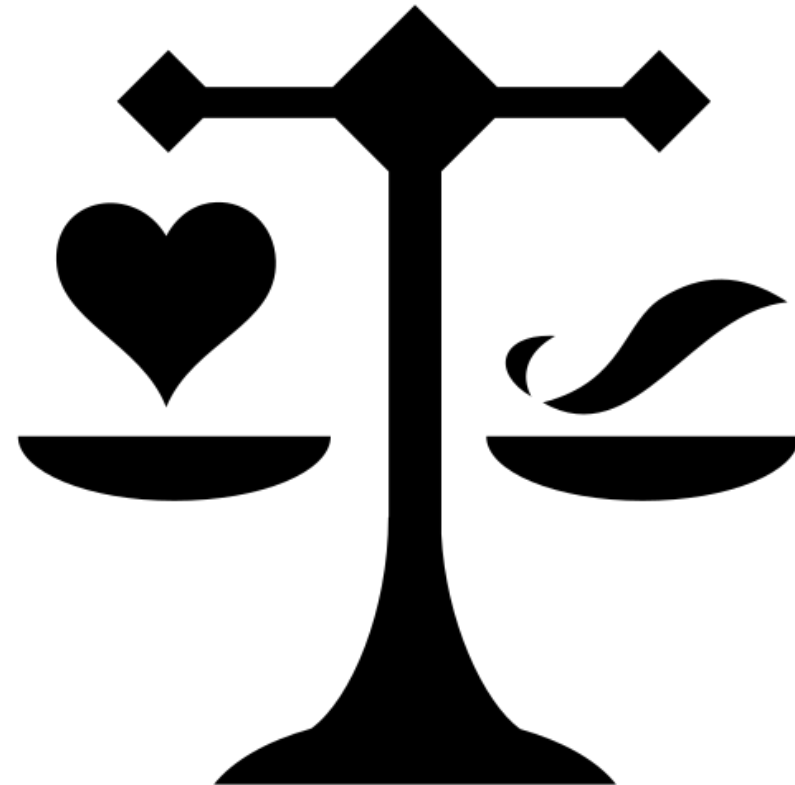
Leads to detachment and depression

Primary damage is emotional

May make life seem not worth living

# Taking steps toward alleviating the stress that may lead to Burnout

- Reversing Burnout is best considered under the “Three R” approach:
- **Recognize** – Watch for the warning signs of burnout
- **Reverse** – Undo the damage by seeking support and managing stress
- **Resilience** – Build your resilience to stress by taking care of your physical and emotional health



Working  
Toward a  
Healthy  
Balance!

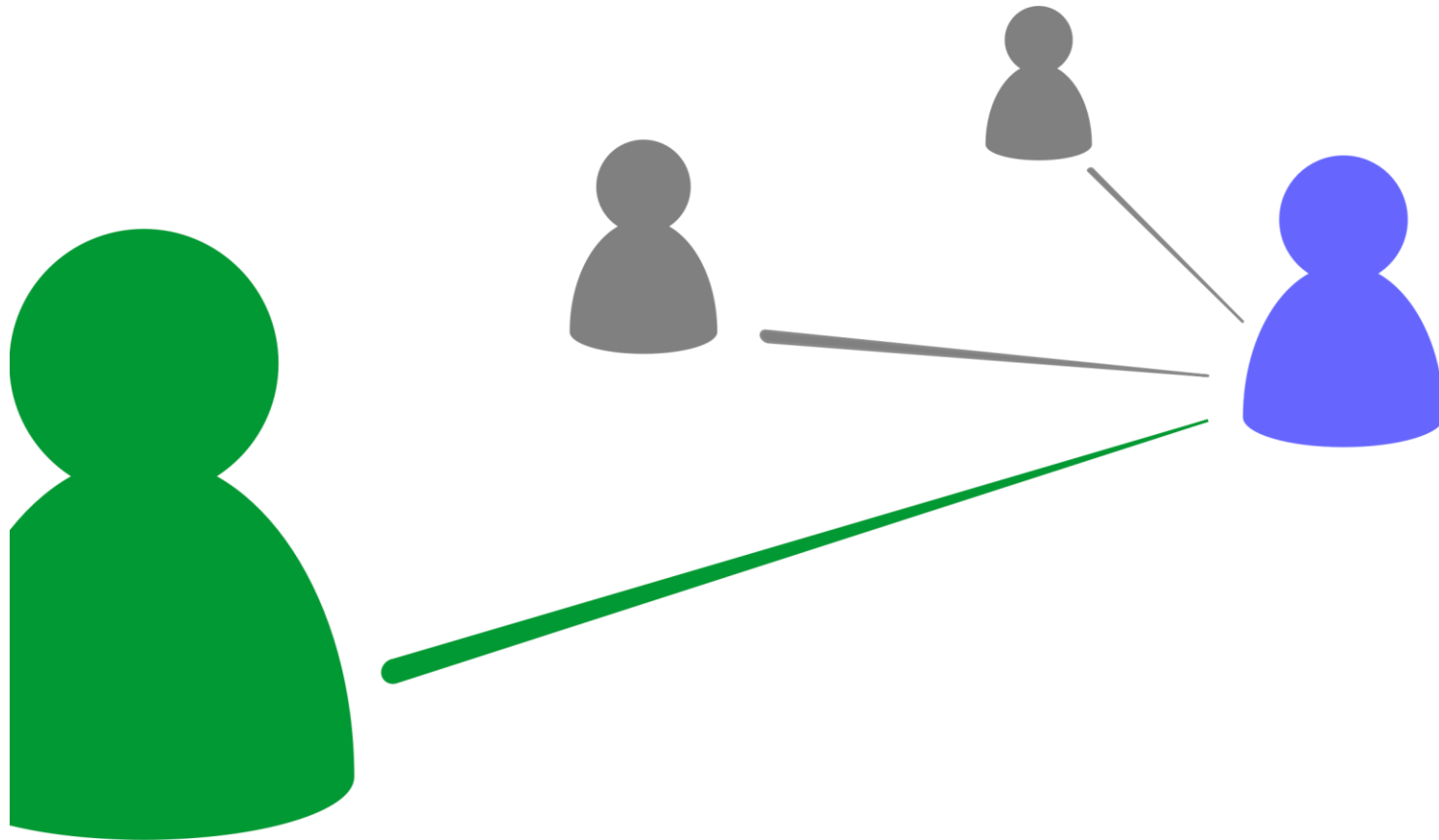
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# Balance Checklist

While Caregiving comes with tremendous awards, it is no easy task. The demands of meeting the needs of a dependent adult, adolescent, or child can take considerable energy, time, and around-the-clock care. Therefore, it is important that Caregivers take time to self assess and be mindful of their feelings and their needs.

Here are some signs and symptoms that your social, emotional, and physical health may need some attention.

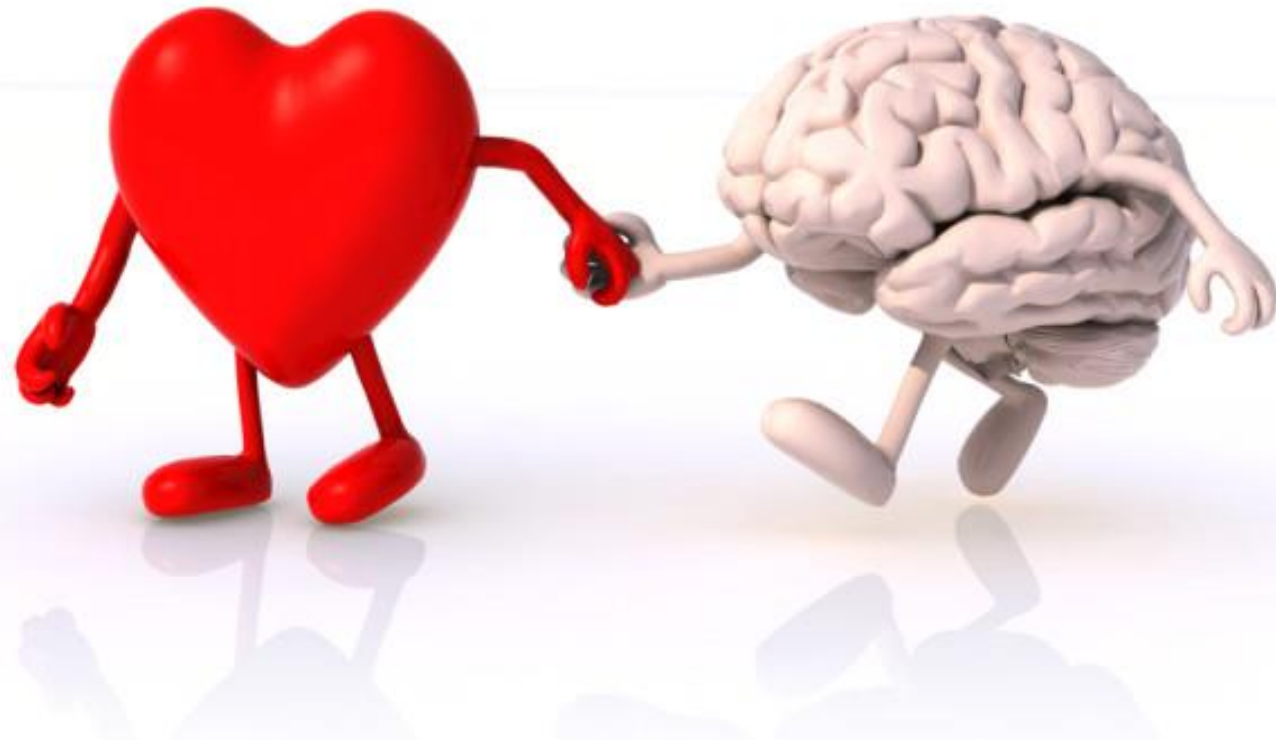


## Social Checklist

- Are you engaging with your peers or finding opportunities to engage with others?
- Do you have a support individual or network that you can discuss triumphs and struggles with?
- Do you find yourself avoiding social situations and looking for ways to minimize interaction?
- Do places, people, or experiences that used to be enjoyable for you now feel overwhelming or too much work?

Research indicates those who interact with supports outside of their caregiving tasks are more likely to manage stress and find satisfaction in their roles.





## Emotional Checklist

- Are you able to tackle small, frequent tasks without feeling stressed and overwhelmed?
- Are you able to take time for yourself when you need it?
- Do you have trouble relaxing or sleeping?
- Would you benefit from having a person to assist you as you work through feelings and emotions as they arise?

Research indicates those who have support with emotional health maintenance are able to develop coping skills, handle stress, and find positivity in their caregiving role.



## Physical Checklist

- Are you able to eat a well balanced meal?
- Do you have trouble sleeping?
- Are you able to exercise and participate in activities?
- Do you suffer from frequent colds, ailments, or fatigue?
- Do you have time to attend regular appointments and have access to medical examinations and wellness checks?

How we take care of our bodies often translates into how our body feels! This impacts our emotional and social health.

Research indicates those who are supported to meet their own needs have better outcomes.

# The Circle of Balance & Wellbeing



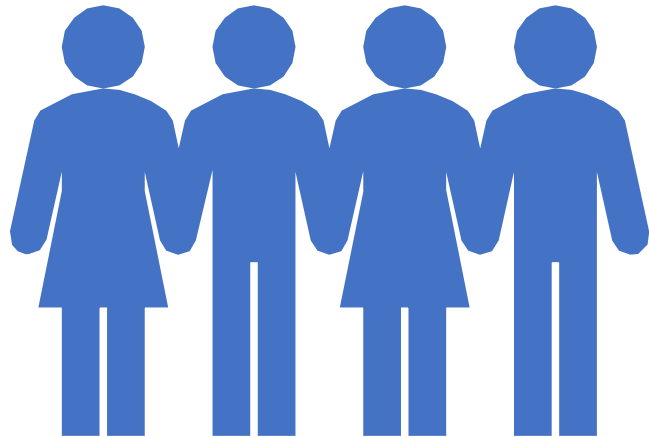
# Additional methods of support



## Locating Those Who Can Help!

1. Support Groups
2. Finding community programs and increasing the quality of life for both you and the individual
3. Asking for help and locating assistance through networks, professionals, nonprofits, and organizations
4. Utilizing community organizations and benefits to decrease financial strain
5. Taking time for yourself and expressing when you need it

Caregivers are vital to the overall success and wellness of the individual living with brain injury. Without you, many things could not be possible!



- Without the care and devotion of unpaid and paid caregivers many individuals living with brain injury would not receive the care, support, and assistance they need. As a primary supporter, you play a critical role in the overall recovery and success of the individual you care for. Therefore, it is equally important that your needs are met and your voice is heard.

One way to provide this is through accessing Respite!

RESPITE HELPS!

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# What is Respite?



Respite defined: a short period of rest or relief from something difficult



Respite could be a vacation, where you receive many days of rest, or something as simple as a few hours to grocery shop alone and have time to yourself



Respite is a critical component of maintaining positive mental health and plays a critical role in the stamina and continued care for those providing assistance to those living with Brain Injury



What type of respite that the caregiver receives is defined by their needs. Do you need help so you can grocery shop alone? Do you need a few days to yourself, or to attend appointments? Respite works to meet your goals.

# Assisting caregivers to meet their respite needs

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After recognizing a need to provide respite to unpaid caregivers in WA state, Lifespan Respite Washington (LRW) created pathways toward assuring funding for these opportunities.

In partnership with the State of Washington's Aging and Long Term Support Administration, PAVE (Partnerships for Action, Voices for Empowerment) assists in dispersing this opportunity statewide.

The Lifespan Respite Voucher program awards respite vouchers up to \$1000 to unpaid caregivers who care for family members and friends who have TBI.



# How to Access Respite

- Reaching out to additional friends and family may be required
- Accessing and utilizing programs in the state designed to assist you
- Finding quality of life opportunities for both yourself and the individual you are caring for
- Contacting the Brain Injury Alliance of Washington to discover more about what may be available to you in your community

If you provide free care for someone,  
we may have a **RESPITE** option for you!

Contact us  
Today!



**Brain Injury**  
Alliance  
**WASHINGTON**

Please contact The Brain Injury Alliance of Washington for assistance with the application and for more information on how we can assist you with your goals!

**1-877-982-4292**