

Taking Care of the Caregiver

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Introduction and Objectives

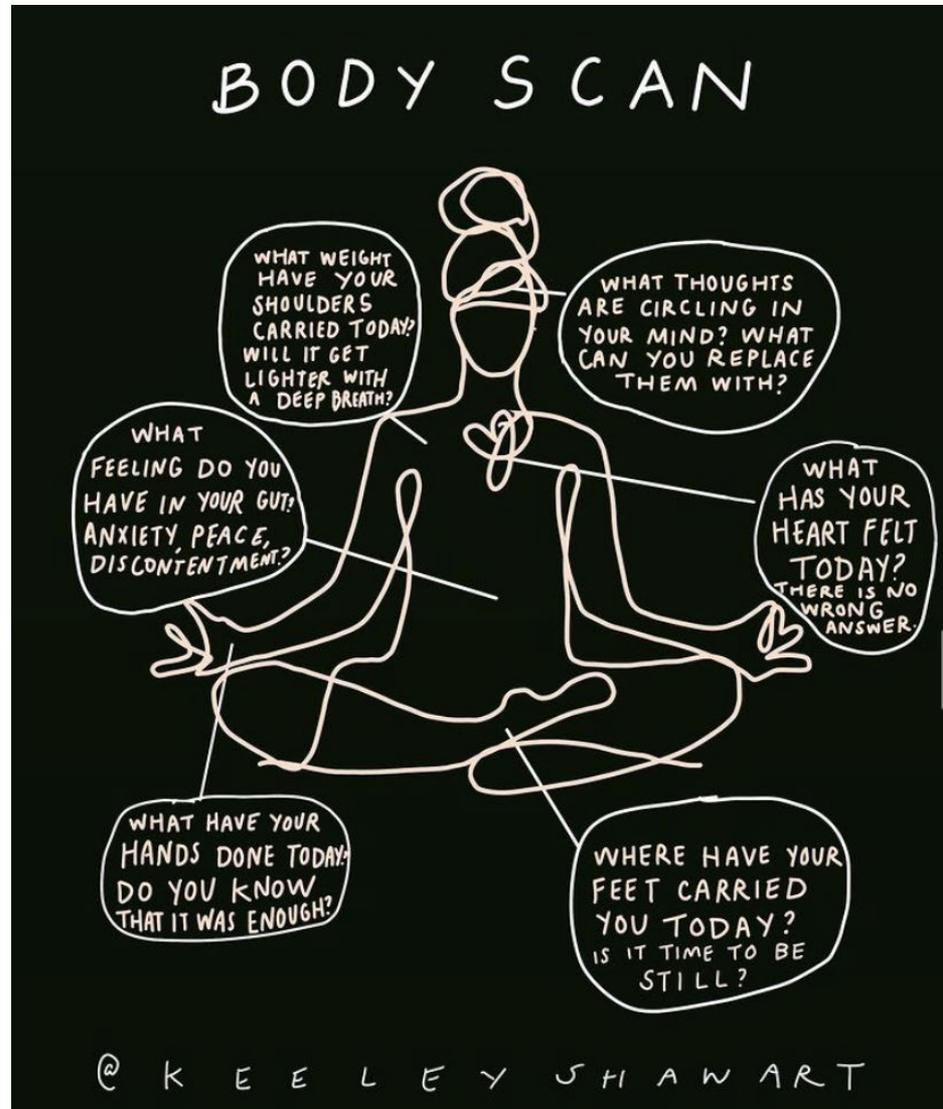
- Participants will understand the difference between self-care and self-soothing strategies.
- Participants will learn effective strategies for building community to sustain the self-care plan.
- Participants will develop a personal self-care plan.
- *Who are the caregivers?*

Starting Place

- “Something profound in someone telling you what you already know.” –Bill Hoy



Progressive Muscle Relaxation



Why Is Caring for Ourselves as the Caregiver Important?

- Self care is not *selfish*. Self care assists us to become a better caregiver for others; you cannot continue to give if your cup is empty.
- Self care is an important part of managing our trauma intake so we can prevent chronic stress from adversely impacting our physical and mental health.
- Self care helps to boost physical, emotional, and general wellbeing, and helps to provide a sense of balance.
- Self care increases our ability to function in the most effective way in all areas of our lives.
- Incorporating regular self care into our lives assists with increasing our ability to cope with the difficult situations that life brings our way.

My Connection



Diane's Thoughts

- Allow respite
 - Keep planning, even when it doesn't work
 - Concept of time
 - Jealousy
 - Guilt
 - Shifts in supports
 - Normalcy of working
- “They were an anchor in the sea of insanity.”



Common Caregiver Stressors and Feelings

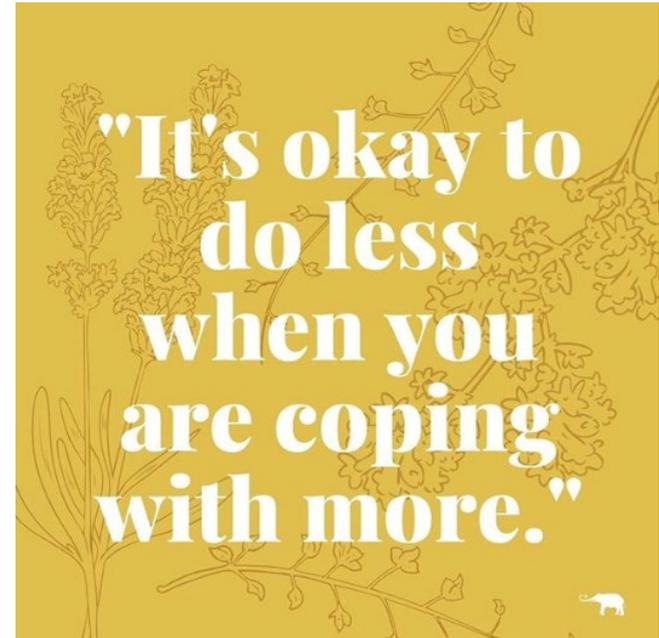
- Role Changes
- Living in the Unknown, Living in the Gray Space
- Changes in Social Supports/Unmet Expectations of Social Supports
- Faith/Spiritual/Religious Impacts
- Assumptions and Expectations
- Financial Stressors

Common Caregiver Stressors and Feelings

- Balancing Your Own Needs and Commitments with Caregiving Responsibilities
- Loneliness, Isolation and at the same time, Limited Time Alone
- Grief and Loss, and Change
- Guilt
- *There is no “right or wrong” way to experience or to feel. Every experience has validity.*

Symptoms of Stress

- Difficulty sleeping
- Weight gain or loss
- Stomach pain
- Irritability
- Teeth grinding
- Panic attacks
- Headaches
- Difficulty concentrating



Caregiver Stress and Burnout

- Increased overwhelmed feelings
- Constant worry
- Increased sadness, hopelessness or helplessness
- Sleep changes (too much or not enough)
- Appetite changes/weight changes (increase or decrease)
- Often fatigued (emotionally, physically)
- Loss of interest in activities you once enjoyed
- Becoming sick, developing pain or other physical concerns
- Withdraw from loved ones
- Substance abuse

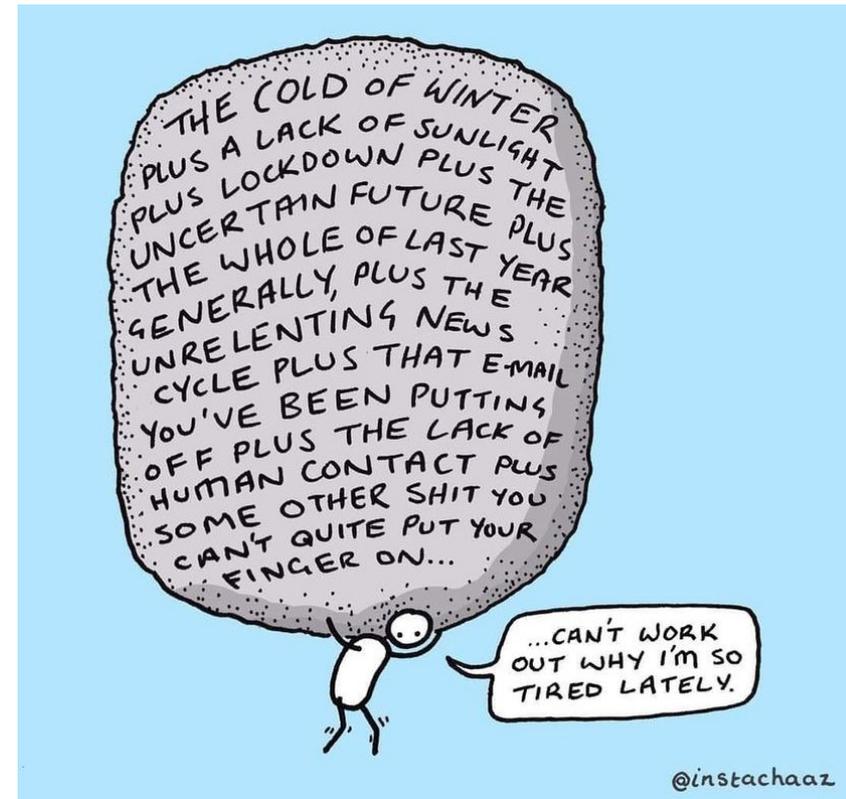
**If you have ongoing or increased concerns in any area, it may be helpful to make an appointment with a physician or a therapist to further discuss these concerns.*

Warning Signs of Trauma Exposure



Barriers to Caring for Ourselves

- Time limitations
- Lack of energy
- Fear of being perceived as weak or vulnerable
- Other responsibilities
- Believe in the value of production
- Poor ability to self-assess



Definitions

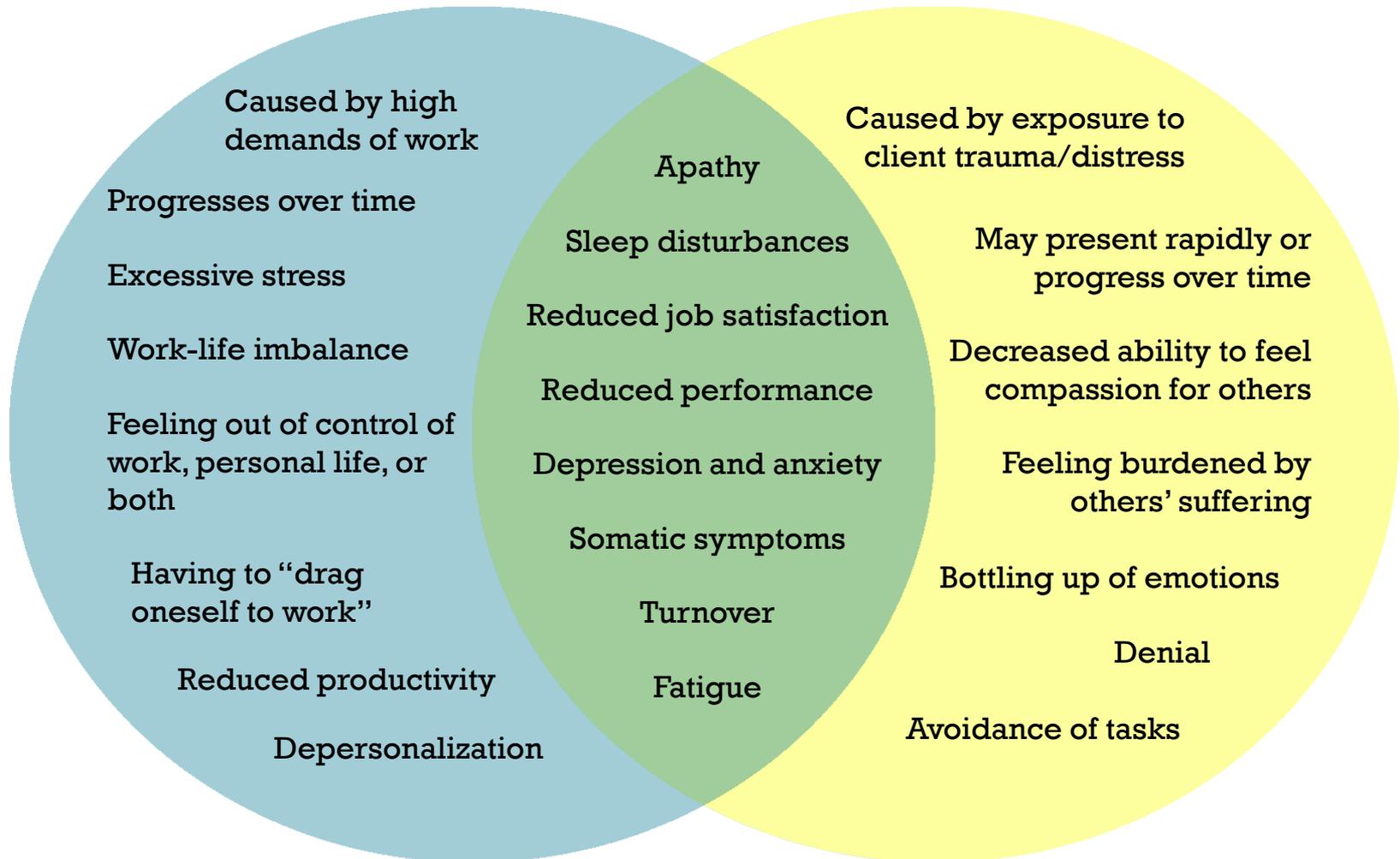
COMPASSION SATISFACTION is the pleasure one derives from being able to do his/her work well.

COMPASSION FATIGUE is emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events.

BURNOUT refers to the cumulative process marked by emotional exhaustion and withdrawal associated with increased work load and institutional stress, not trauma-related.

BURNOUT

COMPASSION FATIGUE



PREVENTING

COMPASSION FATIGUE

COMPASSION FATIGUE RISK FACTORS

High expectations
of work

Idealistic
worldviews

The view that
self-care
is selfish

A lack of
strong personal
boundaries

An overdeveloped
sense of
responsibility

COMPASSION SATISFACTION SUPPORTERS

Adjusting
expectations in
response to
reality

Focusing on
the good

Accepting
the bad

Viewing self-care
as essential to
mental and
physical health

Setting
compassionate
boundaries



CLICK TO READ 3 MINDSET TIPS TO PREVENT
COMPASSION FATIGUE ON THEWELLNESSOCIETY.ORG

High Cost of Burnout

- Physiological impacts of chronic stress
 - Hypertension, skin conditions, GI distress, diabetes, weight changes
- Depression, anxiety, trauma symptoms (e.g. disturbing dreams, intrusive thoughts)
- Impacts on personal life
 - Irritability
 - Exhaustion
 - Disengaging from loved ones

(Jackson, 2014)

Impact on Clients

- Turnover of trusted professionals
- Disrupts continuity of care
- Impacts clinical judgment and decision-making
 - Assessment and intervention skills
 - Engagement with clients
- Negatively impacts quality and consistency of services
- May lead to client mistrust

(Jackson, 2014; Kim & Stoner, 2008)

Self-Care Iceberg

THE SELF-CARE ICEBERG

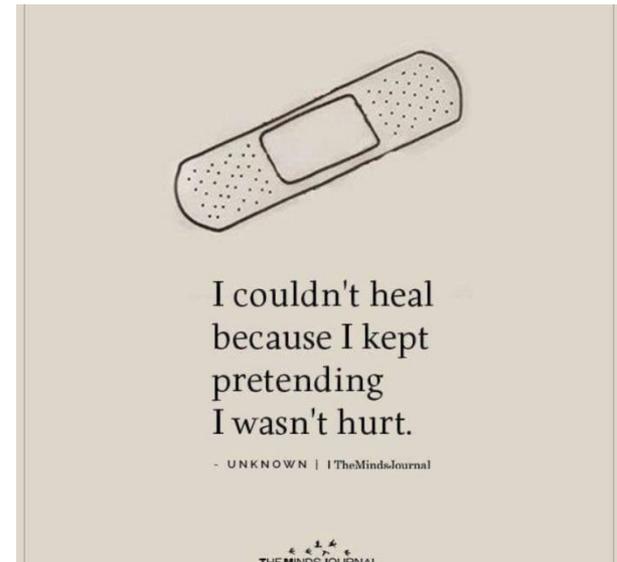
@heatherderanja



Self-Awareness

- What is your trauma intake level right now?
- Awareness
- Balance
- Connection
- Good Communication

(Gamble, 2002)



Self-Care Assessment

This is my cup of care.

Oh look, it's empty!



your  cards
someecards.com

Measures that Help Prevent Burnout

- Mindful meditation and reflective writing
- Adequate supervision and mentoring
- Sustainable workload
- Supportive work and family community
- Promotion of fairness and justice in the workplace
- Development of self-awareness skills
- Practice of self-care activities
- Continuing educational activities
- *Accepting what you cannot control*

THINGS YOU CAN CONTROL

YOUR SLEEP ROUTINE

HOW YOU SPEAK TO YOURSELF

**WHO YOU FOLLOW ON
SOCIAL MEDIA**

WHAT YOU EAT

YOUR MINDSET

THE WAY YOU TREAT OTHERS

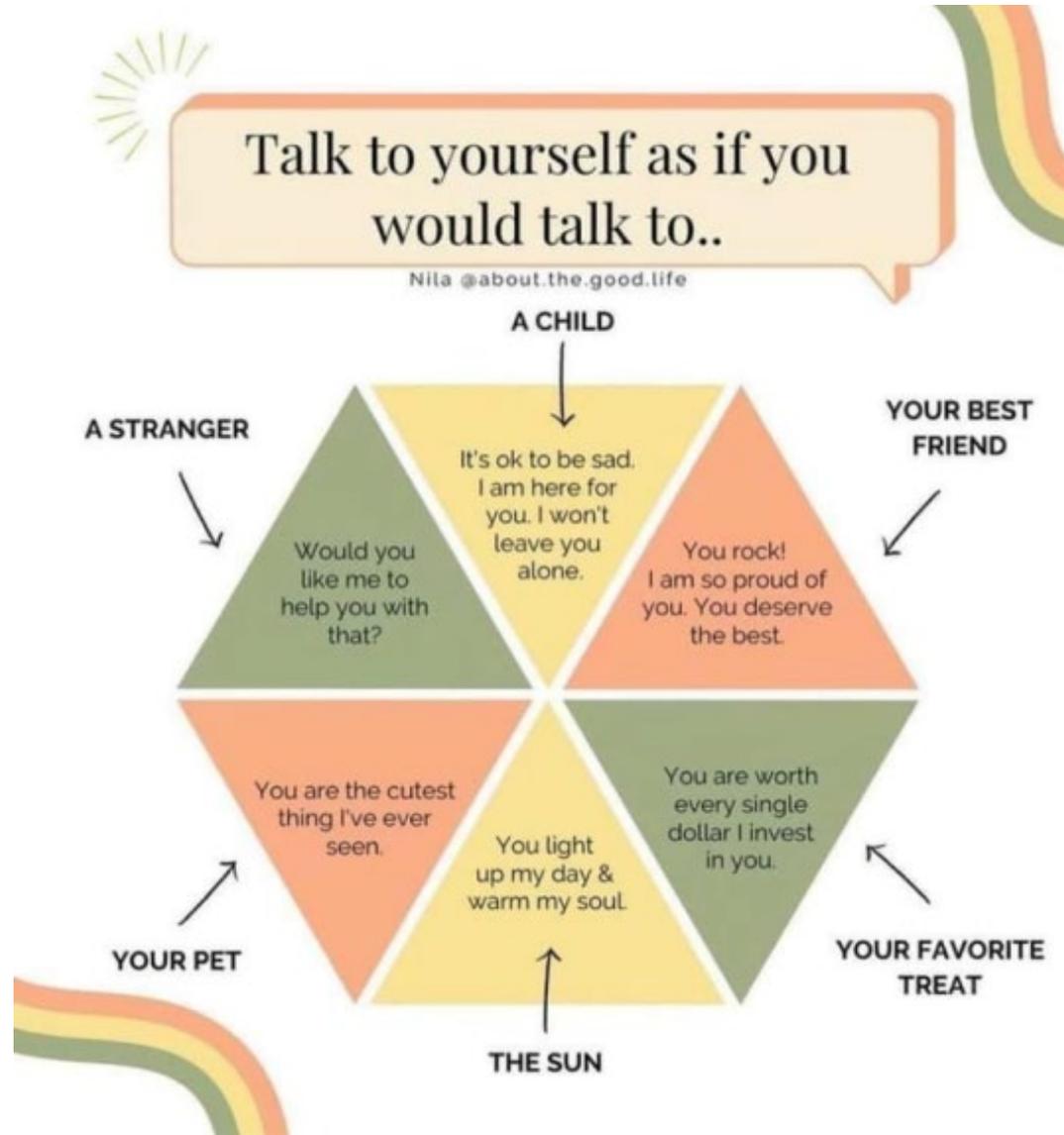
YOUR LEVEL OF HONESTY

YOUR OUTLOOK

**HOW SOON YOU TRY AGAIN
AFTER YOU FAIL**

@thefabstory

Reduce Shaming Language



What do we need in our toolkit?

- Recognition of our own basic needs for good nutrition, ample sleep, lots of water, and exercise/movement
- Supportive friends we can trust and rely on
- Honor our emotional and spiritual needs
- Readily accessible self-soothe strategies
- Laugh out loud

(Jackson, 2014)

Advice from 4-year-old

- Take a breath
- Take a bath
- Hold hands with a friend
- Go poop

Stress Management Techniques

- Exercise
- Meditation or Mindfulness
- Taking a break
- Eating a healthy meal
- *Vent about the situation*
- Prioritize and schedule
- Reduce workload
- Take a vacation
- Avoid caffeine, alcohol, and nicotine
- Get more sleep
- Talk to someone
- Rest, if you are sick

Self-Care Essentials

- Look for signals in your body that you need to slow down
- Identify values and priorities
- Awareness of capabilities and limitations
- Create and maintain boundaries
- Learn when to say “No.”
- Permission and encouragement to NOT work harder and longer

(Jackson, 2014)

Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE
[or look outside]

perspective, context +
something larger than this.



BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now,
that is going well?



DETOX
if navigating addictions
be wise + safe
limit news + social media.

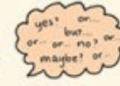
SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort.



METABOLIZE ALL YOU ARE EXPERIENCING
re-regulate your nervous
system.



SIMPLIFY



[less is more]
be aware of decision
fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.



LAUGH
pure humor = a sustaining force.

**FOSTER HUMILITY
& EXTEND GRACE**

self-righteousness
+ hubris = unhelpful.

SLEEP



to cleanse + repair brain + body.

CLARIFY INTENTIONS
how can i refrain from causing harm,
how can i contribute meaningfully?

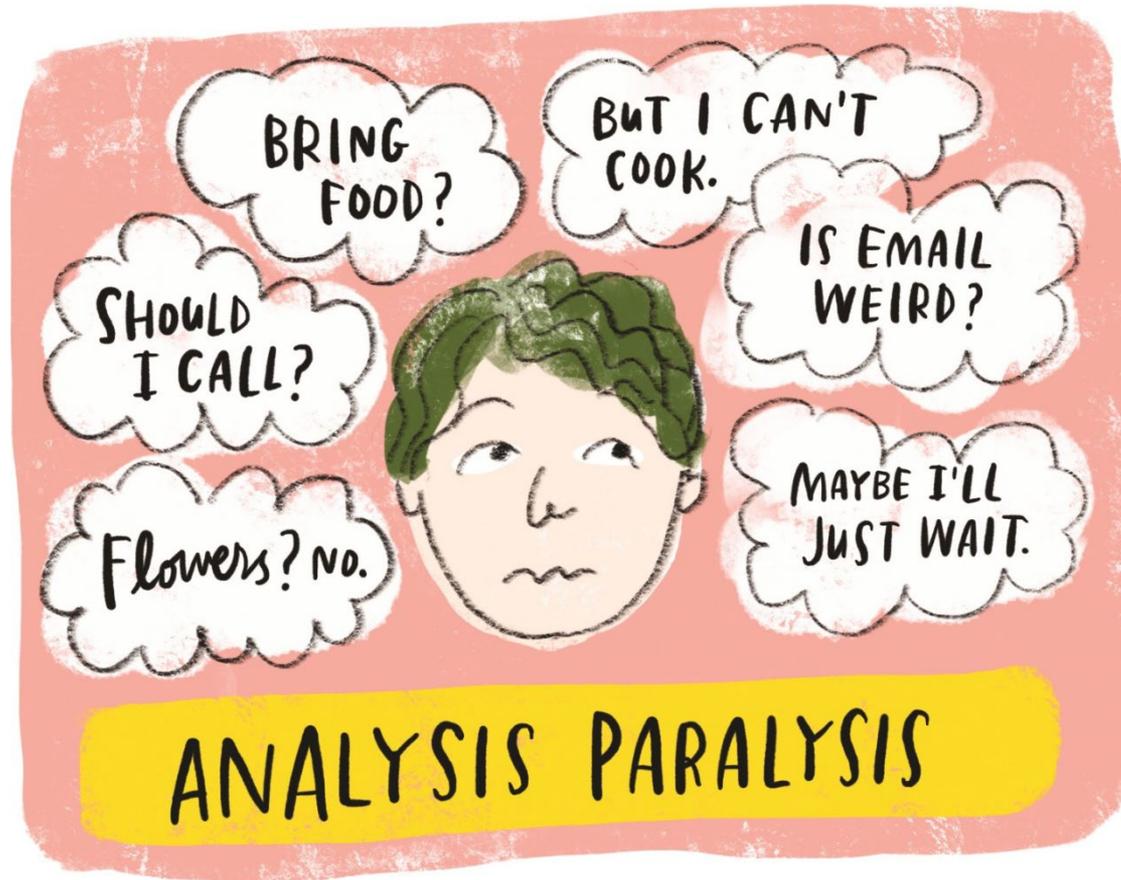
BE REALISTIC + COMPASSIONATE
[with yourself]
be mindful of the quality of your
presence. it means so much
to others.



Tips for Utilizing Self Care

- Have at least one tool that can be used anywhere, anytime
- Make your self-care goals realistic and attainable
- Making self-care intentional, schedule you first
- Reduce trauma intake
- Have routine for commute or arrival at home
- Be a “mirror” not a “sponge”

Communication



What You Say



What They Hear



What You Say



What They Hear



What You Say



What They Hear



What You Say



What They Hear

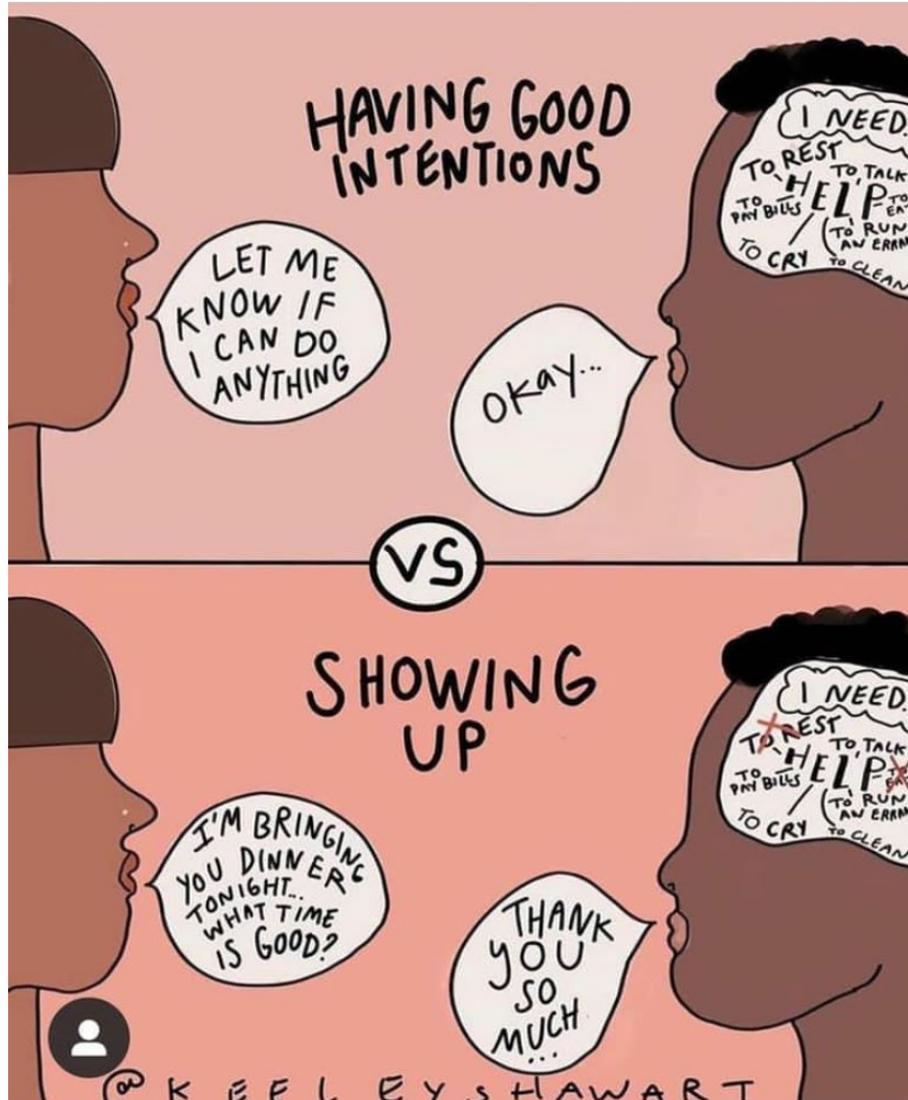


What You Say



What They Hear





What NOT to Say

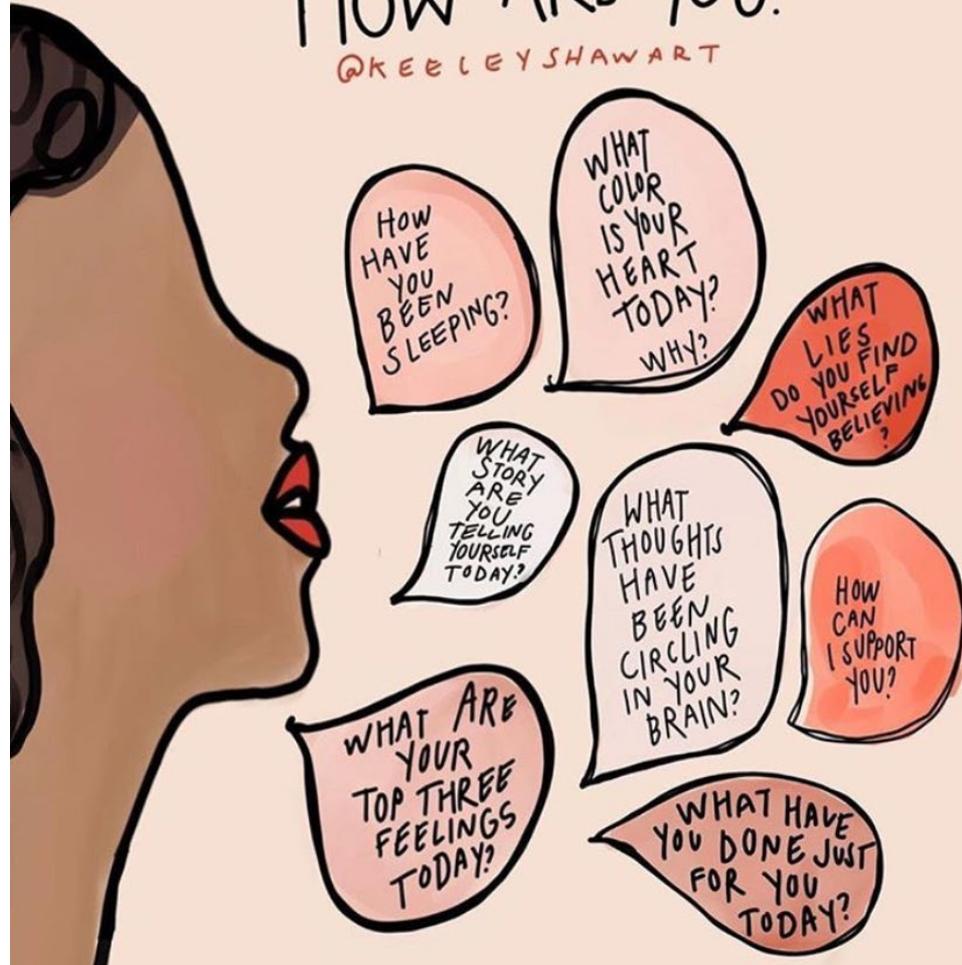
- “I know how you feel.”
- “Just get over it.”
- “You’re so brave and strong.”
- “Remember, there is always someone worse off than you.”
- “I know how you feel.”
- “How are you, really?”

What to Say

- “I don’t know what to say.”
- “I am here.”
- “Have you seen...?”
- “Would you like to talk about it?”
- “I will not forget (insert name).”
- “How is today?”

INSTEAD of "HOW ARE YOU?"

@KEELEYSHAWART



“In tragedy, there’s not a lot you can say to make it better. But there is a lot you can say that makes it worse. ”

--The Morning Show

Empathy vs. Sympathy



Empathy:
“feeling
with”

Sympathy:
“feeling for”



Community Care

”

Shouting "self-care" at
people who actually need
"community care" is
how we fail people.

- Nakita Valerio

“

Community Care

- Perceived social support in the workplace decreases likelihood of burnout and turnover
- A trusted colleague may be better equipped to identify signs of overwork and point them out
- Recognize there is no one-size-fits-all approach to self-care

(Kim & Stoner 2008, Rossi et al. 2012)

Cook a meal for
someone who is sick

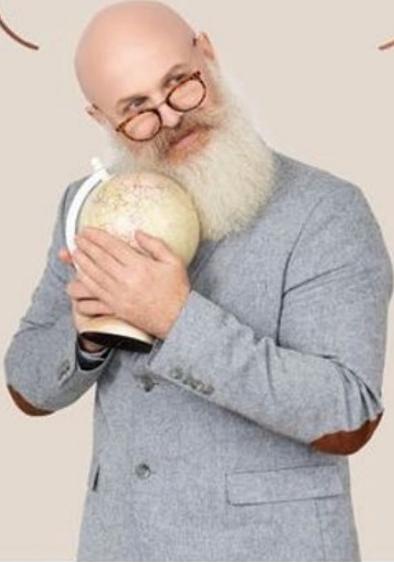
Volunteer

Donate to
community
organizations

Offer
childcare to
a friend

Check in on
neighbors

Donate services
or resources



6 Ways to Practice
COMMUNITY CARE

@drlaurenfogelmery



Outcomes

- By practicing community care we can:
 - Reduce compassion fatigue and burnout
 - Increase engagement
 - Promote retention
 - Become better stewards of our limited resources
- These all lead to what is most important: the best possible service for our clients

Planning

- What matters most to you in your daily life?
- What routines are non-negotiable to feeling like yourself?
- When do you feel healthiest? Least healthy?
- What aspects of your work life do you find most enjoyable? Most stressful?
- What aspects of your life outside of work do you find most enjoyable? Most stressful?
- How do you recognize that you need to slow down?
- How could your community recognize that you might need help?

Self-care vs. Self-Soothing

- Self-care is what you do preventatively to keep from getting upset.
- Self-soothing is what you do to calm down and reset when you are upset.

FORMS OF SELF-CARE THAT AREN'T SO PRETTY



@karissaleifken

Grounding

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date

Making Room

- “Maybe it’s okay to allow it all to exist without necessarily compartmentalizing it, to accept without guilt that we can have fulfilling parts of our lives even as we feel sorrow about illness and also grieve the loss of our patients, and to find room for all of it happen: room for grief, for relief, for misery, for joy.”

(Chodron, 2000)

The Antidote to Burnout

- Fostering a healthy organizational culture that encourages and affirms community and self-care.



Resource

Caring for Those Who Care

Meeting the needs
of diverse family
caregivers

diverseelders.org/caregiving



HOW CAN PROVIDERS BETTER SUPPORT AFRICAN AMERICAN AND BLACK FAMILY CAREGIVERS?

● **Identify and include relevant family members in person-centered care planning**

- Revise Patient Demographic Forms and/or Adult History forms to identify whether a patient is providing care for a friend or family member
- Expand your organization's definition of "family" to include friends, neighbors, and others outside of the traditional family structure

HOW CAN PROVIDERS BETTER SUPPORT AMERICAN INDIAN AND ALASKA NATIVE FAMILY CAREGIVERS?

- ◆ **Develop culturally and linguistically competent in-office material for training, information on caregiving, disease information, and intervention outreach**
 - Avoid words such as “caregiver burden”
 - 6th grade reading level or lower
 - Use images with representation of American Indians/Alaska Natives

HOW CAN PROVIDERS BETTER SUPPORT ASIAN AMERICAN FAMILY CAREGIVERS?

- **Provide culturally competent referrals and resources**
 - Dissemination of culturally competent in-office material for training and information
 - Affordable and in-language referrals
- **Develop in-language caregiver support groups**
 - Resolve social and linguistic isolation
 - Provide support network for older adult LEP caregivers

HOW CAN PROVIDERS BETTER SUPPORT HISPANIC FAMILY CAREGIVERS?

- **Recruit, promote, and support a diverse workforce that understands/represents the culture of the community**
 - Cultural representation among providers is important for Hispanic/Latinx caregivers and older adults (Terlizzi et al., 2019)
 - Easier communication, improved patient and caregiver outcomes

HOW CAN PROVIDERS BETTER SUPPORT SOUTHEAST ASIAN AMERICAN FAMILY CAREGIVERS?

- **Disaggregate data that is collected on intake forms and in healthcare settings**
 - Better understanding of challenges and resiliencies unique to SEAA communities
- **Development of in-language caregiver support groups**
 - Nearly half of SEAA caregivers indicate being the only person available to provide care
 - Improve mental health and reduce isolation
 - Creation of safe place to share concerns and learn from others
 - Better caregiver outcomes

HOW CAN PROVIDERS BETTER SUPPORT LGBT FAMILY CAREGIVERS?

- **Collect information on gender identity and sexual orientation to better understand the needs your patients and caregivers**
 - Edit demographic intake tools to collect information about sexual orientation and gender identity
 - Reflect the words people use to describe their identities and relationships
- **Ensure that your organization's nondiscrimination policy includes sexual orientation and gender identity, and any use of the word of "family" makes it clear that chosen families also count.**

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