

# Alzheimer Society of Ottawa and Renfrew County

## The Caregiver's Journey: Self-care





# Self-Care

- under individual control, deliberate and self-initiated
- the personal and medical care performed by the patient, usually in collaboration with and after instruction by a health care professional
- actions that people initiate and perform on their own behalf in maintaining life, health, and well-being.



# Self-Care: Strategies

Here are some steps:

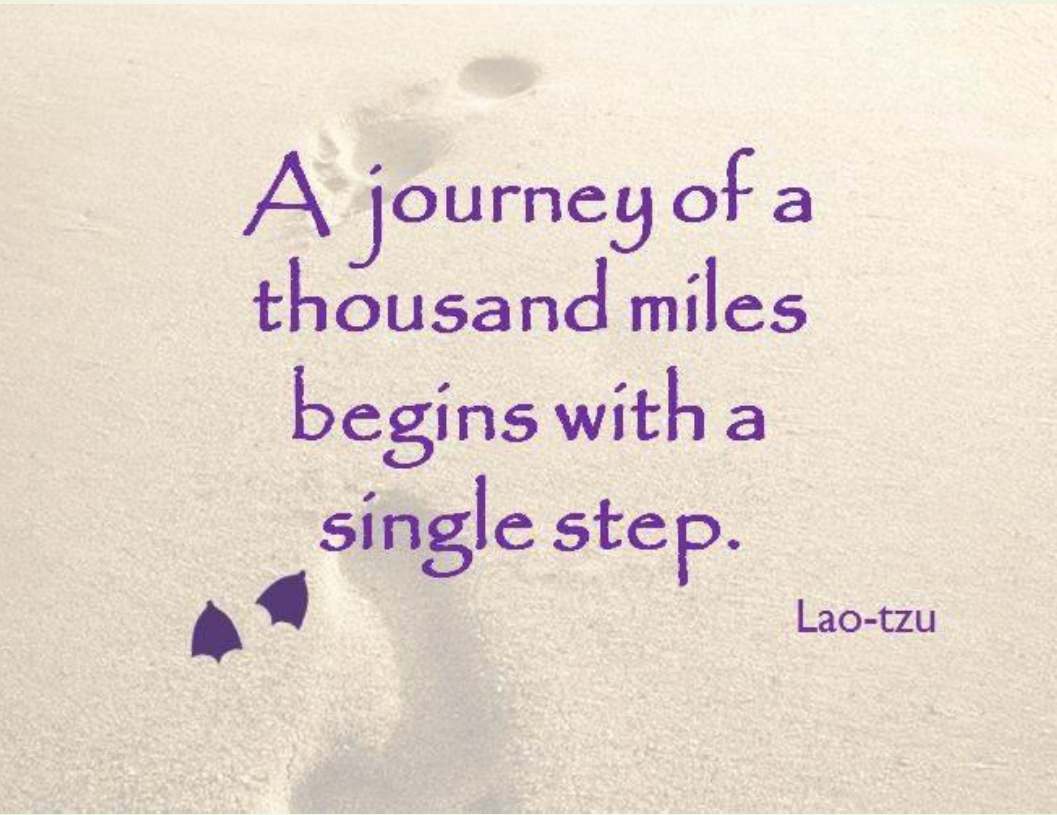
- Be realistic / set goals / know your limits
- Talk to a professional
- Educate yourself
- Find someone you trust
- Don't forget about yourself / set boundaries

# Self-Care: Strategies

- Stay healthy
- Accept your feelings
- Relaxation techniques: meditation, breathing exercises
- Practice Gratitude
- Visualization



# Self-Care



A journey of a  
thousand miles  
begins with a  
single step.

Lao-tzu

# Self-Care: Make a Plan!

\_\_\_\_\_ 's Self-Care Plan!

**MIND**

**BODY**

**SPIRIT**

SUPPORTIVE PEOPLE  
IN MY LIFE


I WANT TO ACCOMPLISH

**SOCIAL  
WORK  
TECH**

Self Care Plan by Social Work Tech | Ignacio Pacheco  
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# Self Care: Make a Plan

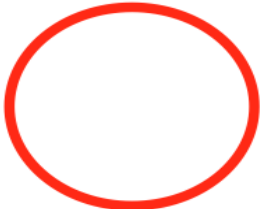
**My self care plan** 

I can exercise my body by...

I can be a good friend by ...

Important people Who I trust

I can relax my body and mind by...

**This is me** 

I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)





Knowledge is  
Power





# Education

- Learning about dementia, it's progression and how it affects individuals
- The more you know, the more effective you will be in caring for the person
- ASORC offers “Care in Late Stages & End of Life Dementia Care”



# Education

## Connect not Correct

- Validate – the person's reality and what they are thinking
- Join – the person where they are, use what they say to begin a conversation
- Distract – if conversation is not possible, turn the person's attention to something else
- Redirect: move the person's attention to enjoyable activity or topic





# Visiting

Your visits are important!

- A time to reconnect (need for love and interaction)
- Active listening
- Plan you visits





# Visiting

Suggested activities:

- Assist with meals, drink, comfort
- Bring in a treat
- Personal contact (grooming)
- Participate in an activity
- Music, pets

# Visiting

- Decorate room (seasonal)
- What did you enjoy together?  
(cards, puzzle)
- Read a book
- Silence, holding hands
- Reminisce
- Friends, children



Don't worry  
about what  
you can't  
control



# Signs of Burnout

As the disease progresses, it is not unusual to feel overwhelmed...

Signs of stress:

- Denial
- Anger
- Withdrawing socially
- Anxiety
- Depression

# Signs of Burnout

- Exhaustion
- Sleeplessness
- Emotional reactions
- Lack of concentration
- Health problems

# Causes of Burnout

- Role confusion
- Unrealistic expectations
- Lack of control
- Unreasonable demands
- Other...



# Resources

- Alzheimer Society of Ottawa & Renfrew County (education, one to one support, groups)  
(613) 523-4004
- Greif Support: Bereaved families of Ontario: Ottawa Chapter  
(613) 567-4278



# Resources

- REACH Canada (legal support)  
(613) 236-6636
- Crisis Line (613) 722-6914
- Royal Ottawa Hospital: Outreach Service to Long Term Care Homes  
(613) 722-6521 ext. 6637
- The Ottawa Hospital: Supportive and Palliative Care (613) 737-8940



# Resources

- Private Care Agencies
- Living a Healthy Life with Chronic Conditions  
1-877-240-3941
- Community Mediation Ottawa  
(613)235-5800
- Ontario Ministry of Health and Long term Care: 1-866-434-0144



Take  
care of  
your  
self!

[www.YouAtTheCoach.com](http://www.YouAtTheCoach.com)