



# Caring for the Caregivers

Facilitated by Gary Stotler

# House Keeping for Today's Conference

## Zoom Platform

- ▶ Submitting Questions
- ▶ Request to speak
- ▶ Answering polls

## Conference Guidelines

- ▶ Learn
- ▶ Respectfully Share
- ▶ Ask Questions
- ▶ Recording Conference Sessions

# Thank You to Our Conference Sponsors!

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Sanguine

# Welcome and Introductions

Thank you for attending the VF's Caring for Caregivers Conference. We are glad you are here.

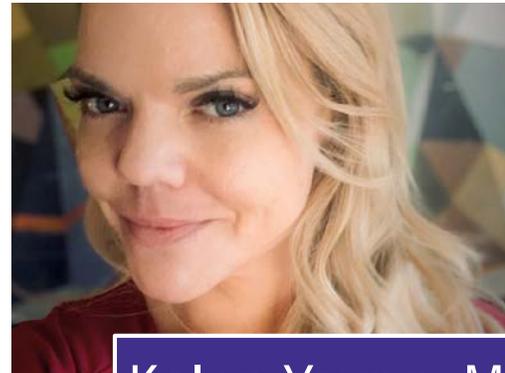
# Today's Speakers



Gary Stotler



Joyce Kullman



Kalen Young, MA

# Goals for this Conference

- ▶ Provide caregivers with a few practical skills that can be used in daily life to help improve your quality of life as a caregiver.
- ▶ Offer the opportunity for emotional support and recognition of family and unpaid caregivers.
- ▶ Collect attendees' feedback on what resources and information caregivers would like to learn in future conferences and educational events.
- ▶ Provide current information on supportive services and resources.

**Caregivers go through more than they will tell you. They give up a lot and rarely have a social life. They can get sick and emotionally worn out. It's a lot for one person and you will never know until you have walked the road of a caregiver.**

# Topics Covered Today

## Communication

- Clear
- Concise
- Productive

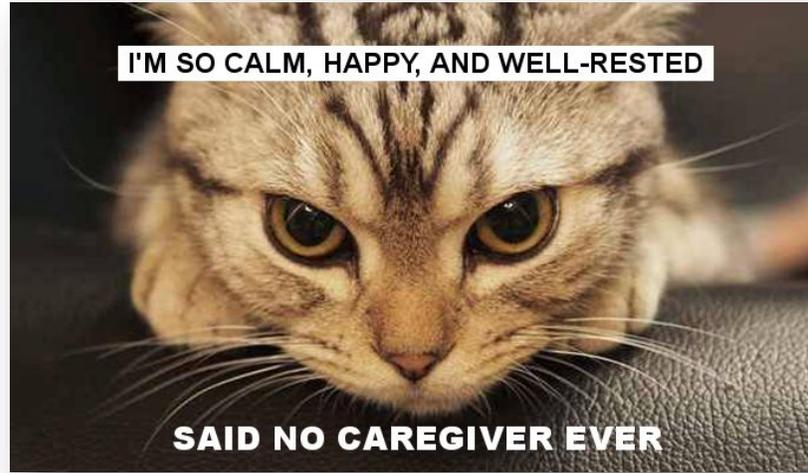
## Self Care

- Mind
- Body
- Heart

## Caregiver Role in the Medical Team

- Build relationships with communication

# Communication



## Listening

What words are being said?



## Hearing

What message is trying to be communicated?



## Speaking

Clear & Concise

- Rose
- Thorn
- Rose Bud

# Listening

- ▶ What words are being spoken?
  - ▶ Are we listening to the words being said?
  - ▶ Are we listening to respond or understand?
  - ▶ Are we hearing what the speaker is really trying to communicate?

# Hearing

- ▶ What body language is shown?
- ▶ What tone and inflection is being used?
- ▶ What emotion is being projected?

# Speaking

- ▶ Rose
  - ▶ What is going well?
    - ▶ What are the positives of the situation or interaction?
- ▶ Thorn
  - ▶ What is not going so well?
    - ▶ What are the struggles and challenges being faced?
- ▶ Rose Bud
  - ▶ What is the future?
    - ▶ What thoughts and actions can we modify to move forward?
    - ▶ How can we move forward in a better way?

# Communication Use Case:

## How do I become a part of the medical decision-making team?

Jane was a caregiver for her husband Paul. Before Paul was finally diagnosed with vasculitis, he was so ill he was going into renal failure. Paul was finally diagnosed during an emergency room visit.

The first few days after diagnosis, he was in the hospital with Jane by his side beginning her role as caregiver. Jane was making all the decisions while Paul was unable to. She was emotionally responsible for her husband as well as responsible for taking in an incredible amount of information about this rare disease and Paul's future.

In the beginning of Paul's journey, Jane was heavily involved in all the medical decisions and knew Paul's care team well. Months later when Paul had stabilized and found a medication combination that would keep him from flaring, Jane's role with his medical team began to wane. Jane is still the caregiver for Paul, but she is not included in the medical team and decision making. It is important for Jane to build relationships, so she is considered a part of the medical decision-making team.

# Self-Care for Caregivers

Self-Assessment, Mindset, Behavior,  
Environments

“  
An empty  
lantern  
provides no  
light. Self-  
care is the  
fuel that  
allows your  
light to shine  
brightly.”

# Self-Care: The Essentials



Self-Assessment

Checking in with Yourself



Mindset

Mental and Emotional Care



Behaviors

Physical Movement and Exercise



Environment

Support and Encouragement

# Self-Assessment: Checking-In Being Honest

**The Best Present You Can Give Your Loved One is Your Own Good Health!**

- ▶ If you become run-down, more tired than usual, will you be able to provide the care you want to?
- ▶ If you become depressed, will you be able to make your best decisions?
- ▶ If you get the flu, will your loved one catch it from you?
- ▶ If you are not well, who will fill your shoes, whether temporarily or permanently?

# Mindset



Self-Care and YOU!



How are you taking care  
of yourself?

Attitude  
Emotions  
Faith

# BEHAVIORS

Motion creates Emotion

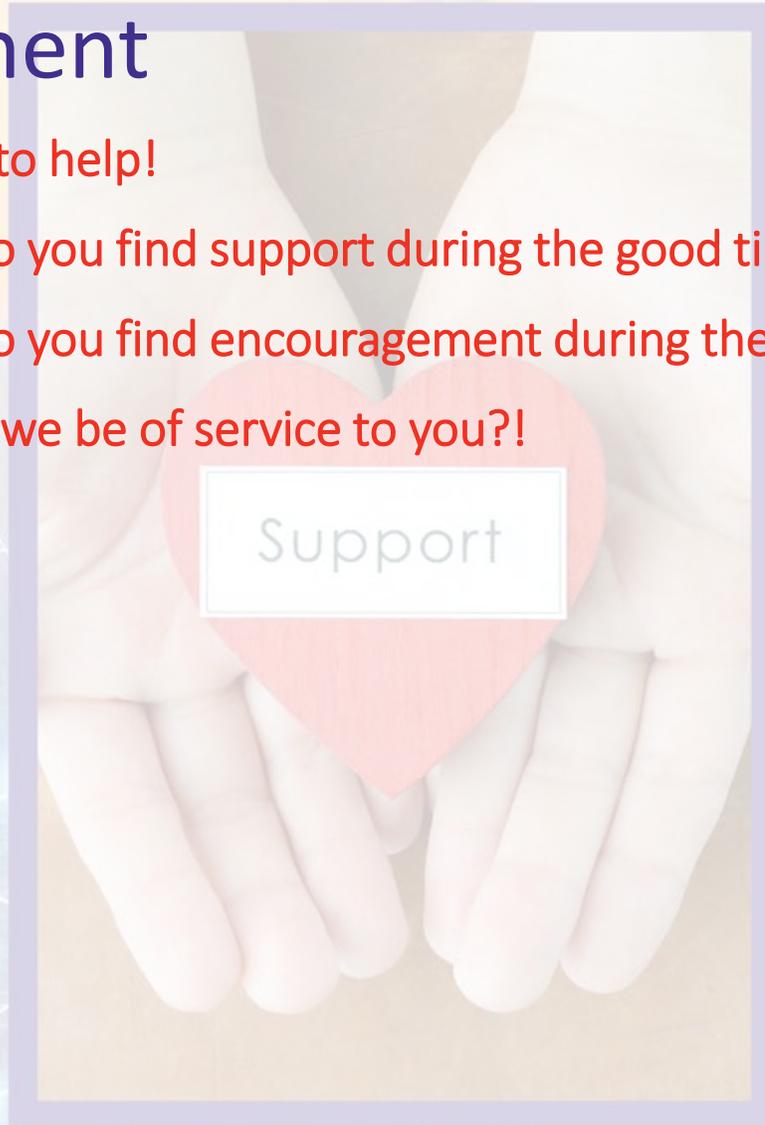
- ▶ Positive Movement
  - ▶ Desirable Actions
- ▶ Stagnate Movement
  - ▶ Undesirable Actions
- ▶ How do I move forward?
  - ▶ Starts with one step!



# Motion Creates Emotion

# Environment

- ▶ We are here to help!
  - ▶ Where do you find support during the good times?
  - ▶ Where do you find encouragement during the difficult times?
  - ▶ How can we be of service to you?!



We Are  
Here  
To Help

# Q&A

- ▶ Let us be a sounding board for you!
  - ▶ What's going well?
  - ▶ What's not going so well?
  - ▶ What value can we provide for you moving forward?