

Resilience and coping

Donna Schempp, LCSW

dschempp@att.net

Retired, Program Director, Family Caregiver Alliance

www.caregiver.org

415-434-3388

For Caregiver

Caregivers want to do everything

- Need to balance between self care and care of someone else
- Focus on what you can do, not what you can't
- Adjust expectations of self/others
- Monitor your emotions—you're allowed all of them
- Take breaks
- Maintain your own health—physical and psychological
- Know your limits
- Learn how to ask for and accept help
 - Keep a gratitude journal
- Even resilient people have bad days

For Care Receiver

- Others can't anticipate what you need—ASK
- Focus on what you can do, not what you can't
 - Find alternatives to stressful situations
- Appreciate your caregiver, say thank you
- Express gratitude
- Even resilient people have bad days
- Monitor your emotions, you have a right to all of them
- Adjust physical reality, use assistive devices, because they lead to independence and control and help your caregiver to care for you