

"Resilience and Coping Strategies in the Face of Atypical Parkinsonism Disorders"

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Definition

- **Psychological resilience** is an individual's ability to cope with stress and adversity and sustain well being
- Resilience is the act of rebounding or springing back after being stretched or pressed or recovering strength, spirit and good humor
 - Not just surviving
- Resilience is a process, not something you are born with

Resilience

- How did you overcome challenges in the past?
- What skills did you use?
- What helped?
- Who helped?

BRUCE!! IT'S ALMOST JULY!! WHERE IS THIS YEAR GOING?!!



6-30-93

The pace of life is so hectic!! Meetings... phone messages... faxes... appointments... errands... traffic... bills to be paid!! It's hot! I'm overworked, underpaid and stressed out! Ohhhhh...



What problems do birds have?

Cats. That's about it.



I hate you.

You need a vacation.



© 1993 (FELINES...NOTHING MORE THAN FELINES) FINE

What Works

- You can modify the negative effects of adverse life situations.
- Relationships that provide care and support, create love and trust, and offer encouragement, both within and outside the family.
- Capacity to make realistic plans, having self-confidence and a positive self image, developing communication skills, and the capacity to manage strong feelings and impulses.
- Build on what works and why

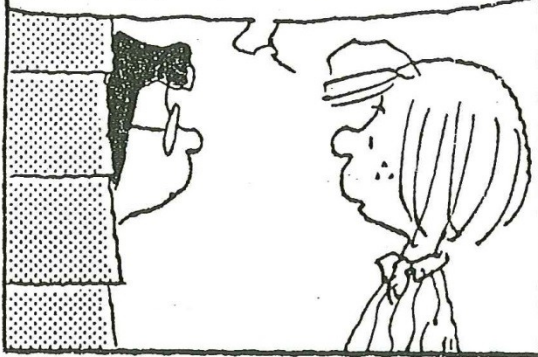


Success Comes From:

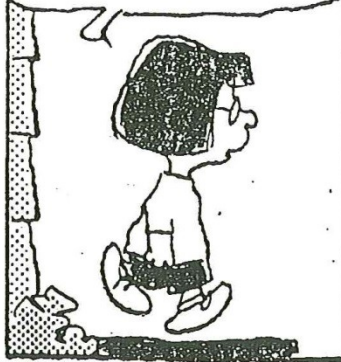
- Feeling competent when feeling under stress, using problem solving skills
- Social supports from family, friends, faith community, neighbors, professionals
- Using community resources
 - Support groups for both of you
 - Asking for and accepting help
- Professional counseling
- Taking care of your own health

- The ability to cope with stress without hurting yourself
- Believe that there is something one can do to manage your feelings and cope
- Not keeping secrets
- Spirituality
- Helping others

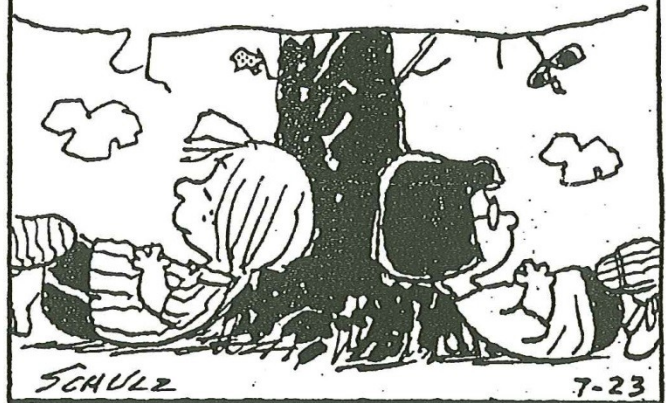
YOU TRY TO DO TOO MUCH, MARCIE..SOMEDAY YOUR HEAD IS GOING TO FALL OFF..



MAYBE YOU'RE RIGHT.. I'LL COME OUT FOR A WHILE..



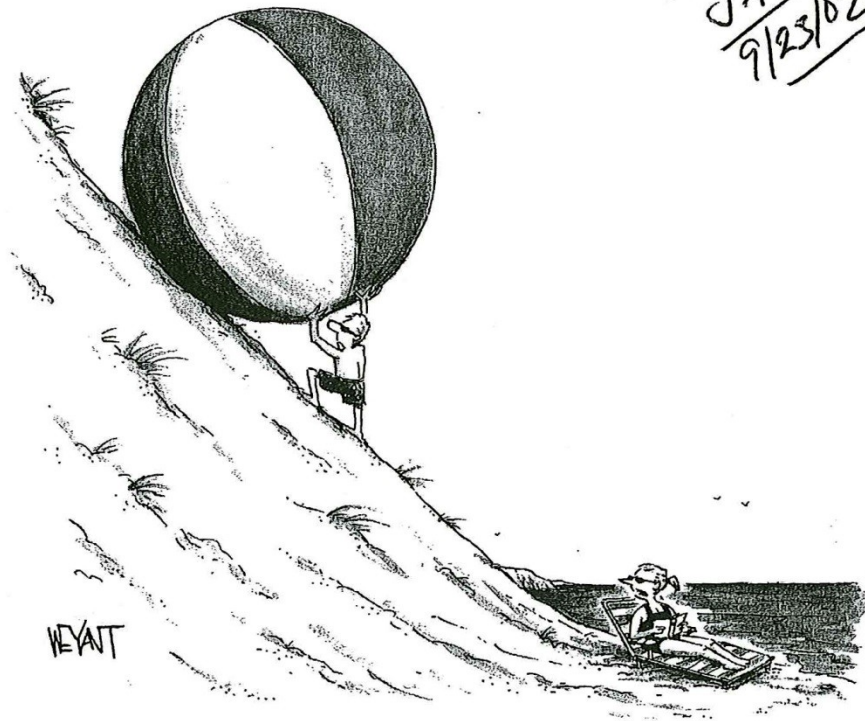
SEE? IF YOU RELAX NOW AND THEN, YOUR HEAD WON'T FALL OFF...



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Ways to Build Resilience

- (1) Avoid seeing illness or stressful events as unbearable problems
- (2) Accept circumstances that cannot be changed
- (3) Develop realistic goals and move towards them
- (4) Take decisive actions in adverse situations
- (5) Look for opportunities of self-discovery after struggling with loss
- (6) Develop self-confidence, even though you are not perfect
- (7) Keep a long-term perspective and consider stressful events in a broader context, particularly day to day stuff
- (8) Maintain a hopeful outlook, optimism helps
- (9) Take care of your mind and body-exercise, eat right, sleep, laugh
- (10) Pay attention to your own needs and feelings
- (11) Have a sense of purpose/meaning
- (12) Accept your own strengths and weaknesses
- (13) Sense of control and power/ability to effect change



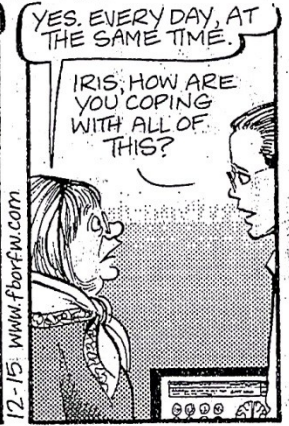
" J.K.
9/23/02 "

WEYAT

"Can't you ever relax?"

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
- Other people's expectations of what you should be doing effect what you do
- Other people's ideas of what is going on effect how you look at what is going on
- Maintain your own health—physical and psychological
- Know your limits
- Learn how to ask for and accept help
- Keep a gratitude journal



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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
- Keep a gratitude journal
- 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



*"Nonsense, Mother, You'll probably
outlive us all"*

Grief and Loss

- Accept brief episodes of “the blues”
- Grieving is necessary and important
- Ambiguous loss
 - Loss of future
 - Loss of who you or someone else was
 - Loss of relationship as it was
 - Loss of roles
 - Loss of independence

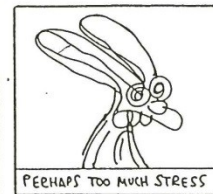
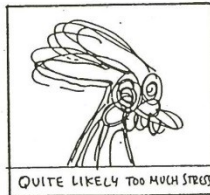
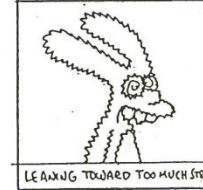
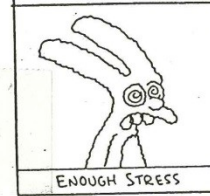
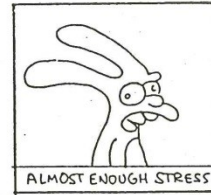
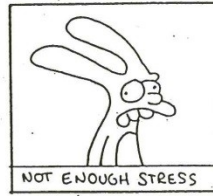
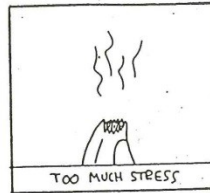
Challenges: Common Stressors

- **Resistant, Angry CR**
- **Physical Care Needs**
- **Change**
- **Uncertainty**
- **Poor / Ineffective Medical Care**
- **Money, Money, Money (not enough)**
- **Legal Matters**
- **A Need for a Move to More Supportive Housing**
- **Care Supervision Needs**
 - **Memory Problems**
- **Life, Health, Safety Concerns**
 - **Driving**
 - **Refusal of Medical Assessment/Tx**
- **Difficult Caregiver Feelings**
 - **Frustration/Anger**
 - **Guilt**
 - **Depression**

LIFE IN
HELL

©1990
BY MATT
GREENING

HOW MUCH STRESS IS TOO MUCH STRESS?



Depression

- Sad, guilty, worried, alone
- Frustrated, angry, agitated
- Feeling unappreciated or ineffective
- Putting personal needs on back burner
- Not ask for what you need from others
- Not enjoying activities
- Fatigue/sleep problems
- Stress
- Feelings of helplessness, hopelessness
 - Not knowing how to get help
 - Not knowing how to help



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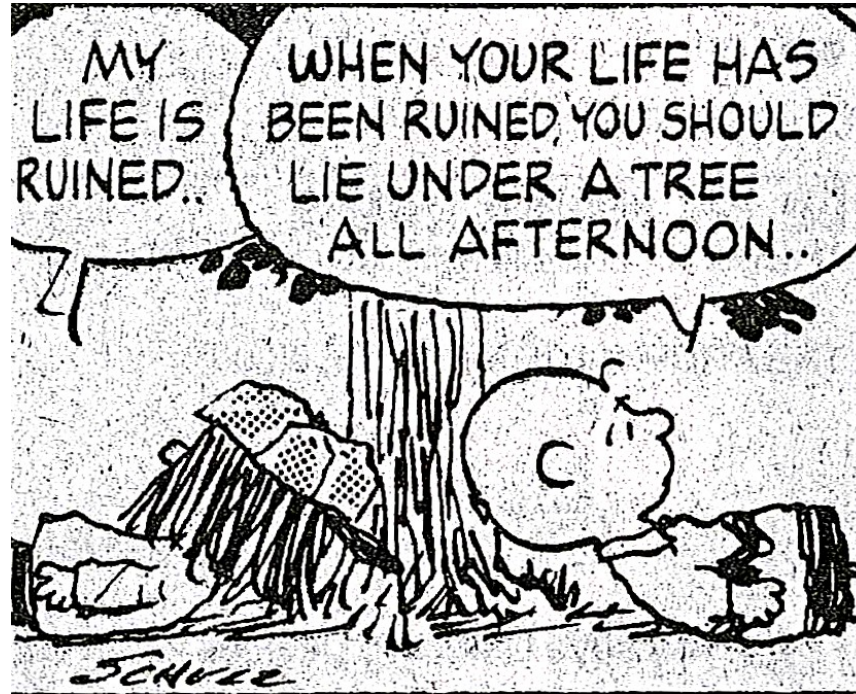
Anger

- Why me?
- Frustration with person who is ill/self
- Anger at those who are not being supportive
- No safe way to express it
 - Leads to guilt and depression
 - Impatience, irritability



Feelings

- Self monitor your emotions
- Write about them
- Change negative self talk
 - No one will help me
 - I can't do it all
 - It's not fair
 - All or nothing thinking
 - Over generalization
 - Mind reading



Managing Change

- Reaching out to Family, Friends, Take Classes
- Educate others
- Finding meaning
- Writing/Journaling/Memoir
- Acknowledging self
- Staying busy
- Create Structure
- “It’s Life/I’ll Survive”
- Generate Options
- Not cling to the past
- Therapy
- Reading, self help books
- Exercise
- Creative interpretations, thinking, solutions
- Spirituality

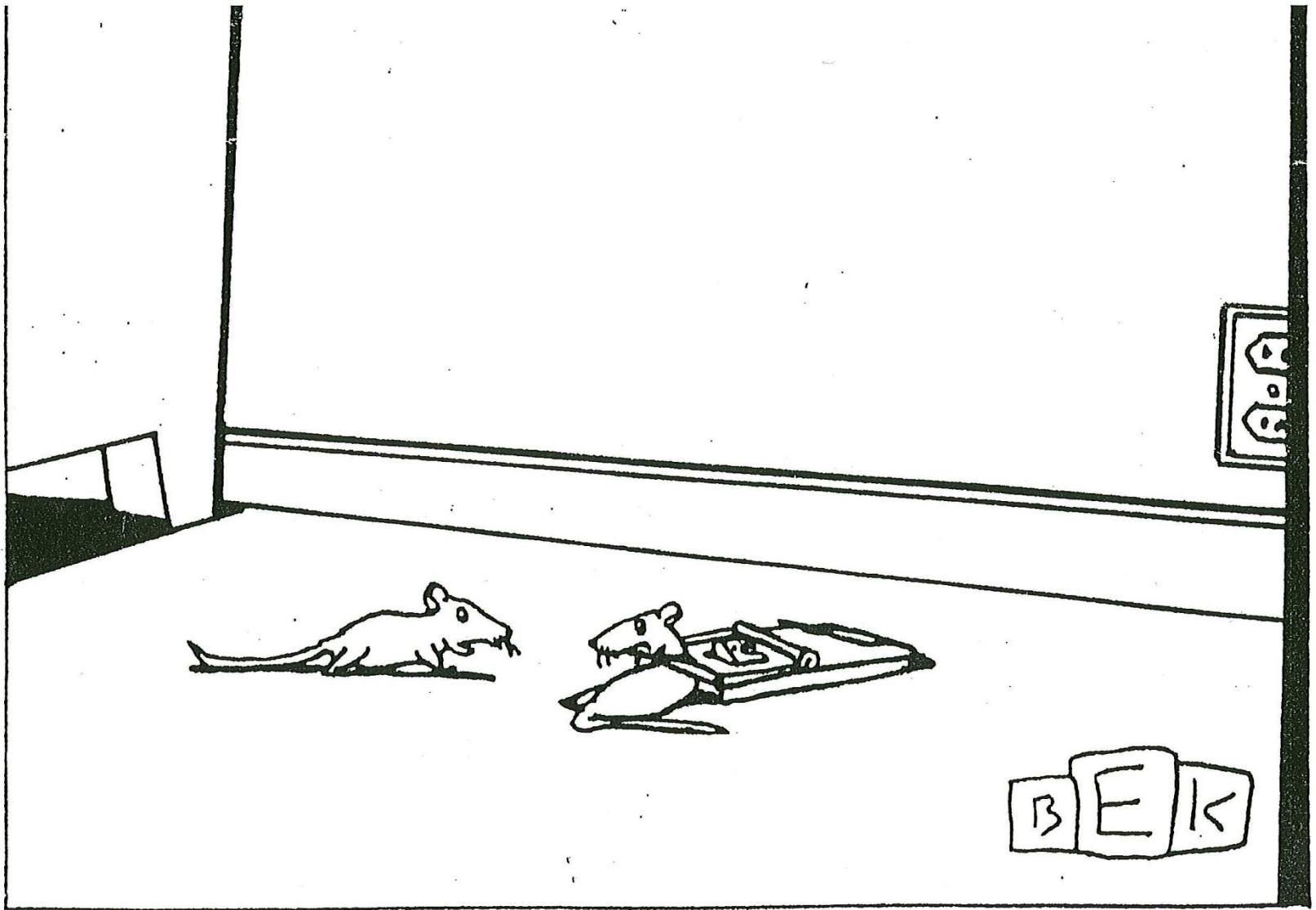
NOTHING IS PERMANENT. EVERYTHING
CHANGES. THAT'S THE ONE THING
WE KNOW FOR
SURE IN THIS
WORLD.



BUT I'M STILL
GOING TO
GRIPE ABOUT IT.

Developing a Help Network: Never Pass up an Opportunity

- Always accept offers of assistance from family/friends/neighbors you trust.
- Have a “mental list” of jobs ready.
- Request help with care for your dependent family member **and for you.**
- Little things on a regular basis can mean a lot.
- Household chores can be easy to do by others and can be scheduled.



"I'm sorry—here I am going on and on and I haven't asked you a thing about being caught in a trap."

Stress Relievers

- Gardening
- Sleeping
- Watch TV/internet
- Reading
- Listening to music
- Exercise
- Shopping
- Prayer/Meditation
- Mani/pedi
- Hot bath/shower
- Being alone

Lunch with friend

Playing cards

Go for a ride

Talk on the phone

See a therapist

Attend support group

Volunteer

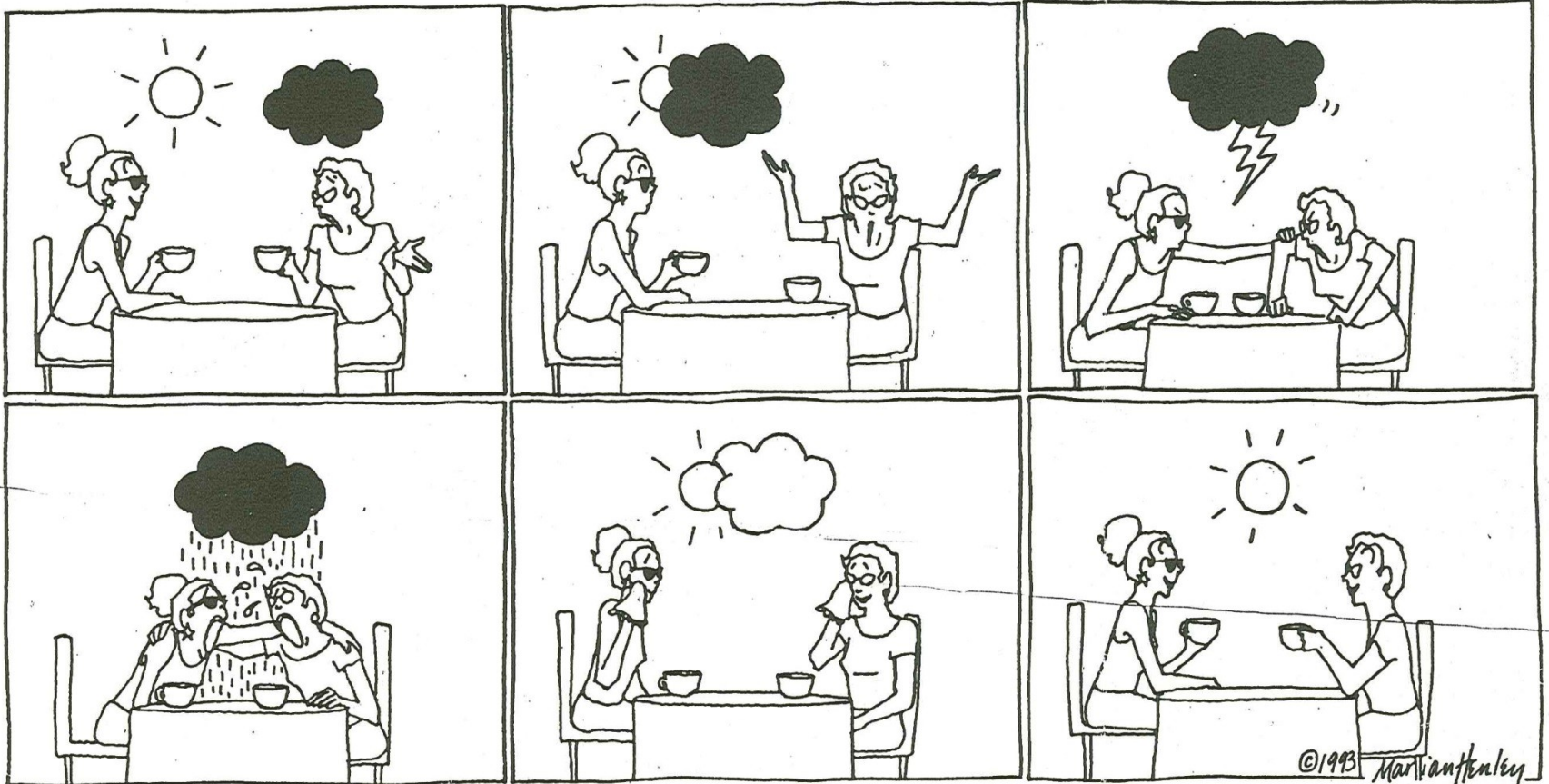
Movies, esp comedies

Crafts/hobbies

Children/grandchildren

Journaling

MAXINE



Nurturing Touch

- Doesn't happen for either of you when you are caregiving
- Hand holding, massaging
- Massage setting on shower
- Professional massage
- Hugging, cuddling
- Pets

Laughter

- Strengthens the immune system, increases lung capacity
- Internal massage, relaxes muscles
- Relieves stress
- Reduces pain
- Helps you to get along better with others
- Helps you to perform better, be more creative, gives perspective

"Seasons greetings, John" — Stay Smith



"You do the hokeypokey and you turn yourself around—that's what it's all abc

Finding Laughter

- Movies, tapes, CDs, TV, comedians
- Bumper Stickers
- Friends with a good sense of humor
- Email, cartoons, cards
- Pets
- Books, newspapers, politicians
- Children
- Laughter clubs



THE END IS
NOT NEAR-
YOU MUST
LEARN
TO COPE!