

2017 CASE MANAGEMENT CONFERENCE

SELF-CARE FOR CAREGIVERS & CASE MANAGERS

facilitated by **Anderson T. Graves II**

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OBJECTIVE

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- Attendees will learn why and how caregivers and case managers should be intentional in caring for themselves.

We can't give to others what we don't possess ourselves.

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WHAT DO YOU GIVE?

- 43.5 million unpaid caregivers in U.S.
- The value of services provided by informal caregivers has steadily increased over the last decade to over **\$470 billion by 2013.**
- The value of unpaid caregiving exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of the world's largest company, **Wal-Mart.**
- The economic value of the care provided by unpaid caregivers of those with Alzheimer's disease or other dementias was more than \$217.7 billion in 2014.
- The nonprofit sector contributed \$878 billion to the economy in 2012, or about 5.4 percent of our nation's GDP.

WHAT DO YOU GET? WHERE DO YOU GIVE??

- Attention
- Financial assistance
- Medical care
- Counseling
- Guidance
- Connection to resources
- Stress relief
- Educational opportunities
- ?
- **COMPASSION**



ish

6

self +

sacrifice

denial

absorbed

centered

destructive

...

SELF-CARE BEST PRACTICES

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.
- Set goals

COMPASSION FATIGUE

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- "Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper."
--- Dr. Charles Figley, Tulane Traumatology Institute
Tulane University, New Orleans, LA

Shhhh...

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CAREGIVER CODEPENDENCE

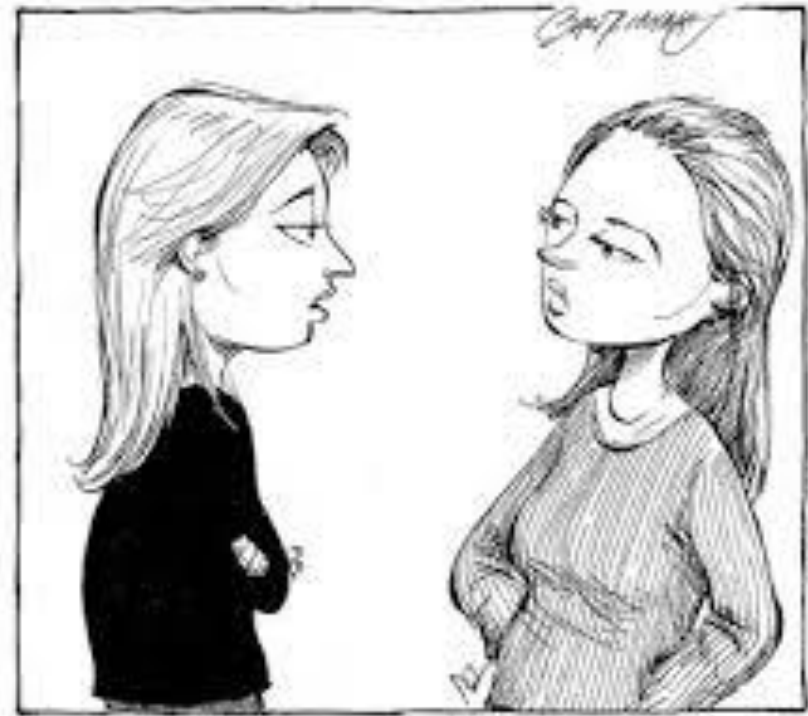
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Page 100: 15th century woodcut (Wikimedia.org)

nor



WELL IF YOU REALLY CARED ABOUT ME,
I WOULDN'T NEED TO BE SELF-ABSORBED.

WHAT KIND OF CAREGIVER ARE YOU?



Indicates how you do self-care

- Unrelated, external activities
- Rejuvenation
- Get out of the lab

- Room to innovate, experiment
- Inspiration
- Play in the studio

SELF CARE IS BALANCE IN MOTION

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- Self & Others
- Stand. . . Walk . . . See



PROVIDING SERVICES TO ~~NON-CLIENTS~~ FAMILY ^



PROVIDING SERVICES TO ~~NON-CLIENTS~~ YOURSELF ^



NO “RIGHT” MODEL

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- **“People go crazy trying to live somebody else’s sanity.”** --- Sheila Graves (my wife!)



Today You are

YOU



That is Truer than

TRUE



There is No One

ALIVE



Who is Youer than

YOU

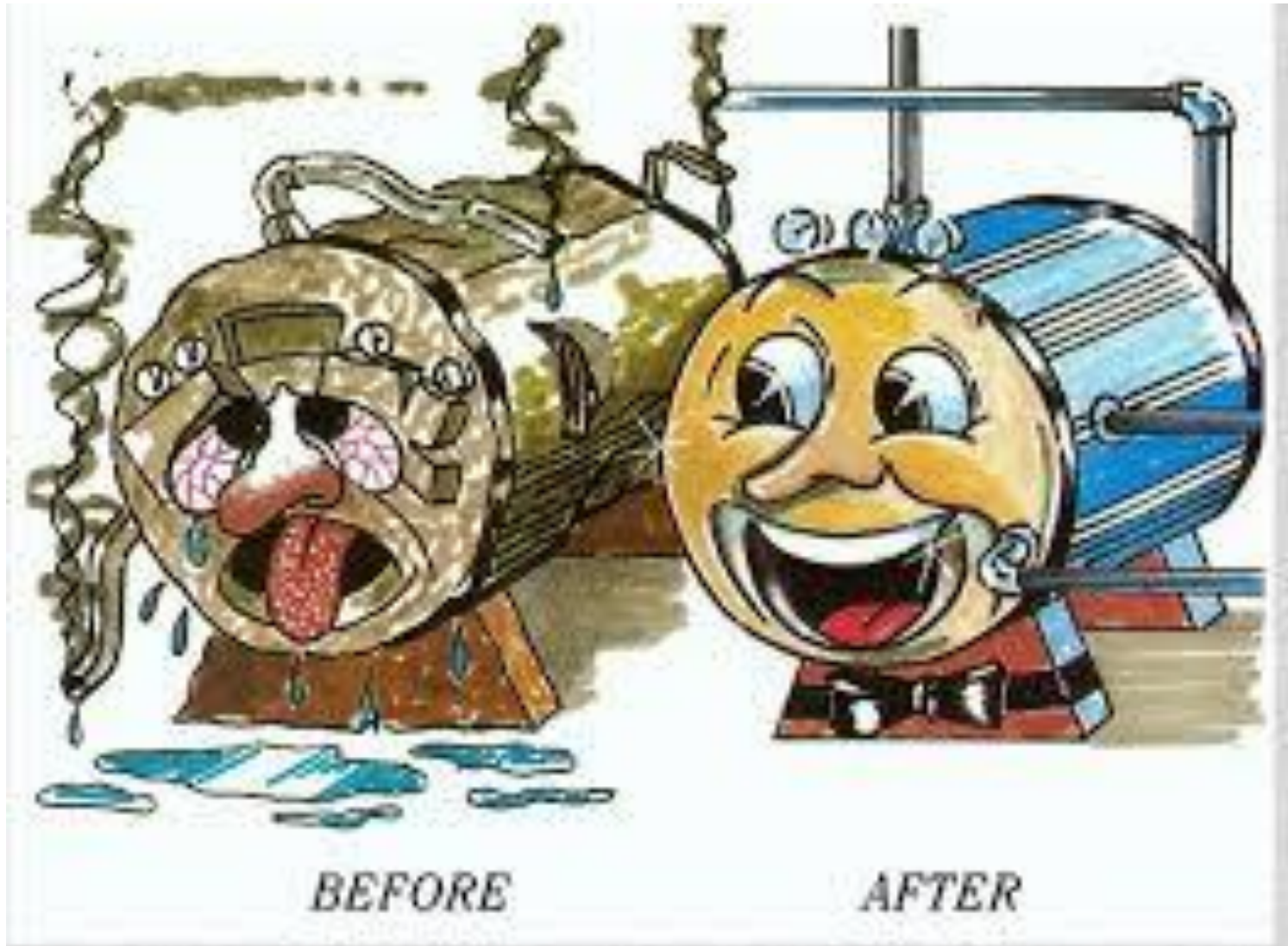


- Dr. Seuss

WHO YOU ARE CHANGES, DOC



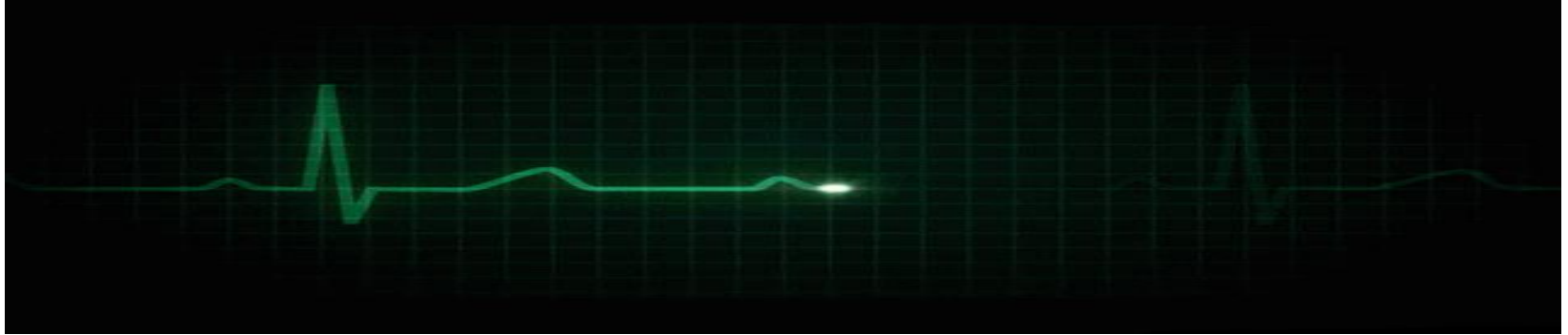
MANAGE & MAINTAIN



**TAKE CARE OF
THIS EQUIPMENT
IF IT DOESN'T WORK
... NEITHER DO YOU**

PULSE : PURPOSE

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GOOD SELF-CARE

22

- However, the report went around concerning Jesus all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities.
- So **He Himself often withdrew** into the wilderness and **prayed**. (Luke 5:15, 16)



POOR SELF-CARE



- So when Moses' father-in-law saw all that he did for the people, he said, "What is this thing that you are doing for the people? Why do you alone sit, and all the people stand before you from morning until evening?" . . . So Moses' father-in-law said to him, "The thing that you do is not good. 18 Both you and these people who are with you will surely wear yourselves out. For this thing is too much for you; you are not able to perform it by yourself. (Exodus 18: 14, 17)
- I am not able to bear all these people alone, because the burden is too heavy for me. 15 If You treat me like this, please kill me here and now—if I have found favor in Your sight—and do not let me see my wretchedness! (Numbers 11:14)

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Any Questions?

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