

Exercise Sixteen

Strategies for Caregiver Support

1. What makes me feel supported as a caregiver and in my noncaregiving role?
<ul style="list-style-type: none">- Someone to bounce decisions off- Someone to go out to dinner or the movies- Someone to call and talk about anything but caregiving
2a. Family and friends <ol style="list-style-type: none">1. Kathleen2. Chuck3. Denise
2b. Community resources <ol style="list-style-type: none">1. Interfaith Caregivers2. Caring for Aging Parents – Facebook closed group3. Caregiving.com4. Caregiver Volunteers of Central Jersey
2c. Caregiver peeps <ol style="list-style-type: none">1. Kathleen: monthly lunches2. Chuck: help sorting out medical information3. Denise: weekly phone call
3. Self-care strategies <p>What relaxes me?</p> <ol style="list-style-type: none">1. Weightless by Marconi Union for music meditation2. Write down what is worrying me just before I get in bed3. Massage <p>What nourishes my body?</p> <ol style="list-style-type: none">1. Walk the dog2. Take a bath3. Eating healthy <p>What nourishes my soul?</p> <ol style="list-style-type: none">1. Working in the garden2. Reading3. Taking a ride in the country <p>What can I do right now to improve my life?</p> <ol style="list-style-type: none">1. Set up online bill paying for Mom2. Call the plumber to fix the toilet3. Replace all the burned out light bulbs in the house