

# CARE FOR THE CAREGIVER TRAINING

NCM Name  
Organization



# CARE FOR THE CAREGIVER TRAINING

- Overview
- Performance Triad
- Compassion Fatigue and Burnout
- Techniques for Managing Stress and Change
- Managing Children while Caregiving
- Managing Daily Life while Caregiving
- Respite Care and Going Home
- Managing Challenging Behaviors
- Resources

## OVERVIEW

Being the Family Caregiver of a Wounded, Ill or Injured Soldier can be difficult, demanding, exhausting, and rewarding.

**As a Caregiver the very best thing you can do for those who depend on you is to take care of yourself**

# LIFESPACE

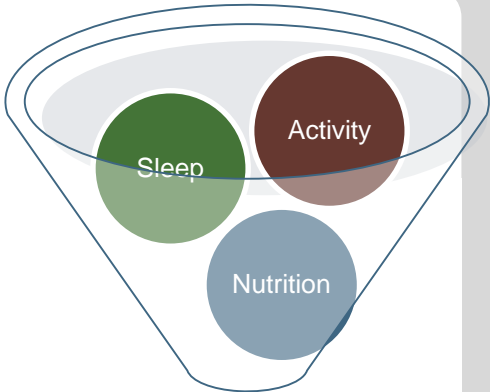


About one-third of life is spent working, another third with Family and friends and another third sleeping.

Providers see patients on average about 100 minutes out of 525,600 minutes. Health occurs in the Lifespace, or in other words, the 525,500 minutes spent away from the doctor's office.

How are you dealing with your personal Lifespace, so that you can be at your best for those that you care for?

# PERFORMANCE TRIAD



**Stronger, Resilient Caregiver**



**ACTIVITY**



**NUTRITION**



**SLEEP**

# TAKE THE CHALLENGE



10000  
steps per  
day for 30  
days

8 servings  
of fruits  
and  
vegetables  
for 8 days

8 hours of  
sleep per  
night for 8  
nights

# ANY EXPERIENCE MAY CAUSE STRESS

Positive and negative experiences can elicit stress responses.

Stress mobilizes physical, mental, and/or emotional energy in response to any good or bad stimuli.

Mobilized energy elicits a stress response and energy management techniques are required to balance the effects.

Its not stress that kills us, it is our reaction to it.

- Hans Selye



# COMPASSION FATIGUE

Also called “vicarious traumatization” or secondary traumatization

The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events.

Can occur due to exposure on one case or can be due to a "cumulative" level of trauma.

It differs from burn-out, but can co-exist.

(Figley, 1995).





# MOTHER TERESA AND COMPASSION FATIGUE



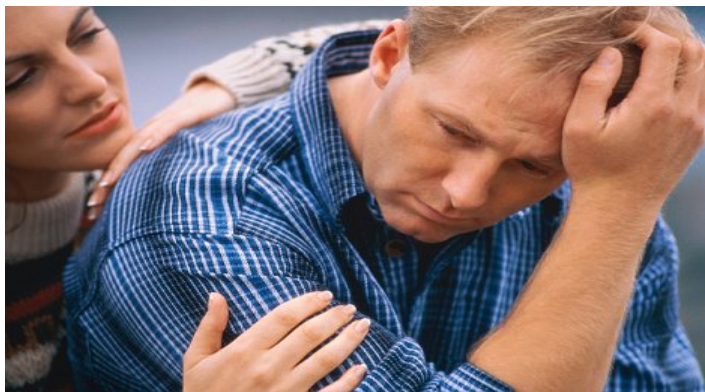
She wrote in her plan to her superiors that it was **MANDATORY** for her nuns to take an entire year off from their duties every 4-5 years to allow them to heal from the effects of their care-giving work.

# BURNOUT

The end result of stress in the professional life of a physician or caregiver and combines emotional exhaustion, depersonalization and low personal accomplishment.

Burnout can impair the quality of care delivered to patients as well as have serious consequences for the personal life of the carer.

Stress and burnout are among the most common occupational diseases in health care professionals.



(Penson, Dignan, Canellos et al., 2000)

# SIGNS OF BURNOUT



Withdrawal from friends,  
family, and other loved ones

Loss of interest in activities  
previously enjoyed

Feeling blue, irritable,  
hopeless, and helpless

Changes in appetite, weight, or both

Changes in sleep patterns

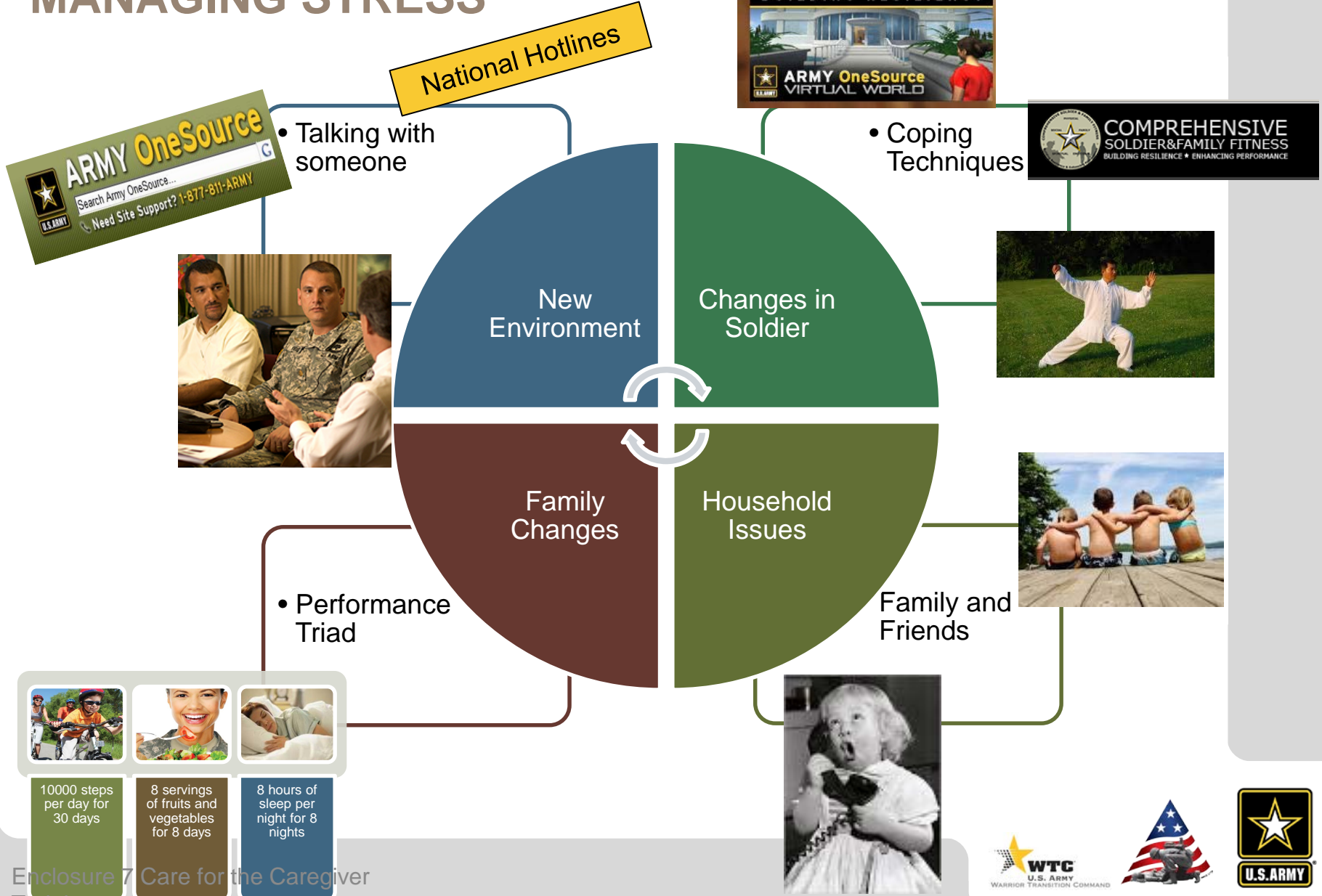
Getting sick more often

Feelings of wanting to hurt yourself  
or the person for whom you are  
caring

Emotional and physical exhaustion

Irritability

# MANAGING STRESS



# TOOLS FOR MANAGING ENERGY:

Hit the Gas!



## Reinterpret what you're up against

Reinterpret situations as **challenges** and **opportunities** rather than threats to improve performance.

## Control the Controllables

You can only truly control *what you think*, *what you say*, and *what you do*!



Top off the Tank!

## Deliberate Breathing techniques

Composure and control during extreme stress

Energy is a scarce resource – Be greedy with it!

# MANAGING CHANGE

## SETTING EXPECTATIONS

- Understand new realities
- Learn as much as possible about the Soldier's health condition and its impact on the Soldier and Family.
- Set realistic goals, including self needs
- Understand your strengths, weaknesses, and limitations
- Talk with someone

## MANAGING THE ENVIRONMENT

- Find local resources
- Understand change may be slow
- Don't over-react
- Step away when needed
- Don't isolate



# IMPORTANT CAREGIVER TOOLS

- Organize important documents
  - Important contacts – WTU / CBWTU contact numbers
  - Physician contact information
  - Soldier's Demographic information
  - Legal documents (wills, power of attorney, etc)
- Medication Log
  - For the Soldier
  - For the Caregiver
- Care Notebook
  - Write down questions to ask the medical team
  - Write down questions to ask the WTU/CBWTU Cadre



# MANAGING CHILDREN WHILE PROVIDING CARE

- Make time for your children - play
- Selective discussion about injury/illness
- Talk with WTU Social Work
- Use available resources



Attention and Love



Army One Source



Sesame Street for Military Families

[Militarykidsconnect.org](http://Militarykidsconnect.org)





# MANAGING YOUR DAILY LIFE WHILE PROVIDING CARE

- Get help
- Assign a household caretaker
- Establish your priorities
- Manage your own expectations
- See a financial planner
- Do not isolate



# RESPIRE CARE

- Respite care is short-term care for a patient to provide rest and change for the primary caregivers who have been caring for the patient at home and assisting with activities of daily living.
- The active duty service member respite benefit is intended to mirror the benefits provided under the [TRICARE Extended Care Health Option \(ECHO\) Home Health Care benefit](#).
- Respite benefits are limited to:  
Maximum of 40 respite hours in a calendar week  
No more than five days per calendar week  
No more than eight hours per calendar day



## PLANNING TO GO HOME

- Ask about special needs and explore options with health care team
- Write down care requirements
- Create a schedule prior to departing
  - Test it prior to departing
  - Write in time for yourself and your children
- Inform / employ family and friends
  - Inform of assistance that is needed
  - Outline visiting times
- Explore the local resources prior to leaving with your WTU NCM
- Plan for immediate care needs
- Work with primary care team and inform them of issues and your own health needs



# HOME SAFETY



**As a Caregiver, it is especially important that your home environment is safe for the Soldier and yourself. Although home accidents and falls can cause serious injuries, these can be prevented by checking your home for safety hazards and making some simple changes**

# MANAGING CHALLENGING BEHAVIORS

- **Communication**
  - Ask open ended questions
  - Be aware of body language and gestures
  - Encourage your loved one to talk about topics of interest or familiar topics.
  - Be patient and give your full attention to the discussion
- **Keep things simple**
- **Allow the Soldier plenty of time to do tasks**
- **Keep a daily routine. Change can increase frustration**

# SUICIDE AWARENESS

1. **True or False: People who talk about suicide won't really do it.**
2. **True or False: Anyone who tries to kill him/herself must be crazy.**
3. **True or False: If a person is determined to kill him/herself, nothing is going to stop them.**
4. **True or False: People who commit suicide are people who were unwilling to seek help.**
5. **True or False: Talking about suicide may give someone the idea.**

# MANAGING CHALLENGING BEHAVIORS

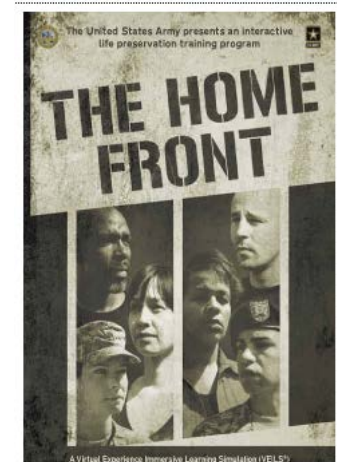
**Suicide is real and something that needs to be talked about!**

## Suicide Signs & Symptoms:

- a. Talk about suicide, death, wanting to hurt or kill someone
- b. Giving away items, acting recklessly
- c. Increased drinking or substance use
- d. Change in sleep and appetite
- e. Increased depression, anxiety, paranoia
- f. Change in behavior

## Getting Help:

- a. Take threats seriously
- b. Local emergency room
- c. Suicide Hotlines



<http://www.armyg1.army.mil/hr/suicide/>

**National Suicide HOTLINE: 1-800-273-TALK**

# MANAGING CHALLENGING BEHAVIORS

## Substance Abuse

### Signs of Substance Abuse:

- Intoxication, incoherency, bloodshot eyes or dilated pupils, smell of substances, impaired coordination
- Loss of interest in hobbies, isolation, and finding new friends & activities.
- Change in personality, sleeping patterns, appetite, & mood
- Carelessness about personal grooming
- Appears fearful, anxious, paranoid or “spaced out

### Getting Help:

- Tell someone!
- Healthcare Provider, NCM,
- Clergy
- AA , AL-ANON





# RESOURCES

- Soldier Family Assistance Center
- WTU/CBWTU Team
- Local Military Treatment Facility
- National Resource Directory - [www.nrd.gov](http://www.nrd.gov)
- VA Caregiver Program – [www.caregiver.va.gov](http://www.caregiver.va.gov)
- USO Family Caregivers – [www.uso.org](http://www.uso.org)

