

Seven Successful Strategies for Caregivers

Maureen Osis, RN, MN, RMFT

This session presents seven successful strategies that you can use, or you can help your clients use, to fulfill the caregiver role (personal or professional) while protecting your own health and well-being.

Almost always	Some-times	Hardly ever	
			I am satisfied with the ACCESS I have to my emotions – to laugh, to be sad, to feel pleasure or even anger.
			I am satisfied that my life’s PRIORITIES are mine and clearly reflect my values.
			I am satisfied with my commitment to personal GROWTH , to initiate and to embrace change.
			I am satisfied with the way I ask for ASSISTANCE from others, professionally and personally, when in trouble.
			I am satisfied with the RESPONSIBILITY for my well-being, physically, emotionally and spiritually.

Source: Source: Dr. Shay Bintliff: How close are you to burnout?

Seven successful strategies for caregivers

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

AND -- Do your best – it is all that you can do.

About the Presenter

Maureen Osis is a gerontological Nurse and a Marriage/Family Therapist with decades of experience helping families and seniors achieve healthy, balanced aging. She is the co-founder of ElderWise Inc. whose mission is to provide timely and practical direction for Canadians with aging parents. Please visit www.elderwise.ca and sign up for our free e-newsletter.

Maureen has made media appearances on television and radio. Her most recent publication, with co-authors Judy Worrell and Dianne McDermid is titled *Your Aging Parents: How to prepare, how to cope*.

In my private practice, I have blended my two professions as therapist and nurse to work with individuals, couples, and families experiencing distress related to health and life transition concerns. I have focused my practice on clients experiencing mid-life challenges related to their own aging, and the increasing demands they face with their aging parents. I have helped caregivers to find balance in their lives and to avoid burnout. I have had many clients in their 70s, 80s and 90s wishing to work on intergenerational relationship issues or distress experienced by transitions and loss.

Resources

Alberta Caregivers Association
<http://www.albertacaregiversassociation.org/>

Family Caregiver Magazine
www.thefamilycaregiver.com

John-Henry Pfifferling and Kay Gilley. *Overcoming compassion fatigue*.
<http://www.aafp.org/fpm/20000400/39over.html>

Maureen Osis. *You are not alone: A workshop for seniors caring for seniors*. Handout available free on my website: <http://www.maureenosis.com/Keynotes-Workshops.htm>

Mental Health Meter www.cmha.ca
http://www.cmha.ca/bins/meter_page.asp?cid=2-267-1304&lang=1

National Family Caregivers Association
<http://www.thefamilycaregiver.org/>

Pamela Vaccaro. *Five Ways to Say No Effectively*
<http://www.aafp.org/fpm/980700fm/balance.html>

Books

Grace Lebow and Barbara Kane with Irwin Lebow. *Coping with your difficult older parent: A guide for stressed-out children*. Avon Books, 1999. www.agingnets.com/questionnaire.html

Maureen Osis, Judy Worrell, Dianne McDermid. *Your aging parents: How to prepare, How to cope*. Available from Self-Connection Bookstore. 1-866-735-3457. On-line at http://selfconnection.ca/product_info.php?cPath=1&products_id=31238&scb=books

Roberta Satow. *Doing the Right Thing: Taking care of your elderly parents even if they didn't take care of you*. Penguin, 2005.