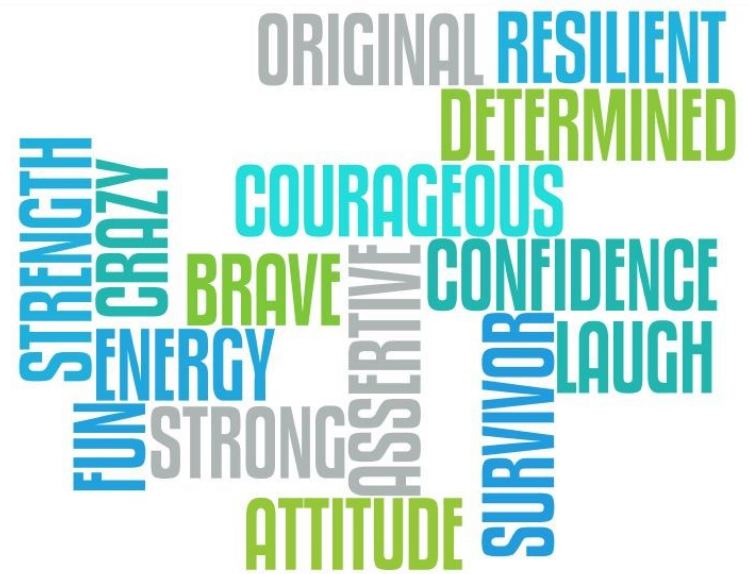


Becoming a Resilient Caregiver



Norma Kirkby, PHEc
Program Director

Alzheimer Society
MANITOBA
Dementia Care & Brain Health



There is change that we welcome



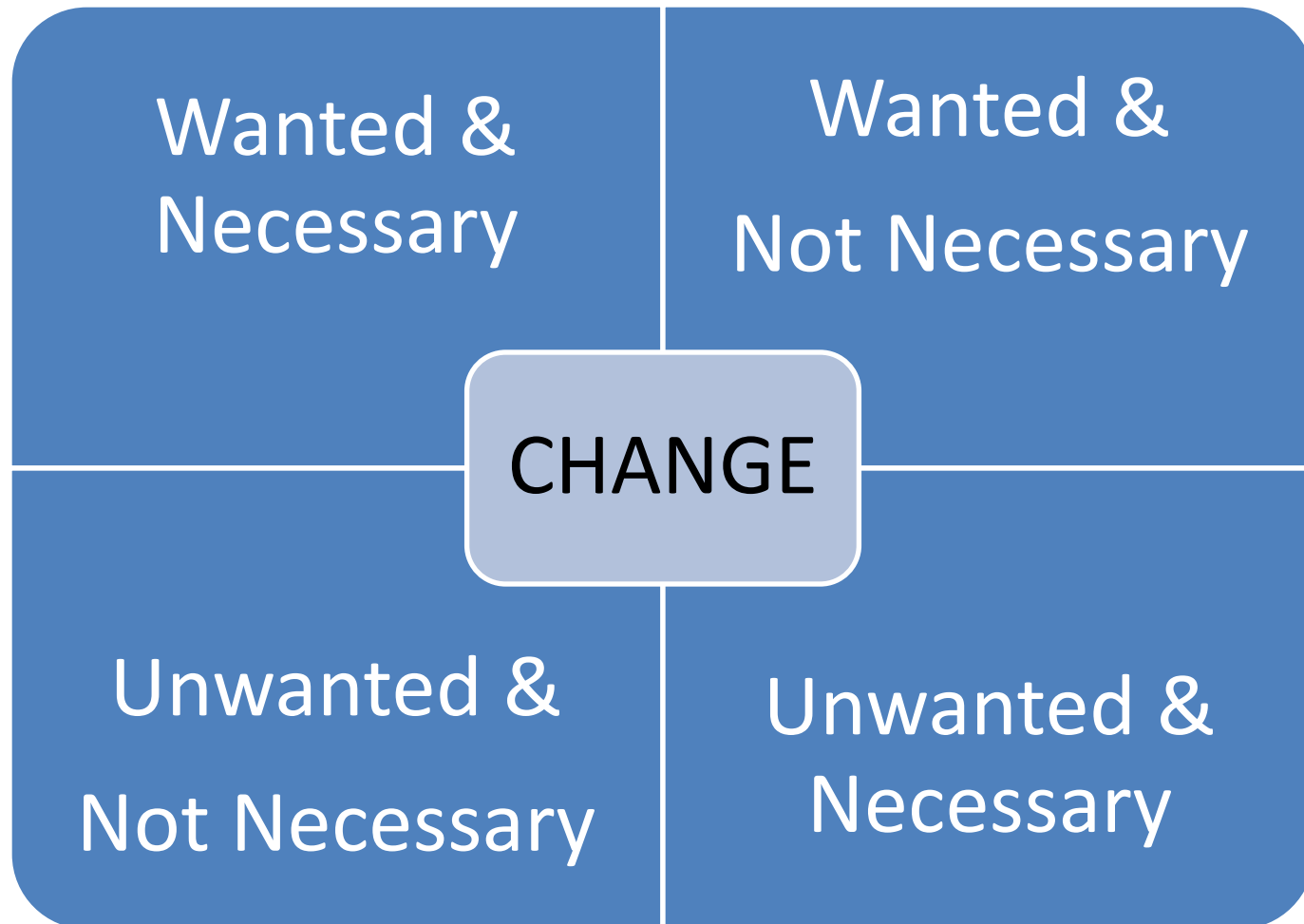
There is change that we dread or resist.



Change happens. . . .

- In our relationships.
- In our work, family or volunteer spheres.
- In our lives and lifestyles.





Healthy Ways to Approach Change

- Recognize that change is a part of life.
- Anticipate change.
- Monitor change around you.
- Adapt to change.
- Expect change to happen again and again.

**Spot
change**

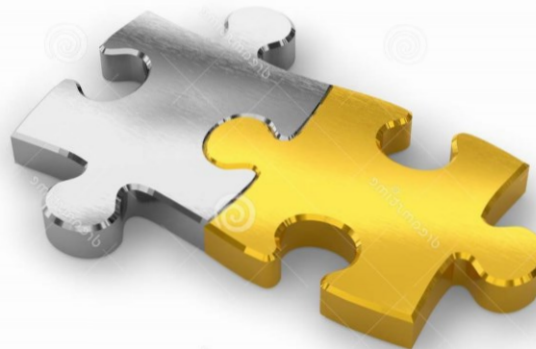
Adapt

**Move
Forward**

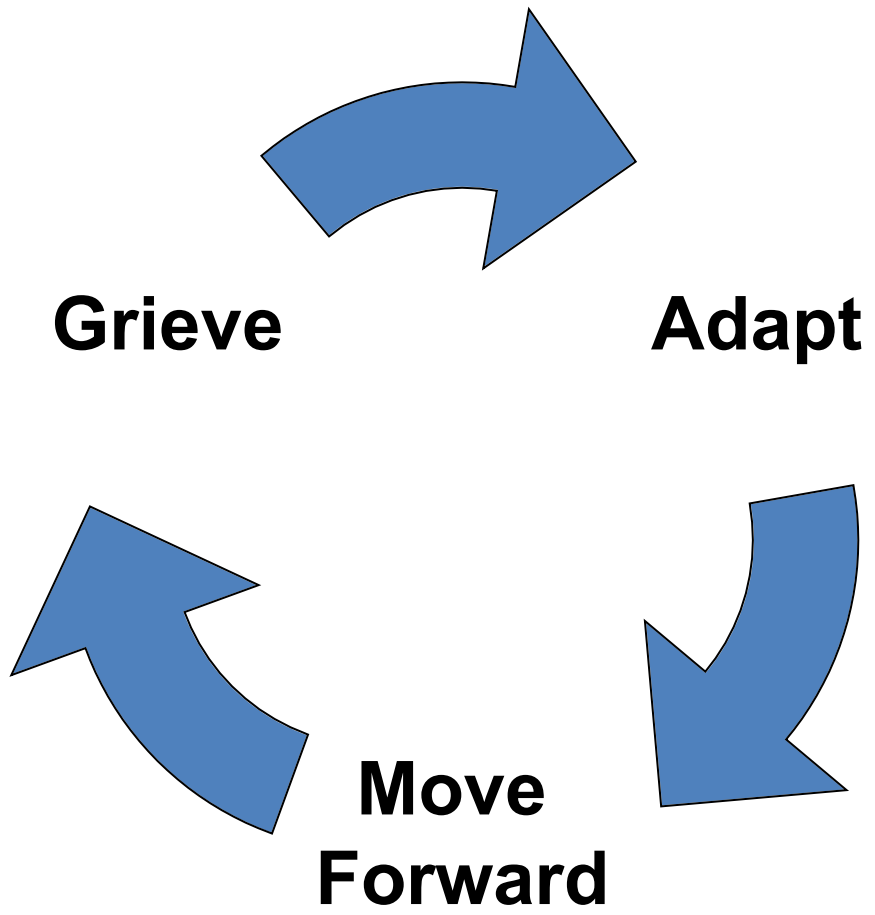
Ambiguous Loss: A Relational Change

- Involves a loss that is unclear
- When someone is experiencing dementia or mental health challenges the person may be physically present though they may not be cognitively or emotionally as they had been before

Presence



Absence



Resilience

It is not something you have or don't have . . .

It involves behaviours, thoughts and actions that can be learned and developed.



Building Personal Resilience

- Learn about the situation or health challenge that has caused the change



Building Personal Resilience

- Have supportive relationships



Building Personal Resilience

- Choose role models or advisors



Building Personal Resilience

- View life as hopeful



Building Personal Resilience

- Choose action over reaction



Building Personal Resilience

- Understand your values and moral compass



Building Personal Resilience

- Engage in faith or spiritual practices



Building Personal Resilience

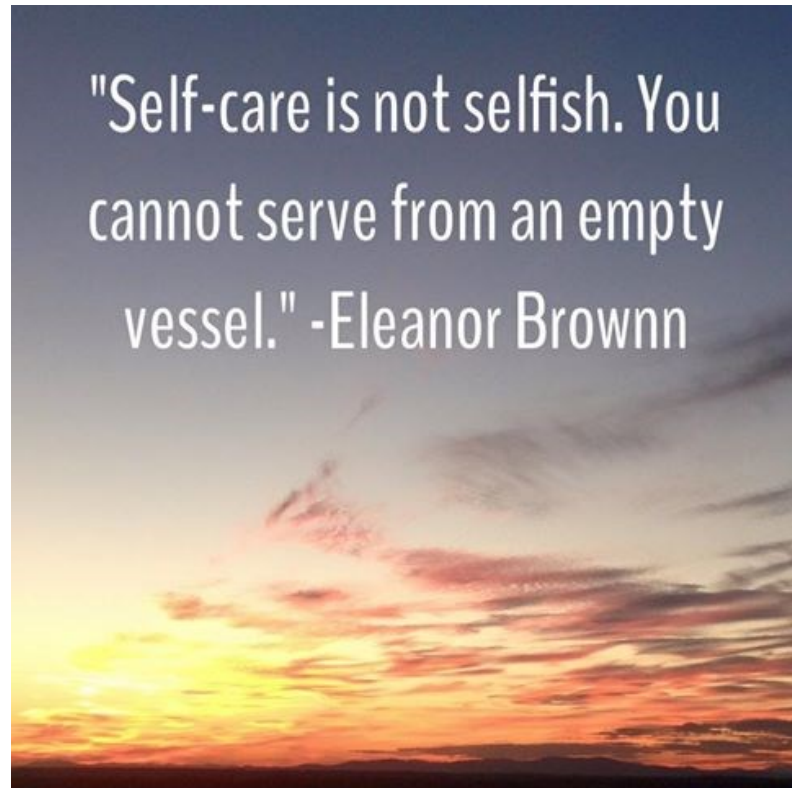
- Be flexible



Building Personal Resilience

- Practice self care

"Self-care is not selfish. You cannot serve from an empty vessel." -Eleanor Brown



Take the Mental Health Meter

Now you're ready to take our Mental Health Meter. Please answer every question below as honestly as you can. Read each statement, indicating whether you "Agree" or "Disagree" with it. Then, click on the "Submit" button at the end to get your score and your results.



A Canadian Mental Health Association tool to help you better understand your:

Ability to enjoy life

Resilience

Balance

Self-actualization

Flexibility



**Resilience is how
you recharge. . . .
not how you endure.**

Transformation



Transformation is a process, not an event.

- John P. Kotter

Advice from a
BUTTERFLYTM



Let your true colors show ♀ Change can be beautiful
Take yourself lightly ♀ Look for the sweetness in life
Take time to smell the flowers ♀ Catch a breeze
Treat yourself like a Monarch!

Alzheimer Society of Manitoba

Is a community-based non-profit organization, whose mission is to alleviate the individual, family and social consequences of Alzheimer's disease and related disorders while supporting the search for a cure

Alzheimer Society of Manitoba

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