

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.



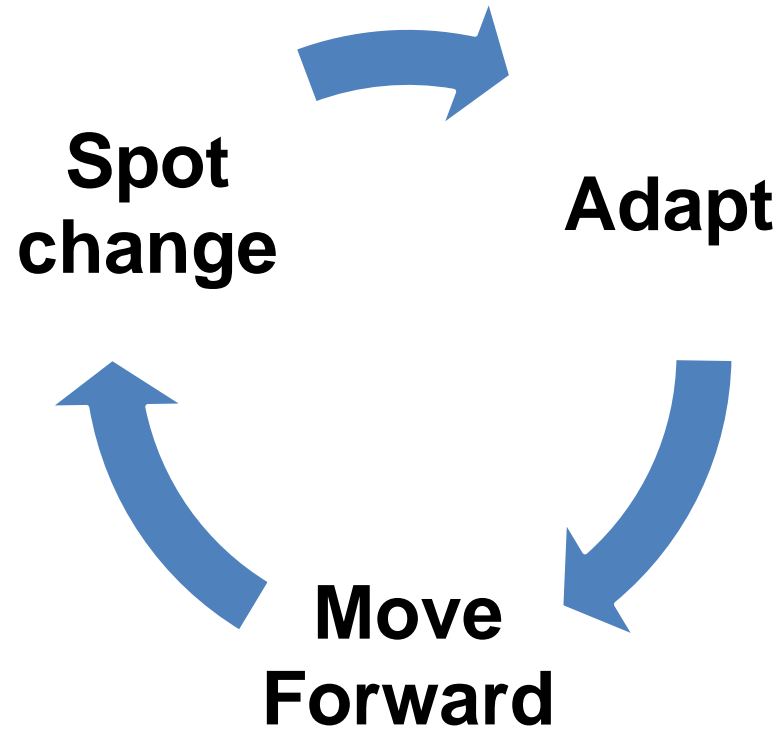
Healthy Ways to Approach Change



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

Change is
a Process
not an Event!

Phases of Change



Spot Change

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



Adapt to Change

- Plan the changes you want to make.
- Make changes in a staged manner when possible.
- Remember that change can be emotionally charged.
- Believe that the process of change will be worthwhile.



Move Forward with Change

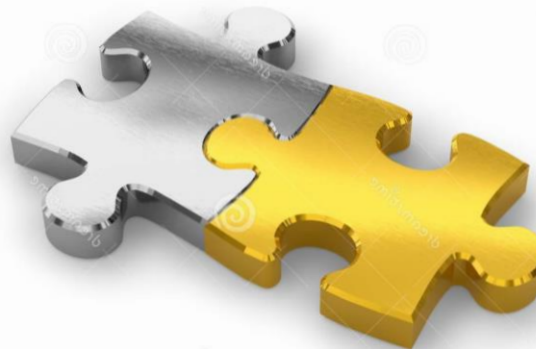
- Change will not always be a straight line.
- Recognize that change takes time.
- When change is taking you forward, you are going in the right direction.



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

**Grieve
Change**

Adapt

**Move
Forward**

Grief in Ambiguous Loss

- Is ongoing as changes occur.
- It is suggested that working through feelings of grief is preferable to avoiding difficult feelings.
- Some people work through their grief by “feeling” while other find meaning in “doing.”
- Let your grief take the time it takes.



The Big Question:



How does one become resilient in the face
of change and grief?

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.**



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Transformation



Transformation is a process, not an event.

- John P. Kotter

Advice from a BUTTERFLY™



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

Phone: 204-943-6622

Fax: 204-943-5308

www.alzheimer.mb.ca