

# *“Caregiver 101: What You Need to Know”*

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Senior Connection

## 1) WHAT YOU NEED TO KNOW

You are not alone!  
Rewarding & gratifying  
Challenging

## 2) STATISTICS

The only one that matters - if it affects you.

## 3) REALITIES FOR THE FAMILY CAREGIVER

It's a hard job  
It can strengthen or destroy you  
It can strengthen or destroy your relationship with your loved one(s)  
You don't have to handle it alone (unless you choose to)

## 4) BE AWARE OF POSSIBLE PARENT/CHILD “ROLE REVERSAL”

Resistance  
    Yours  
    Theirs  
Unrealistic expectations  
Overcompensation

## 5) FEELINGS TO ANTICIPATE

Denial  
Sadness  
Anger/Resentment  
Guilt

## 6) DON'T NEGLECT YOURSELF

Put on your own oxygen mask first!  
Set boundaries  
    What's realistic?  
Know when to step back / say “no”  
Create a support system  
    Friends, family, co-workers, religious community,  
    support groups, professionals

## 7) KNOW WHERE TO FIND HELP - KNOWLEDGE IS POWER

Senior Connection: [www.SeniorConnection.us](http://www.SeniorConnection.us)

Senior Service Providers  
Senior Resources Conference & Expo (Spring & Fall)  
Senior Connection's On-line Resource Directory

Senior Connection Speakers Bureau presentations

"Caregiver Connection" Newsletter

Knowledge-base Articles

## 8) STEPS FOR SURVIVAL

Contemplate  
Know thyself

Communicate  
With those involved

Orchestrate  
Plan

Delegate  
No martyrs  
(But don't relegate)

Advocate  
Stay informed/involved

Congratulate  
For taking care of your loved one(s)  
For taking care of yourself  
Rewards – chocolate ☺

## 9) HELP IS AVAILABLE – You are NOT in it alone (unless you choose to be)

Ask for it!  
Accept it!!

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