



Caregiver Help.com

Module 7 : Session 1 : Printed Instructions “Self Care - Survival Plan” PDF

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Watch Intro Video

“Intro to Self Care”, Module 7, Session 1

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Watch Videos

“Take Time For Yourself” & “Get The Right Equipment”,
“Get Out in Nature” & “Learn Something New”

Complete Workbook Pages 20-21

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Watch Videos

“Take Care of Yourself Physically” & “Stay Connected
Socially”, “Redefine Fun” & “Savor Happy Memories”

Complete Workbook Pages 22-23

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Watch Videos

“Ask for and Accept Help” & “Develop Your Spiritual Nature”,
“Control Your Thinking” & “Accept Death as a Part of Life”

Complete Workbook Pages 24-25

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Watch Videos

“Saying Goodbye to a Loved One” & “Laughter Really is the
Best Medicine”

Complete Workbook Pages 26-28

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Read Action Step

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Finish Button

Set Aside Time for Myself

I am aware that having something to look forward to each day will release tension and give me the opportunity to relax and refocus. I may choose to read, go for a walk, take a bath, or just sit quietly by myself. I will let my loved one know this is MY time, and I do not want to be disturbed.

I will set aside some time each day to do something I enjoy.

Action Plan _____

Get the Right Equipment

I understand that having the right tools and equipment will enable my loved one to maintain some independence. It will also help protect me from unneeded physical strain. I will look at our surroundings with fresh eyes and observe the areas where we seem to have the most difficulty. I will visit a medical supply store and ask for suggestions. I will find out how things such as ceiling hoists, shower transfers, hand rails, lifts, and other equipment can make our lives easier, and I will ask for guidance on getting financial assistance through Medicare, Medicaid, or community programs.

I will find out what tools and equipment are available, and I will get them installed as quickly as I can get them delivered.

Action Plan _____

Get Out in Nature

I realize that being outside in nature is refreshing and invigorating. I will find a way to go for a walk or simply sit on a bench for a few minutes and breathe in fresh, clean air. I will observe and enjoy the beauty of a sunrise or a sunset, and I will take a little time to appreciate the sights, sounds, and smells of the outdoors.

Even if it is only in my backyard, I will find a way to get outside and enjoy nature on a regular basis.

Action Plan _____

Learn Something New

As a caregiver I realize that I may be physically confined, but I refuse to let any person or situation put restrictions on where or how far my mind can go. I will read something that expands my thinking, develop a new skill, take an online course, or even learn how to do an old task in a different way.

I will invigorate my mind by learning something new.

Action Plan _____

Take Care of Myself Physically

I understand that I will be of no use to my care receiver if I end up wrecking my own health. I will start taking care of my own body by eating right, developing a regular exercise program, getting enough rest, and paying attention to my own aches and pains. I will contact my doctor immediately when I have any new, unusual, or alarming physical ailments.

I will make my own physical health a priority.

Action Plan _____

Stay Connected Socially

I realize that it is not uncommon for invitations to social functions to stop once a person is diagnosed with a chronic illness. I do not want to become isolated. I will find ways to stay connected to the outside world. If my care receiver can't be left alone, I will seek respite care. If that isn't available, I will ask people to come see me. I may even get involved in social media networks.

I will find a way to stay connected to family, friends, and social organizations.

Action Plan _____

Redefine Fun

I understand that many of the activities I considered fun before I became a caregiver are not possible to do now. By creating a new definition of fun, I may find joy in unexpected events and places.

I will create my own fun by seeking pleasure in new and different ways.

Action Plan _____

Savor Happy Memories

I am aware that the person I am caring for doesn't always act like the person I knew and loved before the illness/injury. Although I may not like who he/she has become, I will focus on recalling good memories from happier times.

I will remember who my loved one was before the illness/injury, and I will focus on remembering a particularly good experience and the feelings of love and happiness we shared.

Action Plan _____

Seek and Accept Help

I recognize that caregiving is one of the most difficult and generous acts of love one person will ever perform on behalf of another. In order to survive the physical, mental, and emotional stress, I must learn to take care of myself. I will find out what resources are available and I will use every one of them. If family and friends offer to help, I will accept it, and I won't be shy about telling them what I need.

I will take care of myself by accepting help in caring for my loved one.

Action Plan _____

Develop My Spiritual Nature

I will find a way to nourish my spiritual nature. I may seek comfort in the Bible, the Talmud, or the Koran. I may find it in yoga, Reiki, music, or literature. Whether it is through prayer, meditation, or some other method, I will find a way to feed my soul, because I realize that even in the worst end-of-life situations, there is still opportunity for mental and spiritual growth.

I will pay attention to, reconnect with, and/or develop my spiritual nature.

Action Plan _____

Choose My Attitude

I am aware that I have absolutely no control over many things, including the progression of the disease, recovery from an injury, or the eventual outcome. I also realize that as long as I have the ability to think and reason, I will have the power to choose my attitude toward any person, thing, or event.

I will be aware that I make a decision every day about the of the attitude I have toward the people, the events, and the situations in my life. I will retain the power to choose that attitude as I adjust to each new circumstance.

Action Plan _____

Accept death as a part of life

I am not going to avoid the subject of death. I will give my loved one the opportunity to openly discuss his/her fears and concerns. I will give him the respect he has earned throughout his life by asking about his final wishes. I will not let him die with unresolved issues between us. I will let him know how much I love him and how much he has meant in my life. When the end does come, I know I will grieve his loss, but I will be happy that I shared with him the things I wanted him to know.

I will not allow my loved one to die with anything unsaid or any unresolved issues between us.

Action Plan _____

Say Goodbye

I will not pretend that either of us will live forever. I will let my loved one know how much I love her and how much she has meant in my life. I will not let her die with any unresolved issues between us. When the end does come, I know I will grieve her loss, but I will be happy that I shared with her the things I wanted her to know while she could still hear me.

I will not allow my loved one to die with anything unsaid or any unresolved issues between us.

Look for Humor

I realize that laughter releases endorphins in my brain; it eases tension and makes me feel lighter, happier, and healthier. I will look for reasons to laugh, and I will seek humor in every day situations. I may rent funny movies, listen to comedians on CD's, read joke books, or giggle with friends. I will not let the seriousness of our situation prevent me from seeing the humor in every stage of life.

I will look for humor in absurd situations.

Action Plan _____

National Websites:

The following websites provide extensive information about specific diseases as well as caregiver support.

Alzheimer's Association

Find Us Anywhere: includes support groups and educational workshops.
www.alz.org

Arthritis Foundation

A voluntary health agency covering all arthritis and related conditions.
www.arthritis.org

American Cancer Society

Information and Resources for Cancer.
www.cancer.org

American Diabetes Association

Their mission: to prevent & cure diabetes and to improve the lives of all people affected by this disease. Available in English & Spanish.
www.diabetes.org

American Heart Association

Learn more about the American Heart Association's efforts to reduce death caused by cardiovascular disease.
www.americanheart.org

Eldercare Locator

Local information, referral resources, and contact information for state and local agencies, from the United States' Health and Human Services Department.
www.eldercare.gov

Lupus Foundation of America

Resources, advocacy center, directory of local chapters, and also calendar of upcoming events.
www.lupus.org

National Parkinson Foundation

Information about Parkinson's disease, articles from their newsletters, on-lines tests for tremor and clinical depression, as well as an Ask-The- Doctor.
www.parkinson.org

National Stroke Association

NSA's mission is to reduce the incidence and impact of stroke
www.stroke.org

National Family Caregivers Association

Caregiving advocacy organization with tips and statistics on caregiving in America.
www.nfcares.org/connecting_caregivers

Hospice Foundation of America

HFA is a not-for-profit organization that provides leadership in the development and application of hospice and its philosophy.
www.hospicefoundation.org

Disabled American Veterans

The official site of Disabled American Veterans. The DAV is an organization of disabled veterans who are focused on building better lives for disabled
www.dav.org

Paralyzed Veterans of America

Addresses a wide array of issues experienced by veterans and other people with spinal cord injury or dysfunction. Subjects include legal, medical, sports, veterans benefits...
www.pva.org

Caregiver Survival Planner

Caregiver Commitment to Self-Care:

I accept the fact that self care is not selfish. I understand that in order to take care of those who cannot care for themselves, I must first take care of myself. By taking care of my mental, physical, emotional, and spiritual health, I will be stronger and better able to cope with anger, guilt, depression, and grief. I will also be better equipped to accept the on-going changes and losses in my life.

I am making a commitment to take positive steps that will help me survive my caregiving experience and ultimately put me in a better position to care for those who need my help.

Name _____ Date _____

Notes:
