

# FINDING THE GOOD: An Evidence Based Path to Resilience

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# What we will cover



# My Experience

- **Personally** – husband with complicated cardiac hx /premature death, daughter with eating disorder, daughter hospitalized multiple times for SI, daughter with multiple spine surgeries
- **Professionally** – Healthcare Advocate, Parents of foster, adopted & special needs children, Professional Caregivers (CPS, Healthcare, Police, EMS, DV, etc), Family Caregivers (Elderly, Disabled & Addicted), Grandparents as caregivers
- **Evidence Based** – NEAR science, SITCAP, Master Resilience Training

# Caregiving's Impact on Mental Health

## Increased Stress Levels

- Time pressure, Financial pressure, Physical Burden
- Disruption to relationships, education or job

## Emotional Exhaustion

## Increased Challenging Emotions

- Anxiety / Fear, Sadness / Depression, Frustration / Overwhelm

## Social Isolation

## Benefits

- Family cohesion, cultural connection, pride, memory building, purpose, growth, patience, advocacy, etc.

# Mitigating Negative Impacts

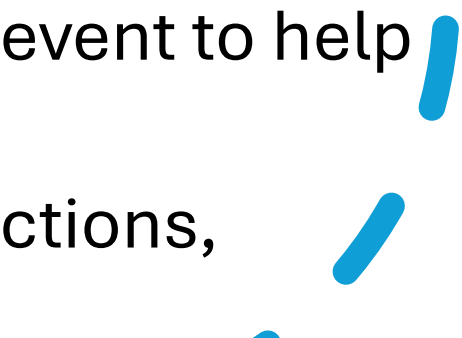
- Social supports
  - Family/Friends, Activity Groups, Respite / Staff, Support Groups
- Resources
  - Knowledge of & Ability to access
- Finding the Good /Fighting Default Mode

“When I was a boy and I would see scary things on the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” To this day, especially in times of “disaster,” I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.”

– Fred Rogers



# Social Supports

- **Family and Friends** – relationship maintenance, utilizing their skills / abilities, AND not burning bridges
  - **Respite providers** – family/friends (do they have the training / understand the responsibility) professionals (balance of privacy / staffing issues)
  - **Support Groups** – get emotional and resource support
  - **Activity Groups** – a scheduled event to help caregivers take a break
  - **Religious Community** – connections, resources and spiritual care
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# Resources

DHS – Family Caregiver Support 608-266-1895

Wisconsin Family Caregiver Support 866-843-9810

DHS-Benefit Specialist 608-266-1865

Wisconsin Guardianship Center 855-409-9410

DHS Include, Respect, I self-direct 888-515-4747

Long-term care Ombudsman 800-815-0015

ADRC's – find the one for your county

211-resources & services directory

Options for Independent Living – find the one in your region

24/7 emotional support – text HOPELINE to 741741 or call 988

# Finding the Good

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## 1) Know your why or purpose

- Everything you do is a choice.....get to vs have to
- Practice Exercise

## 2) Intention & Attention

- Building the muscle takes work / Don't miss the 'glimmers'
- Practice Exercise

## 3) Sharing the good

- Gratitude, Compliments & Joy – oh my!
- Practice Exercise

## 4) Set it down on paper

- Memory, Ability to review
- Practice Exercise



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