

FAMILY RELATIONS AND CAREGIVING

The Journey Through Caregiving

Ways to show appreciation in the caring relationship

- Express appreciation to the care receiver for things past and present, even if it is something small.
- Make a weekly appreciation calendar for each family member.
- Let each family member contribute to caregiving and have a special outing each month to show your appreciation.
- Do an appreciation silhouette by drawing an outline of each family member and writing within each outline all of the things you appreciate about that person.



Ways to take time away from caregiving tasks

- Find a good respite care provider.
- Have a respite exchange network with other caregivers.
- Have a rotation of caregivers for a few hours each week where one family member stays with the care receiver while the others do a fun activity.




Family activities

- Write a family history together
- Record the life story of the care receiver
- Do a scrapbook of favorite family recipes, photos, family tree, etc.
- Create a new tradition to be shared during holidays.
- Go for a bike ride together.



Techniques to gain cooperation

- Consider the capabilities of the care receiver.
- Include the person in the decision-making process.
- Be patient in allowing the elder to accomplish the tasks they are capable of doing.
- Be knowledgeable about how you can remove barriers to maintaining independence.



Guidelines for shared family decision making

- Share information, especially with distant family members.
- Include the person receiving care in discussions whenever possible.
- Have the care receiver share his/her wishes with whole family when possible.
- Find a role for a variety of family members in the caregiver network.
- Work to maintain family strengths.
- Be educated about the care receiver's health problems and share that information.



Focusing on the issues

- What is the specific issue that needs to be addressed?
- What are the possible solutions to that issue?
- What else do we need to know about the issue and what resources are available to help us?
- What are the positives and negatives of each possible solution?
- What are the feelings and concerns that family members have about the issue?