

## Caregiver Conference – 26 April 2019

### Affirmation and Recognition

Perspective is critical: Find a blend of good support/friends/info

Bureaucracy fatigue is real – for patients, and staff

What are your biggest challenges personally?

- CHOOSE your perspective and keep it

- Ask questions and resolve to obtain answers

- Surround yourself with good people, activities, uplifting

- Self-compassion

What are your biggest challenges as a caregiver?

- Competitive Caregiving?

- Self-Sabotage?

- Safe people help

- CG Neglect

- Life is not a dress rehearsal

### The Waste of Worry

Good communication vital for BOTH

- Keep it fair

- Forgiveness

- Know your boundaries, emotional and physical

- Find your balance in self-care for both of you

Relationships tested...

Eligibility means Requirements – same as a driver's license

Read the requirements

Pass the test

USE YOUR ENERGY WISELY

Demonstrate knowledge documentation, don't argue

Flup in email or records if not possible in person

Learn coping mechanisms that accept the process

Communicate calmly without emotion

Keep your inner thoughts OFF your face, etc.

Know the Caregiver Law – VW has the entire process mapped

Know your databases and documentation

MyHealthE-Vet

CATS and PATS

SPAR

Proactively help the doctors help you

ASK them to write in the records phrases that are specific

Confirm that they are saying TBI, not confusion (ex.)

Don't back the doctor into a corner; accountability scares

Teaching CGs to fish – “Even a fish can't be caught if it doesn't open its mouth”.

Don't let nerves make you chatty

Words can be twisted to your disadvantage

Request all in writing

Confirm medical records are accurate (changes made too)

Escalate up chain of command – KNOW the chain

Patient Advocates

CSC's

CET

Primary provider

Mental Health

TELEHEALTH IS A LIFE SAVER!

WATCH YOUR SOCIAL MEDIA – it's public

Avoid the dark spots

Seek information and confirm it

Avoid toxic people

Avoid bullies and those with wrong information

Additional topics:

VSO's

Physical fitness for emotional health

Words matter

Perspective is everything

Digital detox

Pets

Dare to be happy

Down days

Sandwich Caregiving

TeleHealth

Children and Caregiving

Stressors on children are great – secondary or intergenerational PTSD

Decision and priority overload

Children not “little adults”

Younger children

Tweens Youth

Teens and Young Adults

LISTEN and OBSERVE

Communication is again key to family cohesion and understanding

Grandparents can help in many cases whether local or not

Establish additional channels of communication (extended family, friends, with supervision and boundaries)

Learn to say no. It’s a complete sentence.