



Family Caregivers
of British Columbia


CARING FOR YOURSELF WHILE CARING FOR OTHERS WEBINAR

PRESENTED BY: SUSANA FARINHA, RCC

HOSTED BY: KATE LANDRETH, EDUCATION LEAD WITH FCBC



WEBINAR INSTRUCTIONS

- EVERYONE WILL REMAIN MUTED AND CAMERAS WILL BE OFF
 - YOU WILL BE PROMPTED TO REFLECT AND PROVIDE FEEDBACK THROUGH THE PRESENTATION – PLEASE USE THE ‘CHAT BOX’ FEATURE
 - THERE WILL BE A 10-MINUTE QUESTION PERIOD AT THE END. PLEASE USE THE ‘Q AND A’ FEATURE TO ASK QUESTIONS ANYTIME AND THE QUESTIONS WILL BE RESPONDED TO DURING THE QUESTION PORTION.
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TERRITORIAL ACKNOWLEDGEMENT



Family Caregivers
of British Columbia

FAMILY CAREGIVERS OF BC

- FAMILY CAREGIVERS OF BC (FCBC) IS A NON-PROFIT CHARITY DEDICATED 100% TO THE WELL BEING OF FAMILY CAREGIVERS
- 32 YEARS – 1ST OF ITS KIND IN CANADA & ONLY 3 PROVINCIAL ORGANIZATIONS ACROSS CANADA
- SERVING ACROSS B.C. SINCE 2010, AND FUNDED AS PART OF THE MINISTRY OF HEALTH'S PATIENTS AS PARTNERS INITIATIVE SINCE 2014
- THREE KEY PILLARS INCLUDE: CAREGIVER SUPPORT, EDUCATION AND ENGAGEMENT AND COLLABORATION



SUSANA FARINHA, RCC

A SEASONED THERAPIST INFORMED BY A HOLISTIC, PERSON-CENTERED, COLLABORATIVE AND SOMATIC ATTACHMENT TRAUMA APPROACH FOR A WEBINAR THAT FOCUSES ON YOUR WELLNESS AND WELLBEING.

INTRODUCTION

- CAREGIVING: HOW BODY AND MIND ARE IMPACTED
- HOW TO SUPPORT YOURSELF WHILE CARING FOR OTHERS



The Unsung Heroes of Our Day



Image from Caregivers: The Unsung Heroes of Our Day Book Cover

STATISTICS CANADA 2018

- 64% SPENT LESS THAN 10 HOURS A WEEK ON CAREGIVING RESPONSIBILITIES
- 15% SPENT 10 TO 19 HOURS
- 21% SPENT 20 HOURS OR MORE.

Statistics Canada, The Experiences and Needs of Older Caregivers in Canada, Retrieved from <https://www150.statcan.gc.ca/n1/pub/75-006-x/2020001/article/00007-eng.htm>



CAREGIVERS PERFORM A VARIETY OF TASKS

CULTURAL INFLUENCES




Image Retrieved from: <https://summitsmartfarms.com/how-to-assess-your-culture/>

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**CAREGIVING HAS BOTH POSITIVE AND
NEGATIVE OUTCOMES FOR
CAREGIVERS**



MANY POSITIVE OUTCOMES

- ENHANCED HEALTH, IMPROVED WELL-BEING, PERSONAL GROWTH
 - SATISFACTION, SENSE OF FULFILLMENT, AND FEELING GOOD ABOUT CARING
 - THE CAREGIVING EXPERIENCE
 - PROVIDING THE BEST CARE HAS BEEN IDENTIFIED AS A SOURCE OF SATISFACTION
 - THE MAJORITY OF CAREGIVERS EXPERIENCE SOME FEELINGS OF REWARD
- 



*“A PERSON WITH SOMETHING
TO LIVE FOR, CAN ENDURE
SUFFERING PRACTICALLY
WITHOUT LIMITS”*

VIKTOR FRANKL



CAREGIVER SATURATION/
BURNOUT CAN EXIST
WITHOUT IMPACTING
CAREGIVING SATISFACTION

Image retrieved from shutterstock_492320080

SATURATION/ CAREGIVER STRESS

INTENSITY VS DURATION



Image retrieved from: https://unsplash.com/photos/ET3dbNNHv-U?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink



***“IT’S NOT THE LOAD THAT BREAKS YOU
DOWN, IT’S THE WAY YOU CARRY IT.”***

LENA HORNE SINGER, ACTRESS, CIVIL RIGHTS ACTIVIST

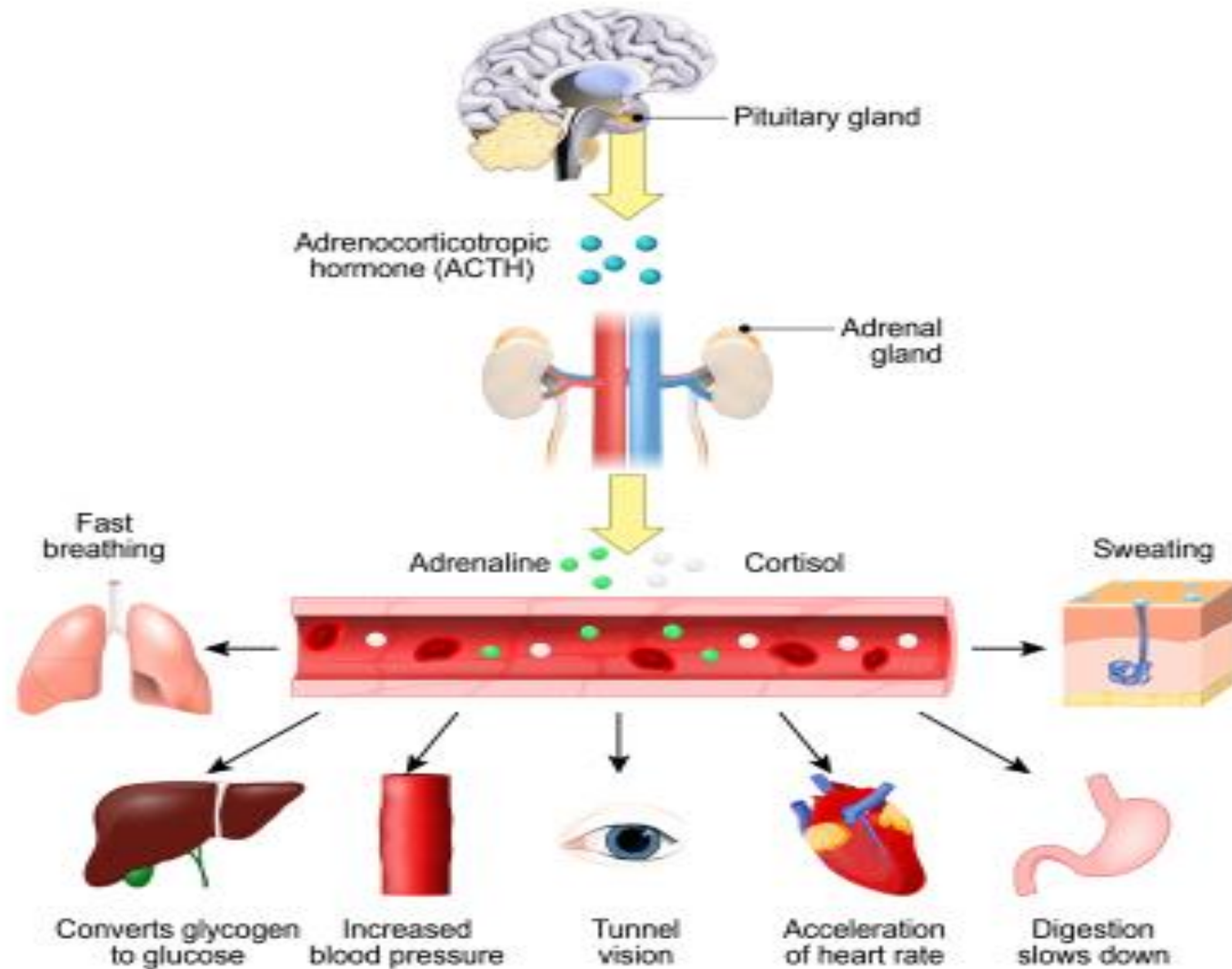
Image retrieved from : <https://theconversation.com/curious-kids-how-do-ripples-form-and-why-do-they-spread-out-across-the-water-120308>

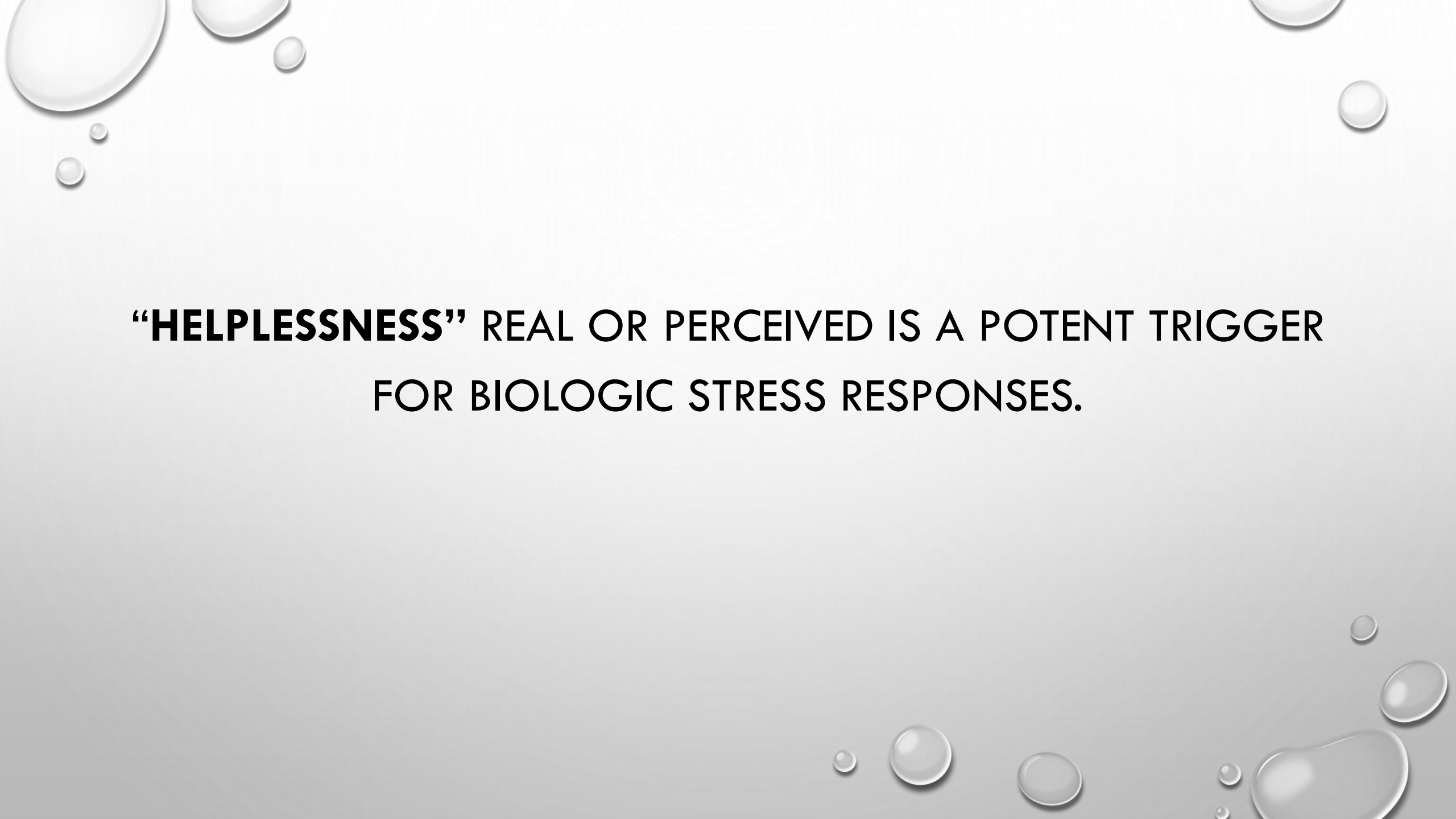


STRESS RESPONSE

- CORTISOL
 - ADRENALINE
- 

STRESS RESPONSE




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“HELPLESSNESS” REAL OR PERCEIVED IS A POTENT TRIGGER
FOR BIOLOGIC STRESS RESPONSES.




STRESS IN THE BODY

- BRAIN
 - HORMONAL LEVELS
 - IMMUNE SYSTEM
 - AND MANY OTHER ORGANS
- 

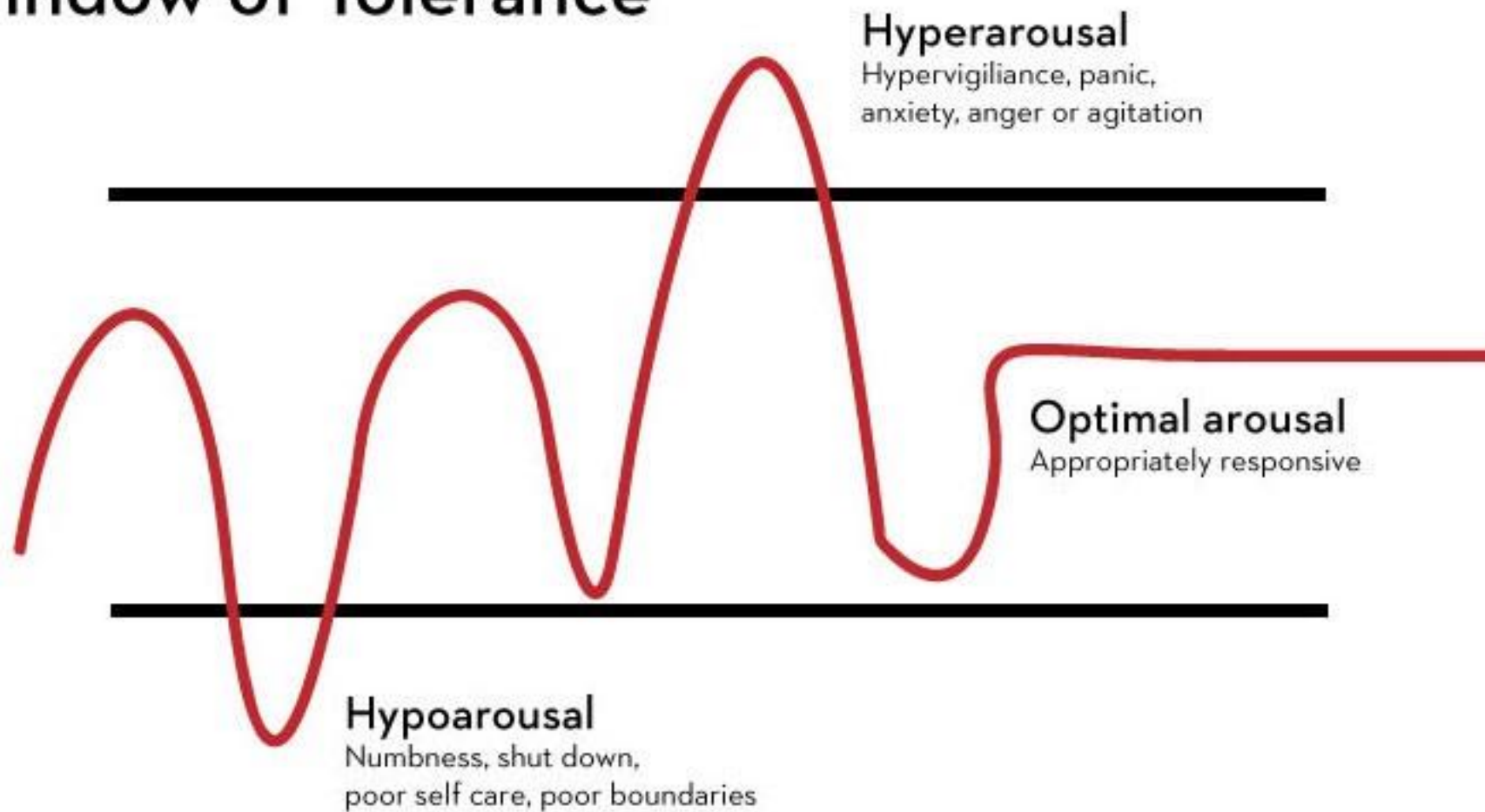


STRESS IN THE BODY

- *INCREASED BLOOD SUGAR LEVELS*
 - *WEIGHT GAIN*
 - *SUPPRESSED IMMUNE SYSTEM*
 - *DIGESTIVE PROBLEMS*
 - *HEART DISEASE (HIGH BLOOD PRESSURE)*
- 



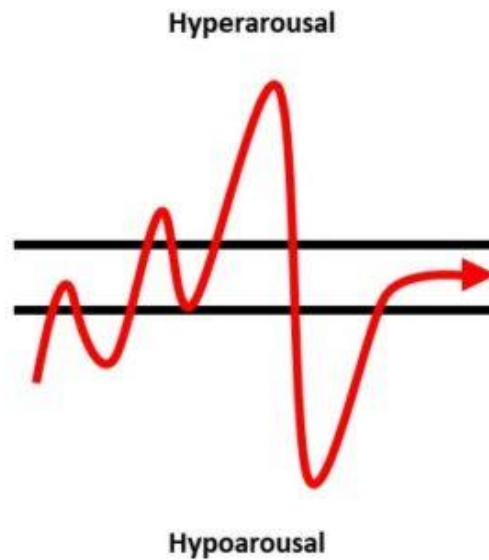
Window of Tolerance



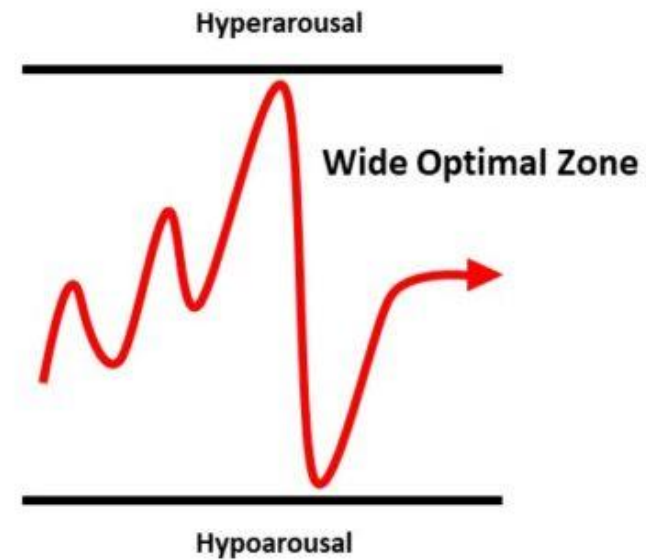
STRESS RESPONSE

Window of Tolerance

Narrow Window




Wide Window






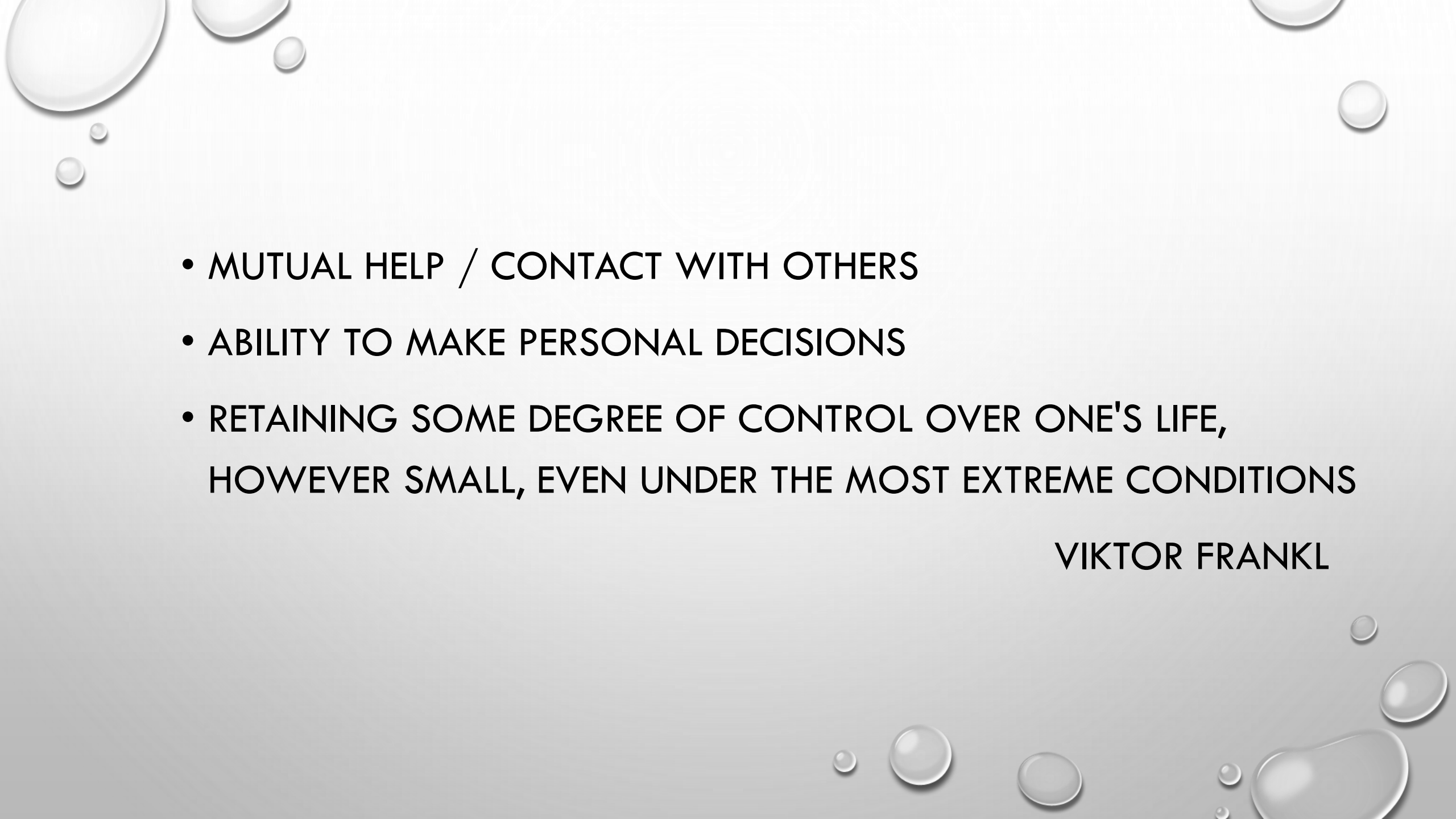
STRESS IN THE MIND

- FATIGUE
 - IRRITABILITY
 - HEADACHES
 - POOR SLEEP
 - ANXIETY OR DEPRESSION
- 



SOME SUGGESTIONS...

- FIND SOMEONE TO TALK TO (CONNECTION)
 - UNDERSTAND THAT THE PAIN YOU FEEL IS NORMAL
 - START EXERCISING AND EATING PROPERLY
 - GET ENOUGH SLEEP
 - TAKE SOME TIME OFF
 - DEVELOP INTERESTS OUTSIDE OF THE “PROBLEMS”
 - IDENTIFY WHAT IS IMPORTANT TO YOU
- 

- 
- MUTUAL HELP / CONTACT WITH OTHERS
 - ABILITY TO MAKE PERSONAL DECISIONS
 - RETAINING SOME DEGREE OF CONTROL OVER ONE'S LIFE,
HOWEVER SMALL, EVEN UNDER THE MOST EXTREME CONDITIONS

VIKTOR FRANKL




- **HEALING**
- “STAYING PRESENT”
- IT IS AN **INTEGRATIVE STATE OF THE SELF**
- FULL INTEGRATION OF BODY AND MIND

Image retrieved from:

https://unsplash.com/photos/fvl4b1gipbk?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink



HEALING

- STATES OF FULL PRESENCE – MINDFULNESS/ MEDITATION/ SPIRITUAL PRACTICES (PRAYER)
 - CONTRIBUTES TO HOMEOSTASIS IN THE BODY
 - REDUCES STRESS HORMONES AND INFLAMMATION IN THE BODY
 - HEALTHIER BODY AND MIND
- 



QUESTIONS/DISCUSSION

FCBC Resources

Caregiver Toll-Free Support Line

- 1-877-520-3267
- 1-1 Emotional Support
- Help with navigating the health care system
- Access to support groups
- Referral to community resources

Caregiver Education

- Caregiver Connection Newsletter
- FCBC Monthly Enews
- Caregiver Tips and Tools (webinars, articles, podcast, booklets)
- FCBC Social Media (FB Lives and YouTube Channel)

