

The YOPD Care Partner: A Balancing Act

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Plan for tonight....

- ▶ Ideas for managing the balancing act
- ▶ Dealing with loss
- ▶ Strategies for wellness



The Balancing Act



Ideas... suggestions... tips

- Combine activities when possible
- Delegate, delegate, delegate
- Re-evaluate your priorities
- Revise expectations of family life



Ideas...suggestions...tips

- Know when to ask for help
- Communicate



Ideas...suggestions...tips



➤ Endless love All you need is love Love me tender



- Date night
- Focus on what is still there
- Reciprocity opportunities
- Show appreciations

➤ I think I love you Love love me do Silly love songs





LOSS

Loss

- The experience of parting with an object or person or change in a relationship that one values
- Minor or major depending on the perception of the loss

Grief

- The normal package of emotions that accompany the loss

Anticipatory grief

- When a loss or further losses are expected over a long period of time

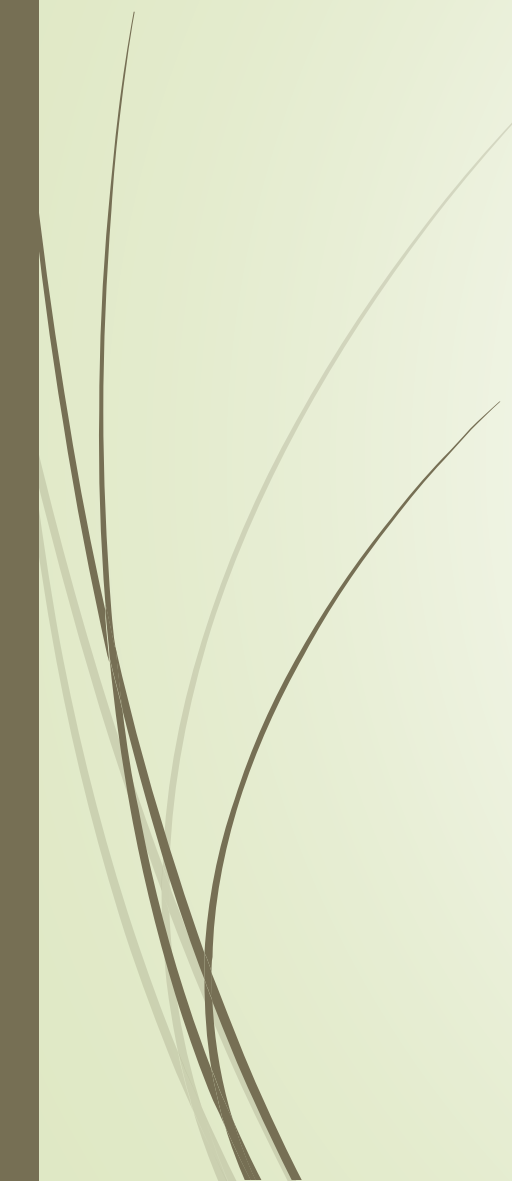


Loss as a care partner

- Expectations
 - Independence
 - Privacy
 - Financial security
 - Loss of shared roles and responsibilities
 - Social life/hobbies
 - Career
- 



Strategies for dealing with loss

- 
- Recognize what is happening
 - Journal
 - Set goals
 - Stay healthy
 - Create a psychological family
 - Create something new
 - Reflection
 - Mindfulness
 - Work together

Strategies for your wellness!

- Find support
- Gain knowledge



Strategies for your wellness

- Taking care of yourself....
- what does that look like for you?

FALL IN LOVE
WITH TAKING
CARE OF YOURSELF.
MIND. BODY. SPIRIT.

Strategies for wellness!

- Say "no" to "I should"
- Live in the present
- Release those hard emotions
- Explore the concept of Radical Acceptance
- Every worry needs a plan!

Strategies for wellness!

➤ 4 steps to cultivating resilience

- Get rid of negativity
- Learn to compartmentalize
- Live in 24 hour increments
- Feel gratitude



Pearls of wisdom

- Create “what if” plans
- Accept rather than fight PD
- 24 hour rule

- “I’ve had to drop my idea of the perfect family life I used to imagine. Now that I’ve learned how to live with PD, there are very few times when the challenges seem insurmountable.”

Some final thoughts...

- No rules!
- Accept a new reality
- You are a spouse, a parent and a care partner but try not to lose yourself in all those roles
- Self care is not a luxury...
- JOLT just one little thing to reframe a situation

Some final thoughts...

- Regina Brett's list of lessons life has taught her...
- When in doubt, take the next small step
- Burn the candles, use the nice dishes, wear fancy lingerie!
- Don't save things for a special occasion...today is special
- Over prepare and then go with the flow
- Trust your strength in the current and it will be easier

Self-reflection exercise

- ▶ What is working?
- ▶ What am I doing well now?
- ▶ What are some areas that I would like to work on? What positive action can I take in that area?
- ▶ Is there something in my life that I could use some help with? If so, are there people (personal contacts and professional) that I could ask for help?
- ▶ What I am grateful for?



Strengths exercise



| | | | | |
|--------------|-------------|-------------|-------------|--------------|
| Acceptance | Empathy | Humor | Maturity | |
| Appreciation | Enthusiasm | Ingenuity | Negotiation | Responsible |
| Calm | Fierceness | Integrity | Observant | Self-control |
| Commitment | Flexible | Intelligent | Optimism | Sensitive |
| confidence | Forgiveness | insightful | patience | spiritual |
| courage | generosity | joyful | prudent | spontaneous |
| curiosity | gentleness | judgement | reliable | tolerant |
| detachment | gratitude | kindness | respectful | trustworthy |
| dignity | honesty | leadership | perspective | vigilant |

Want to read more...

- ▶ "Radical Acceptance: Awakening the love that heals fear and shame within us" by Tara Brach
- ▶ "Glad No Matter What: Transforming Loss and Change into Gift and Opportunity" by Susan Ariel Rainbow Kennedy
- ▶ "The art of coping in good times and bad" by Linda Edgar
- ▶ "Caring and Coping" and the "Care Map" by Parkinson's Foundation, www.parkinson.org
- ▶ www.familycaregiversbc.ca
- ▶ www.caregiver.org
- ▶ Living with loss as companion, article in Huffington Post by Edie Weinstein
- ▶ <https://www.psychologytoday.com/ca/blog/turning-straw-gold/201401/not-do-list-caregivers-the-chronically-ill>

Questions...comments...

