



Understanding Identity Changes

You are not alone

The Three Dimensions of Caregiving

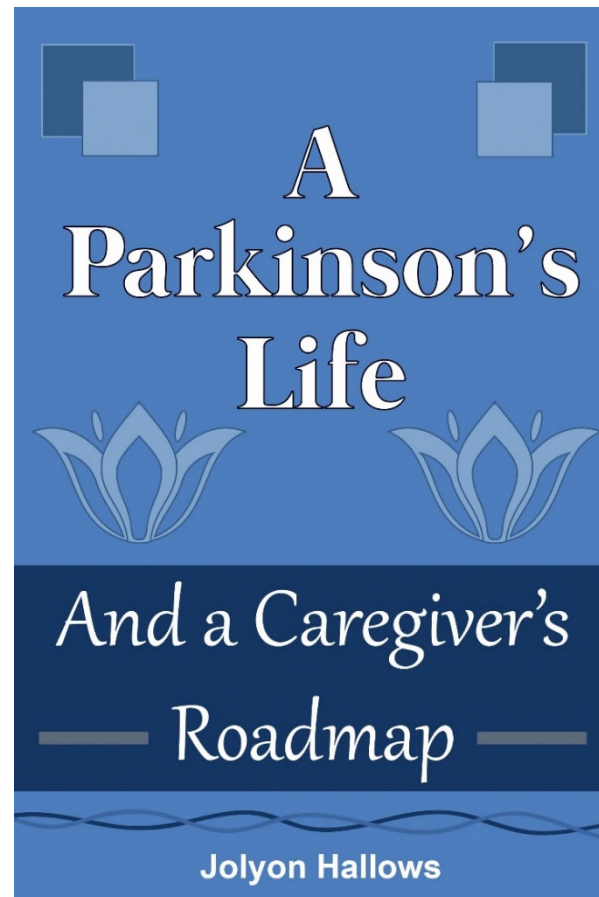
May 19, 2021

Jolyon Hallows

Caregiving



My Story



Caregiving



Caregiving: My reaction

Caregiving: Three Dimensions



Physical



Structural



Emotional

Caregiving: Physical



How do I:

- Give a bed bath
- Transfer someone
- Dress someone
- Give medication

Physical

Caregiving: Structural



How can I:

- Make my house safer
- Create convenience
- Ease the burden

Structural

Caregiving: Emotional



Emotional

How can I:

- Deal with the emotional turmoil
- Look after myself
- Grow

Advice for New Caregivers



Learn



Support



Agreement



Self-Care



Help

Advice for New Caregivers



Learn

- About giving care
- About the disease
- About services

Advice for New Caregivers



Find support

- Friends/family?
- Counsellor
- Spiritual advisor
- Support group

Advice for New Caregivers



Reach agreement

- Caregiving
- Appreciation and thanks

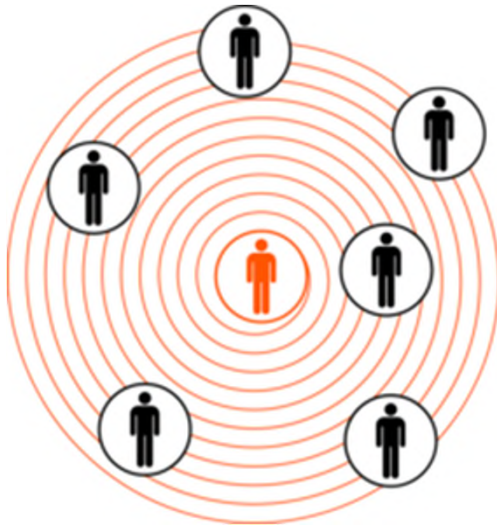
Advice for New Caregivers



Care for yourself

- Find your passion
- Home care
- Day programs
- Respite

Advice for New Caregivers



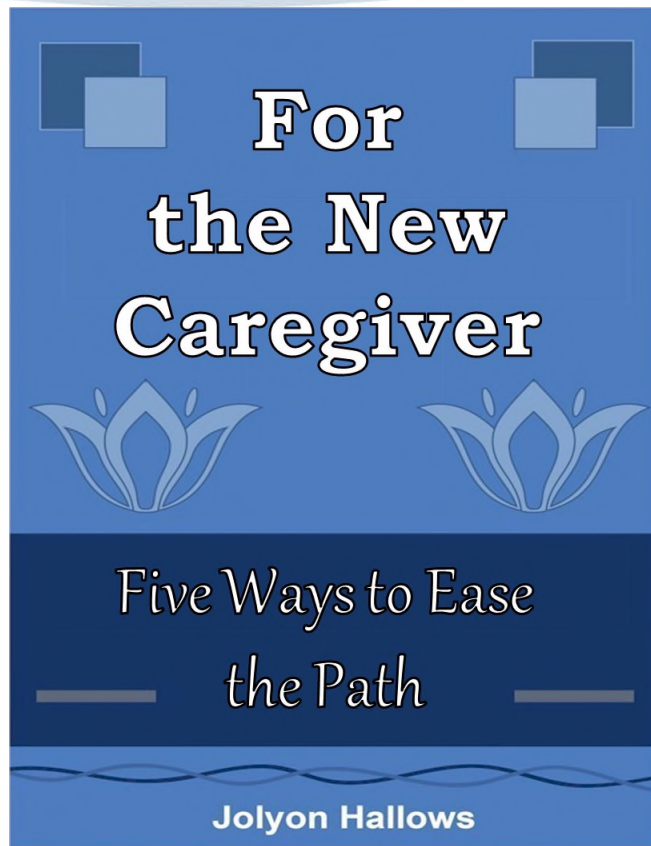
Seek help

- Real men don't need no help
- Real women can handle it
- It's not about you
- It's about the caree

Advice for New Caregivers



Advice for New Caregivers



AParkinsonsLife.com

PSBC Programs and Services

- Information & referral
 - Call toll-free 1 800 668 3330
 - Email: info@parkinson.bc.ca
 - Website: www.parkinson.bc.ca
- Support groups throughout BC
- Education conferences, workshops, & webinars
- Counselling & consulting
- PDLINK program (peer-to-peer program)



Thank you!

Parkinson Society British Columbia

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You are not alone. We are here to help.

