



# Self-Care for Parkinson's Care Partners: RESILIENCE

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# The Importance Of YOUR Health and Well-Being

Health is a **balance** of positive and negative aspects



# Meaning

“Everything can be taken from a man but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.” (V. Frankl)

- ▶ Loss and powerlessness
- ▶ Provisional meaning
- ▶ Ultimate meaning



# Resilience

**“The ultimate measure of a man/woman is not where he/she stands in moments of comfort, but where he/she stands at times of challenge and controversy”** *Martin Luther King Jr.*

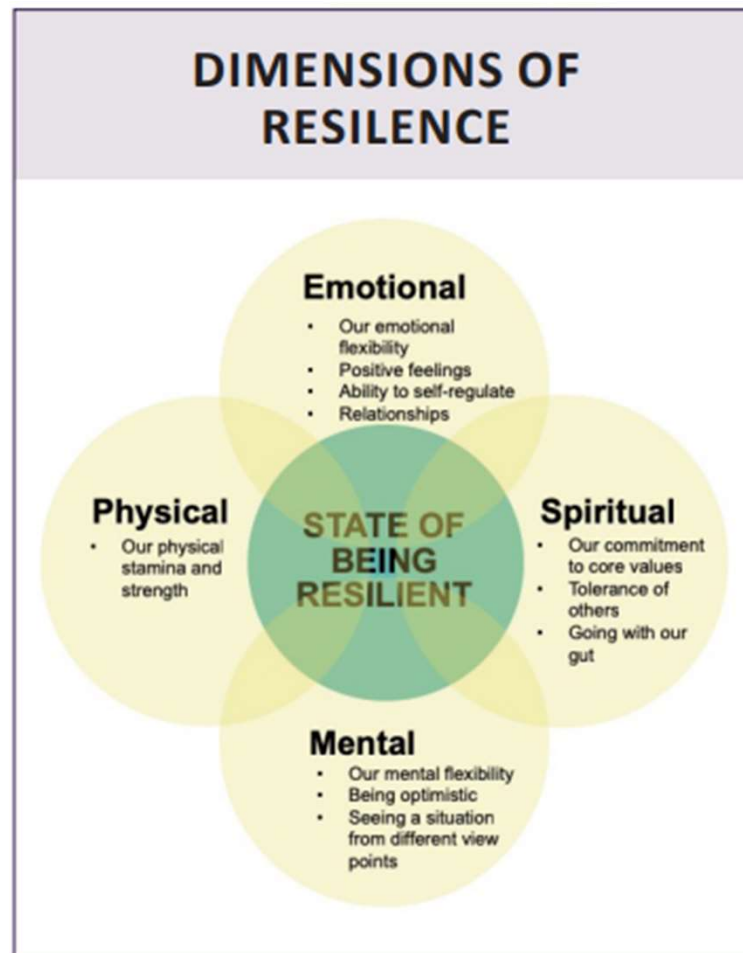
**RESILIENT PEOPLE KNOW THEY HAVE CONTROL OVER THEMSELVES IN THE PRESENT MOMENT**



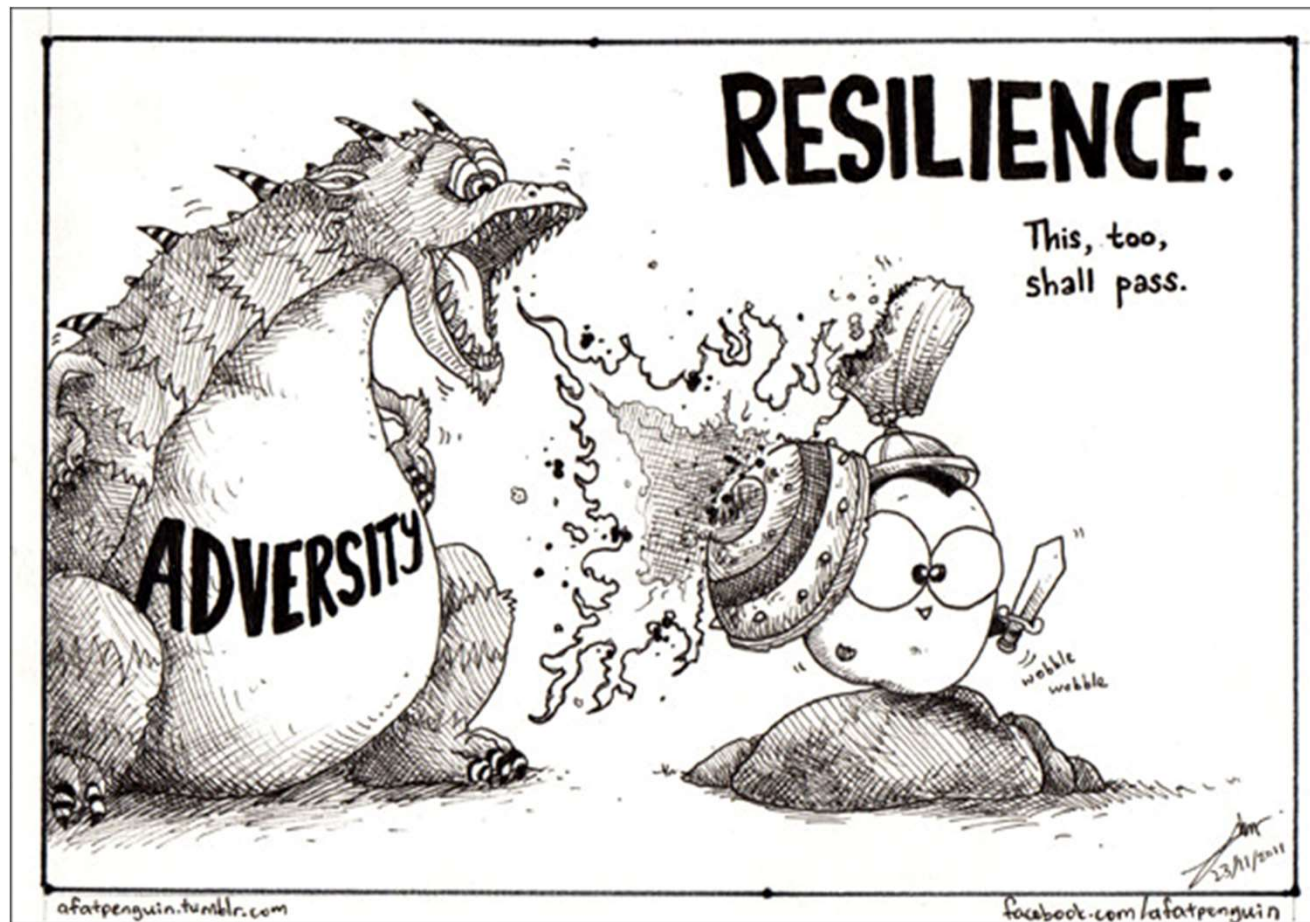
# Why Resilience?

- ▶ Resilience is one way to help decrease caregiver burden. It helps make the harder parts of caregiving more do-able. Building resilience helps caregivers sustain their health and capacity to care, both for themselves and others. When caregivers feel resilient, it expands their capacity to move through difficult situations that are part of their caring role and reduces their susceptibility to stress. (Family CG BC)

# Dimensions of Resilience



# Resilience





# Characteristics of Resilience

1. Able to adapt to change healthfully
2. Feel in control of one's life
3. Know and rely on your own strengths
4. Have close, dependable relationships
5. Know where to turn for help, and ask for help
6. Remain optimistic
7. Persevere
8. Savor the moment
9. Be ok with un-comfort and uncertainty
10. Find meaning in what happens
11. Come to like challenges



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## Get to Know Your Strengths

The VIA Survey of Character Strengths is a free self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your best qualities. VIA Reports provide personalized, in-depth analysis of your free results, including actionable tips to apply your strengths to find greater well-being.

[ACTIVATE YOUR STRENGTHS](#)

**VIRTUE OF**  
*Wisdom*



**CREATIVITY**  
Original & Adaptive,  
Clever, A problem  
solver, Sees and does  
things in different ways



**CURIOSITY**  
Interested,  
Explores new things,  
Open to new ideas



**JUDGMENT**  
A critical thinker,  
Thinks things through,  
Open minded



**LOVE OF  
LEARNING**  
Masters new skills &  
topics, Systematically  
adds to knowledge



**PERSPECTIVE**  
Wise, Provides wise  
counsel, Takes the big  
picture view

**VIRTUE OF**  
*Courage*



**BRAVERY**  
Shows valor, Doesn't shrink  
from fear, Speaks up for  
what's right



**PERSEVERANCE**  
Persistent,  
Industrious,  
Finishes what one starts



**HONESTY**  
Authentic,  
Trustworthy,  
Sincere



**ZEST**  
Enthusiastic, Energetic,  
Doesn't do things  
half-heartedly

**VIRTUE OF**  
*Humanity*



**LOVE**  
Warm and genuine,  
Values close relationships



**KINDNESS**  
Generous, Nurturing,  
Caring, Compassionate,  
Altruistic



**SOCIAL INTELLIGENCE**  
Aware of the motives and  
feelings of others, Knows what  
makes others tick

**VIRTUE OF**  
*Justice*



**TEAMWORK**  
Team player,  
Socially responsible,  
Loyal



**FAIRNESS**  
Just, Doesn't let feelings bias  
decisions about others



**LEADERSHIP**  
Organizes group activities,  
Encourages a group to get  
things done

**VIRTUE OF**  
*Temperance*



**FORGIVENESS**  
Merciful, Accepts others'  
shortcomings, Gives people  
a second chance



**HUMILITY**  
Modest, Lets one's  
accomplishments speak  
for themselves



**PRUDENCE**  
Careful, Cautious,  
Doesn't take undue risk



**SELF-REGULATION**  
Self-controlled,  
Manages impulses  
and emotions

**VIRTUE OF**  
*Transcendence*



**APPRECIATION  
OF BEAUTY &  
EXCELLENCE**  
Feels awe & wonder in  
beauty, Inspired by  
goodness of others



**GRATITUDE**  
Thankful for the good,  
Expresses thanks,  
Feels blessed



**HOPE**  
Optimistic,  
Future-minded



**HUMOR**  
Playful,  
Brings smiles to others,  
Lighthearted



**SPIRITUALITY**  
Searches for meaning,  
Feels a sense of  
purpose, Senses a  
relationship with the  
sacred



# Resilience

- ▶ What are your top 3 signature strengths?



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# Making a Care Plan

- ▶ Needs to account for progression and unpredictability
- ▶ Plan frees up energy to enjoy the good times (preparedness!)
- ▶ Different situations/facilities
  
- ▶ Preparing for the future for the future frees up energy to enjoy the good times still to come in your life.

... but be flexible!

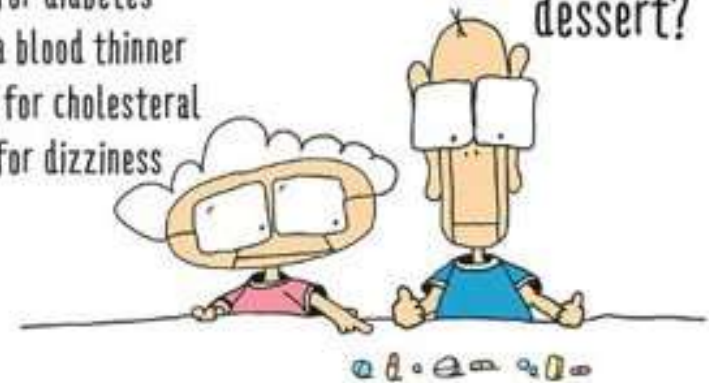


# Making a Care Plan

- ▶ At home
- ▶ In the Hospital
  - ▶ Routine
  - ▶ Emergency

That pill is for your heart  
that one is for your eyes  
that one is for blood pressure  
That's for diabetes  
that's a blood thinner  
That is for cholesterol  
That's for dizziness

What's for  
dessert?



UNDER CARDIAC ARREST

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# Managing a “Care Team”

- ▶ Managing the “care team”
  - ▶ HC professionals
  - ▶ Family and friends
  - ▶ Delegate responsibility according to ability and availability
- ▶ Organize information

**CAREGIVING IS KNOWING WHAT NEEDS TO BE DONE  
AND WHO TO CALL TO HELP YOU DO IT.**

# Getting Outside Help





# Successful Sustainable Transformation

1. Start with ONE thing
2. Integrate it immediately
3. One day at a time
4. Tell someone in close to you
5. Track your progress
6. Reward yourself

Thank you!