GIVINGCARE
Empowering Caregivers

A2.2 – Educative resources for teachers

SELFCARE OF CAREGIVERS

Module: 6 – SPECIFIC TRAINING

Sub-Module: 6.5. SELFCARE FOR CAREGIVERS

Introduction

Module	6 – SPECIFIC TRAINING
Sub-module	SELFCARE FOR CAREGIVERS
Lesson nr.	#5
Duration (minutes)	135 min
Date	

Lesson Outcomes

1. Ability to understand impacts of caring and how to respond at them.

2. Ability to understand and apply coping tools and strategies in improving own wellbeing.

3. Ability to understand and apply health and safety measures at work.

4. Ability to understand the need for learning, knowledge, and skills, and to reflect and identify the need for further development.

Impacts of caring

1. There are many studies addressing how caregiving impacts caregivers. research emphasize the need for balance between the understanding the need for care for peoples loved ones and caregivers personal health.

2. Due to the shift of the roles (becoming a caregiver and don't separate their other roles such as being a partner, parent, professional, etc) can lead to stress, fatigue and emotional reactions such as feeling angry, frustrated, or sad.

3. Studies has shown that psychological/ emotional stress is common. Furthermore people also experience other health problems.

Common signs of stress

1. Feeling overwhelmed or constantly worried

2. Withdrawal from friends, family and other loved ones.

3. Losing interest in activities previously enjoyed.

4. Feeling hopeless and helpless.

5. Changes in appetite, weight or both (gaining weight, loosing weight, loss of appetite).

6. Changes in sleep patterns (to much or not enough).

7. Getting health troubles more often (gastric, headaches, pain, other problems)

8. Feelings of wanting to hurt yourself or the person for whom you are caring.

9. Emotional and physical exhaustion

10. Irritability and becoming easily angry

11. Abusing alcohol or drugs/prescribed medications

Manage stress

1. Get advice (ask for advice, ask questions, seek information from health care or social care professionals)

2. Accept help (small things can help, know your limits)

3. Look for resources in community, NGOs

4. Be connected (talk to others, family members, friends, etc)

5. Join support group (online groups are easy accessible – be aware of risks of sharing private information online)

6. Plan your work and balance it with life (establish/organize your routine of healthy lifestyle)

Improving caregiver's wellbeing

1. Lack of self-care contributes to physical, mental, emotional health challenges and might also lead to burnout.

2. Misbalance in lack of self-care combined with negative work impacts impacts overall wellbeing and can have also financial and other consequences.

Improving caregiver's wellbeing

Taking an active and pro-active role in own well-being.

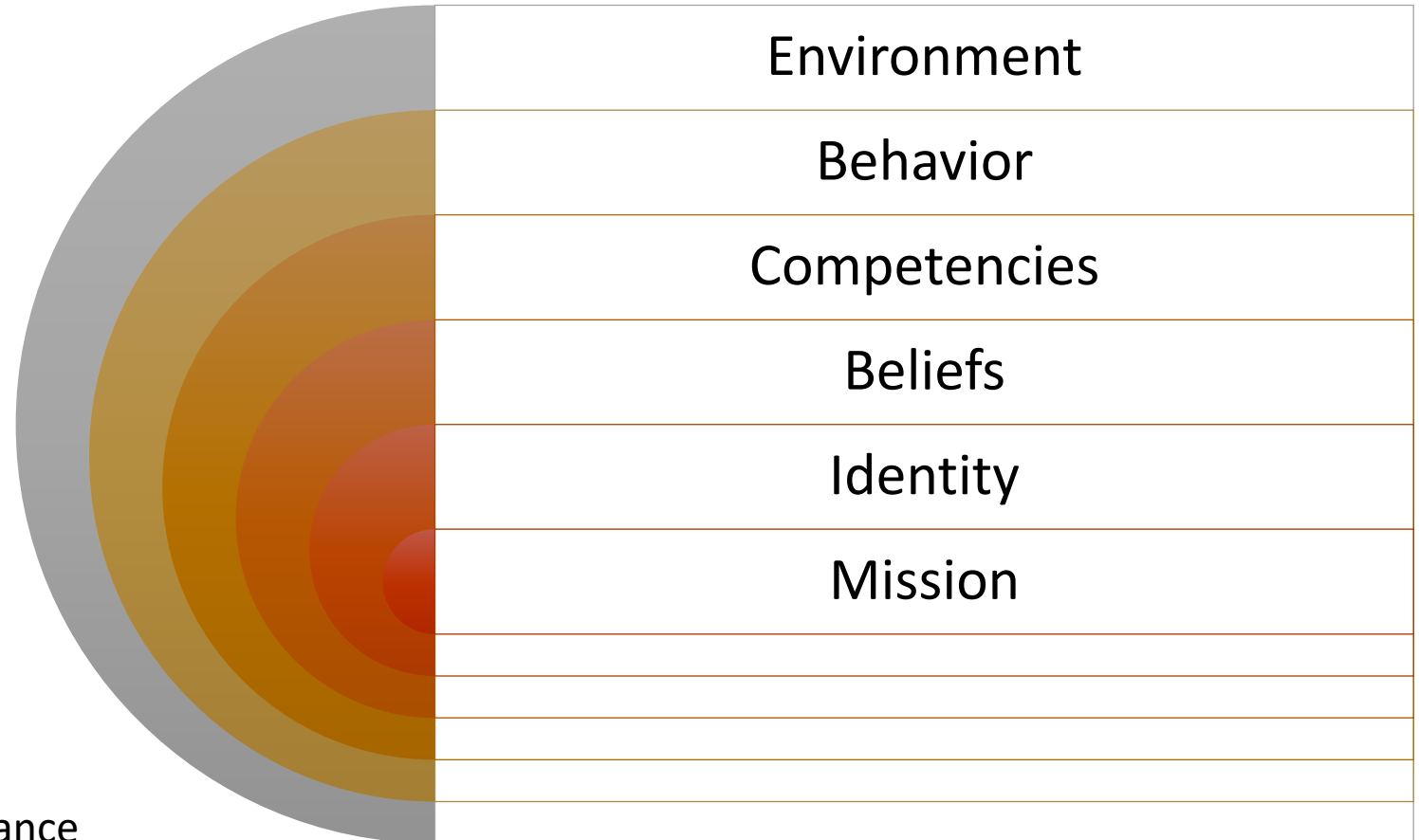| Taking care for	Coping strategies
• Sleep	• Reflective practice,
• Exercise	• Peer support,
• Eating Well	• Mindfulness.
• Relaxation	
• Work-Life balance	

Reflective practice

1. Raising awareness of feelings, thoughts and behaviors in order to be able to face a new experience in the future with a richer repertoire, to tackle things from a higher starting point.

finding fault with others

not reporting

NOT

self-blame

unproductive self-criticism
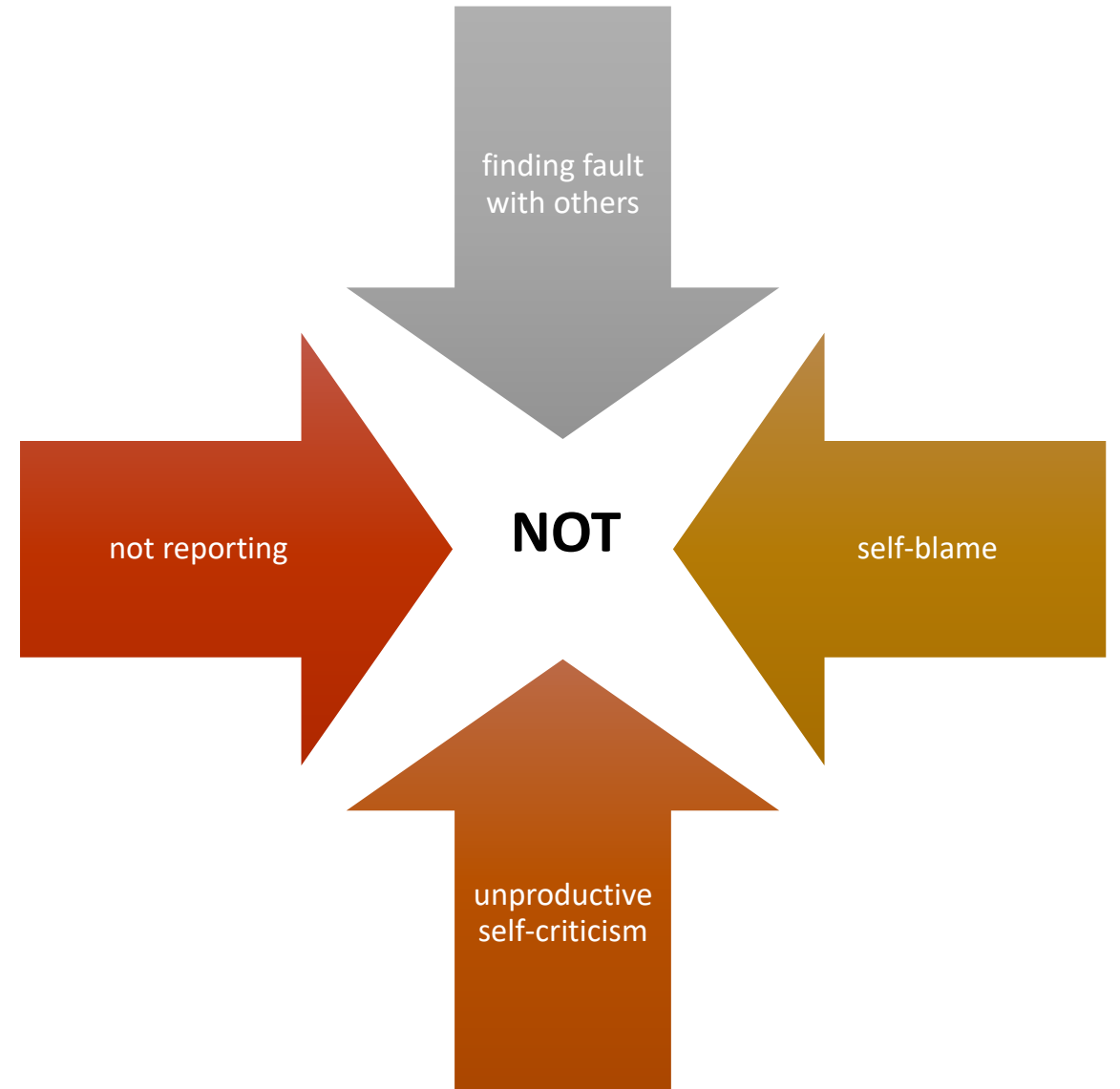
Reflective practice

ONION MODEL

Environment

Behavior

Competencies

Beliefs

Identity

Mission

Korthagen, F., & Vasalos, A. (2005). Levels in reflection: Core reflection as a means to enhance professional development. Teachers and Teaching: Theory and Practice 11(1). 47-71.

Peer support

1. Peer support is when people use their own experiences to help each other.

2. Different help, for example: related to knowledge, experience, emotional, social or practical advices

3. Different forms of doing it, for example: peer mentoring, reflective listening and counseling.

4. Relationship should be respectful, trusting, empathetic, collaborative, and mutual

Peer support

1. Create safe environment

2. Build interpersonal relationship

3. Listen with empathy and don't judge (be aware of using inclusive language)

4. Be open to new ideas

5. Self-reflect and consider stress relief strategies

6. Share knowledge and ideas

Mindfulness

1. The concept comes from Buddhist practice

   • means awareness, caution, prudence, preservation

2. Directing the individual's full attention to the experience of each individual moment, whereby the individual accepts the experience as it is, without evaluating or condemning it

3. It differs from the relaxation:

   1. Relaxation -> "switch off" the mind

   2. Mindfulness-> "turn on" the mind, direct attention, increase awareness, but as observers, which brings a sense of calm

Mindfulness – positive impacts

Mindfulness – techniques

1. Formal exercises (meditations)
   - e.g. minutes for breathing, body examination, alertness in movement
2. Informal exercises
   - with mindful awareness we perform the activities of everyday life

3. Examples of exercises:
   - https://www.youtube.com/watch?v=1umGZ8S8tHo
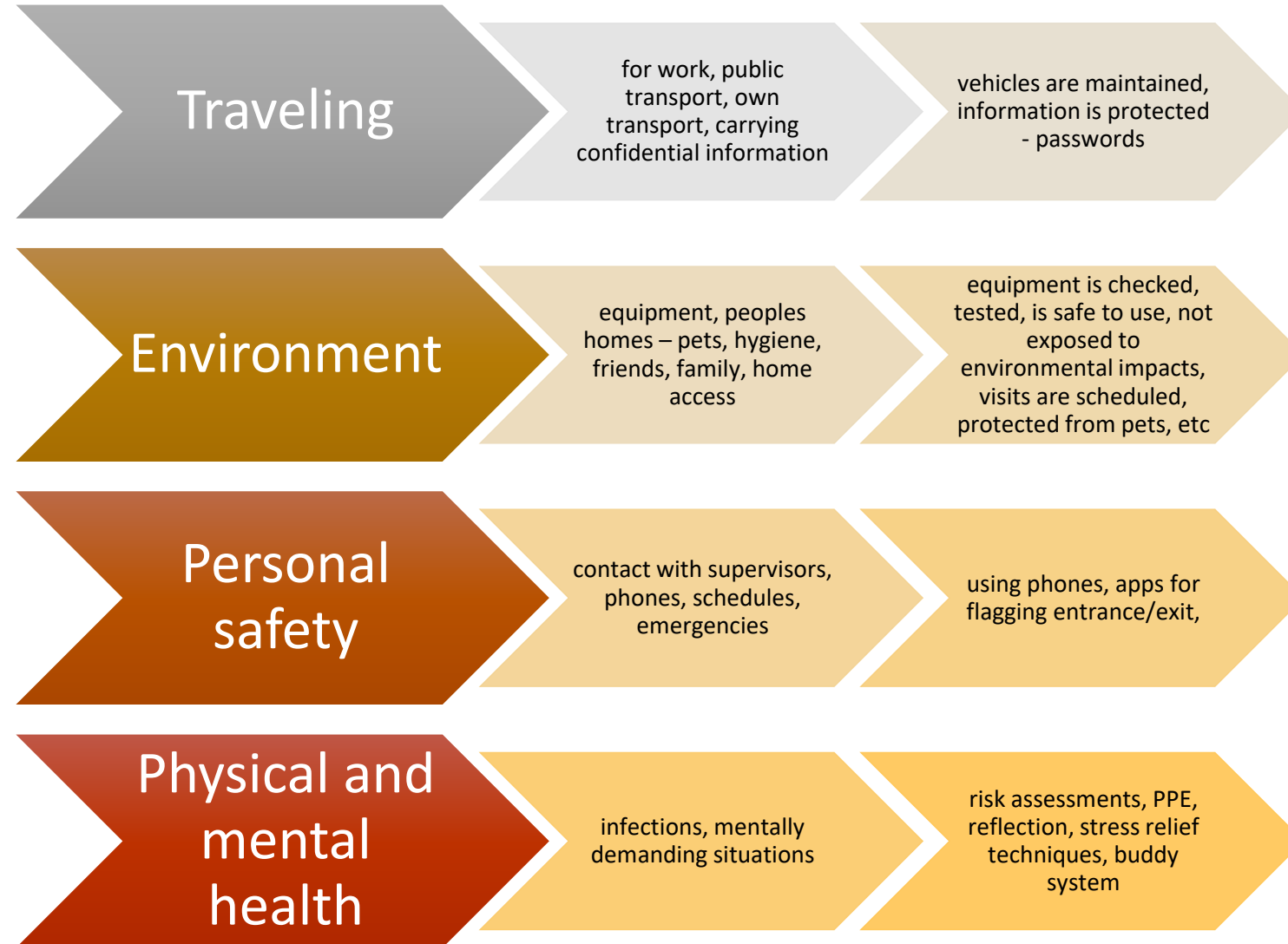
TASK 1: Improving caregiver's wellbeing

1. Discuss in group how would assess your wellbeing.

2. Look for online resources related to healthy lifestyle (eating, exercise, sleeping, managing stress, etc (e.g. at WHO, national public health authorities). Choose one domain and make a list of a 10 bullet point how to improve your wellbeing.

3. Consider some usual situation (for example traffic jam), describe your feelings to your peer. Practice peer-to-peer support in relation to chosen situation.

4. Practice mindfulness exercise with raisin (other food, hot drinks).

Health and safety of caregivers

1. Lone working and safety

Working alone - who work by themselves without close or direct supervision.

Risks

Traveling — for work, public transport, own transport, carrying confidential information — vehicles are maintained, information is protected - passwords

Environment — equipment, peoples homes – pets, hygiene, friends, family, home access — equipment is checked, tested, is safe to use, not exposed to environmental impacts, visits are scheduled, protected from pets, etc

Personal safety — contact with supervisors, phones, schedules, emergencies — using phones, apps for flagging entrance/exit,

Physical and mental health — infections, mentally demanding situations — risk assessments, PPE, reflection, stress relief techniques, buddy system

TASK 2: Health and safety of caregivers

1. Consider different risk when working at peoples home (be attentive at ordinary things for example electricity wires, etc.) and prepare short risk assessment of environment.

2. Discuss in group what kind of PPE would you use when dealing with airborne virus and why?

3. Discuss in group how would you flag emergency situation, what would you do in case when dog bites you or cat scratches you? Consider how would you plan your next visit.

Caregivers and personal assistants learning and development

1. Maintaining professional knowledge and skills up to date

2. Reflective practice

Maintaining professional knowledge and skills up to date

1. Keeping knowledge and skills up-to-date

2. Be aware of limits of your knowledge and skills

3. Consider organized continuing education and training

4. Take responsibility (be interested) for developing knowledge and skills

TASK 3: Maintaining professional knowledge and skills up to date

1. Try to identify three areas where you feel that you would benefit from additional learning/training.

2. Identify at least three online lectures/webinars (resources) which are interesting for you.

3. Identify one face-to-face training/course/workshop.

4. Discuss and reflect in group why you have chosen these ones.

5. In relation to the discussion, share your knowledge, ideas with others.

TASK 4: Reflective practice

1. Based on the "onion model" try to reflect at your experience of participating in Givingcare project modules.

2. What did you learn from the "Givingcare module education"?

3. How did you change or improve your way of working as a result of taking "Givingcare modules"?

Thank you!

Teachers's name
Teachers e-mail

Date of the session