

Navigating Uncharted Waters: The Compassionate Caregiver's Tips For Staying Afloat

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1. The Unprepared Caregiver: website by Dr. Zachary White.
<https://theunpreparedcaregiver.com/>
2. Caregiver Warrior: Support for the caregiving journey: <https://www.caregiverwarrior.com/>
3. Questions for Family Council members:
 - a. What do you wish you had known when your relative first entered long term care?
 - b. What advice would you give someone whose relative has just entered LTC?
 - c. How can you use this information to help someone new to LTC?
4. Compassion Fatigue and Family Caregivers:
<https://www.familycaregiversbc.ca/wp-content/uploads/2016/03/Compassion-Fatigue.pdf>

For more information on Compassion Fatigue, refer to Tend Academy website at:
<https://www.tendacademy.ca/resources/>
5. Mental Health First Aid Guidelines:
<https://mhfa.com.au/mental-health-first-aid-guidelines#mhfaesc>
6. The Resilient Caregiver:
<https://www.covenanthealth.ca/media/122153/8-suzette-bremault-phillips.pdf>
7. Energy Vampires: <https://www.talkspace.com/blog/2018/07/set-boundaries-energy-vampires/>
8. Social Connections/social isolation: <https://www.cbc.ca/radio/whitecoat/how-to-reach-the-person-inside-the-dementia-1.3786034/loneliness-equals-a-pack-a-day-1.3789069>
9. The Healthy Habits of “Super-Agers”:
<https://www.forbes.com/sites/alicegwalton/2018/02/21/science-reveals-more-about-the-secrets-of-super-agers/#64ce75f152ec>

10. Positive Thinking: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

What Do You Put In Your Mind? <https://www.lionsroar.com/food-for-thought/>

11. Louise Hay and positive affirmations: <https://www.louisehay.com/affirmations/>

12. <https://www.amazon.ca/Creating-Moments-Person-Alzheimers-Dementia/dp/1557534624>

“Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful.”

— L.R. Knost