The ‘Art’ in the Heart of Caregiving

12 Challenges

- Loss of independence
- Caregiver’s health
- Safety of “caregiver”
- Home health assistance/loss of privacy
- Alternate living arrangements
- Perpetual loss/grief
- Navigating the healthcare maze
- Resources (financial, emotional, spiritual)
- Social support vs. isolation
- Working caregiver
- Managing emotions
- Maintaining a positive perspective

Issues That Impede The Caregiving Relationship

- Unresolved family issues
- Confusion between aging issues and unresolved relationship issues
- “Triangulated” relationships (2 to 1; dependent)
- Anger, depression
- Lack of planning; instability
- Lack of resources

Ways To Enhance The Caregiving Relationship

- Good communication skills (“I” statements, empathic listening)
- Spiritual connections, sense of belonging
  (attention and intention = mindfulness)
- Reminiscences
- Sense of equality (interdependence, not dependence)
- Adequate resource planning (people, physical, financial, medical, etc.)
- Access to resources and support

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