

Cancer Services of New Mexico
Spring Cancer Family Retreat

Caring for the Caregiver

Albuquerque, New Mexico
April 24, 2016



Easy Like Sunday Morning



Stories, Quotes, Metaphors, & Movies

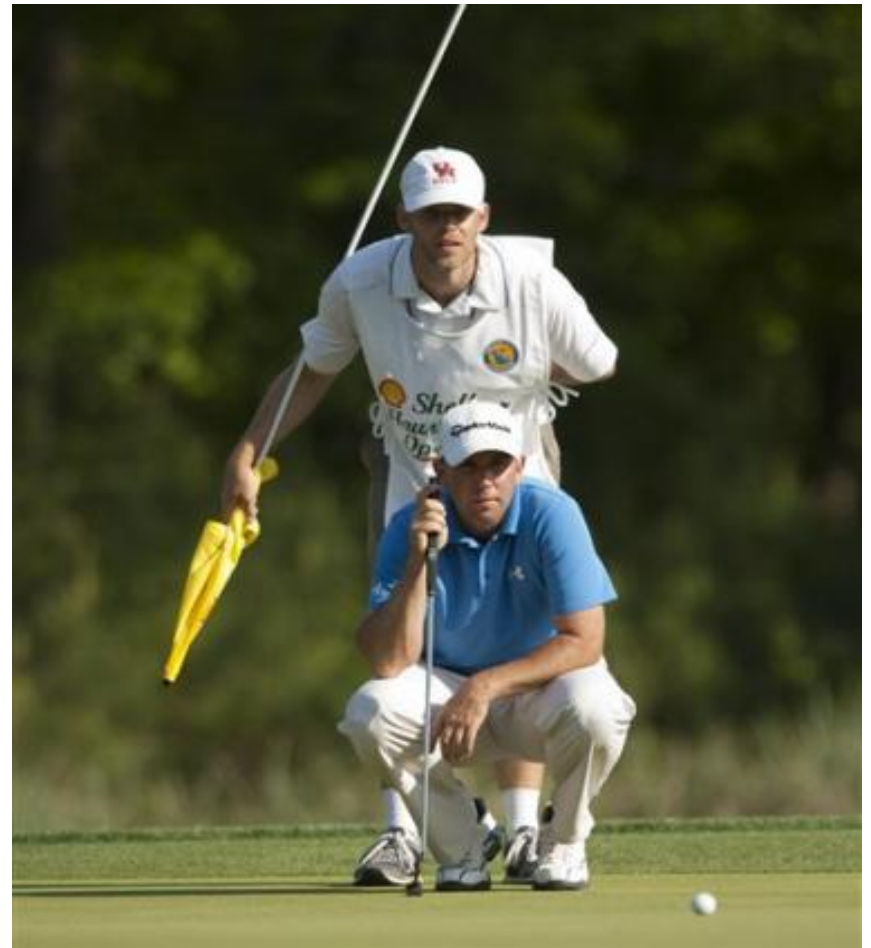


Tenzing Norgay

Sherpa



Supporting Roles in Sports



Importance of Supporting Roles

- Unsung Heroes
- Noble Purpose
- 15 Minutes of Fame

*“You can accomplish some amazing things in life,
if you don’t care who gets the credit”*

- Harry Truman

Roadmap (Agenda) for Today

- Cancer & Caregiving
- Roles & Responsibilities
- Caring for the Caregiver
- Human Connection
- Adversity





Cancer & Caregiving

Cancer Care is Changing

- Terminal Disease \Rightarrow Chronic Disease
- “Manageable” “Treatable” “Curable”
- Cancer Survivorship is Growing
- Inpatient \Rightarrow Outpatient
- Today, spouses, families and friends provide about 80% of services that until recently, were done in clinical settings by trained healthcare professionals.



Cancer is a Journey

(Don't Stop Believing)



- Diagnosis
- Treatment
 - Surgery
 - Chemotherapy
 - Radiation
 - Rehabilitation
- Post Treatment
- Survivorship

Who is a Caregiver?

- Most often, the primary Caregiver is a spouse, partner or an adult child
- When family is not available, friends, neighbors or co-workers may fill this role
- A **Caregiver** is the person who helps the person with cancer -- *without being paid to do so*

Doctors and nurses are paid to be good

Caregivers are good for nothing 😊

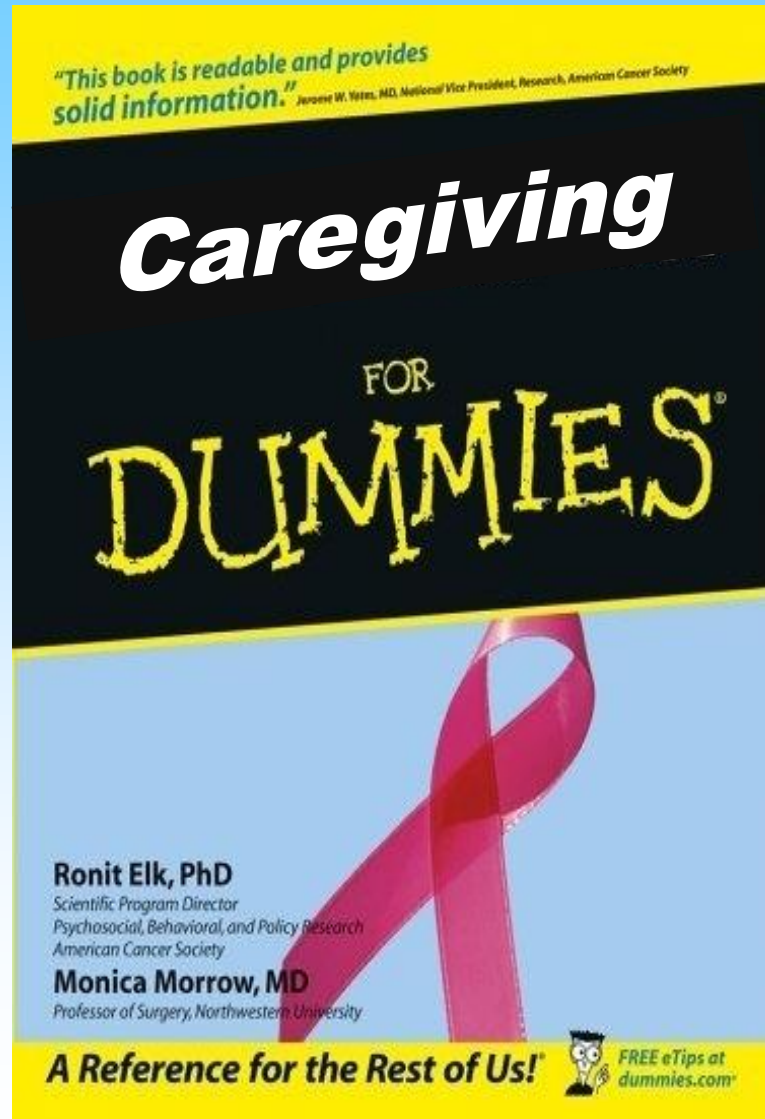
Who Else is a Caregiver?



“Lord, help me become the person my dog thinks I am”

Bumper Sticker

Becoming a Caregiver



I've got some good news and I've got some ...

There's no...

- ☑ Crystal Ball
- ☑ Magic Wand
- ☑ Silver Bullet
- ☑ Text Book
- ☑ Check List
- ☑ Field Manual



The *Good* News is ...

You have what it takes ...

You love the person you're caring for
The person you're caring for loves *you*

O.J.T. (on the job training)





Roles & Responsibilities

Know Your Role



- People with Cancer
- Doctors and Nurses
- Caregivers
- Family and Friends
- Support Groups, etc.

Responsibilities of a Caregiver

- Advocate
- Dedicated
- Patience
- Good Listener
- Problem Solver
- Orchestrator
- Housekeeper
- Empathetic



Empathy (‘em-pə-thē)

Definition:

The action of understanding, being aware of, and sensitive to, the thoughts, feelings and experiences of another.

Quote:

“Never criticize a person until you have walked a mile in their shoes, that way when you do criticize them, you are a mile away ... and you have their shoes”

- Jack Handy (Deep Thoughts)



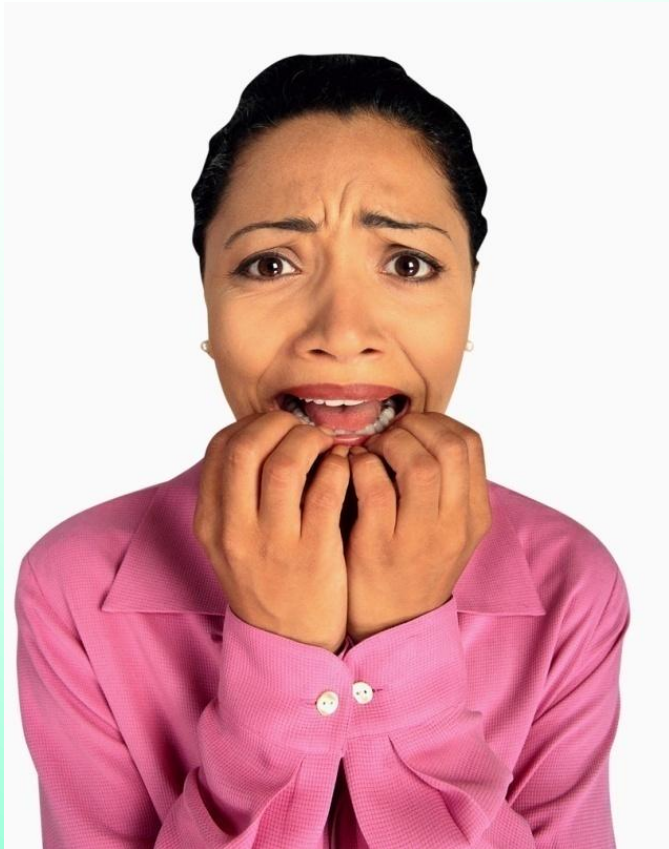
Caring for the Caregiver



“A good lifeguard never gets wet”

- American Red Cross Lifeguard Training Manual

You're not alone



There is an abundance of
resources out there



Let other people help
when they want to



Human Connection

People Communicate in Different Ways

- Personality Profiles (Typically 4)
- Think of these as “Languages”
- Cancer Patient & Caregiver



The Four Personality Profiles

Driver

Direct
Fast Paced
Assertive
Blunt
Competitive



Social

Friendly
Chatty
Agreeable
Trusting
Persuasive



Steady

Stable
Slower Paced
Predictable
Stoic
Reserved



Analytic

Compliant
Factual
Rule Follower
Skeptical
Perfectionist

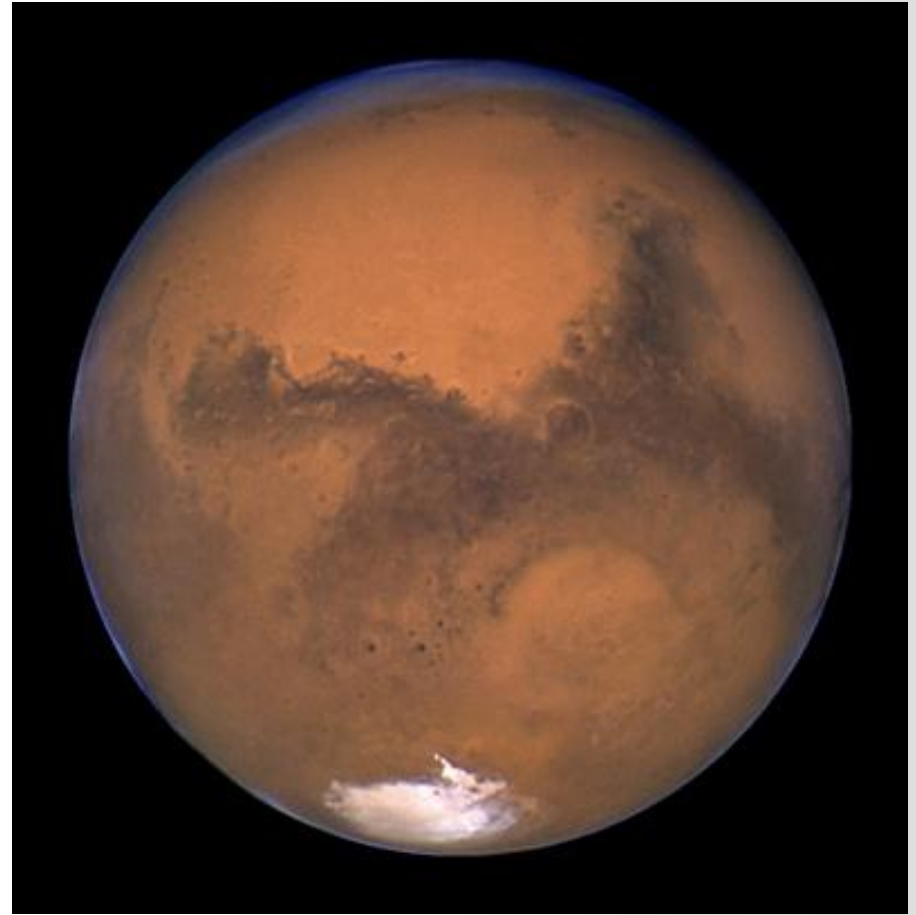


The Shortcut



Be a Chameleon

Human Connection Venus & Mars



Venus & Mars Perception

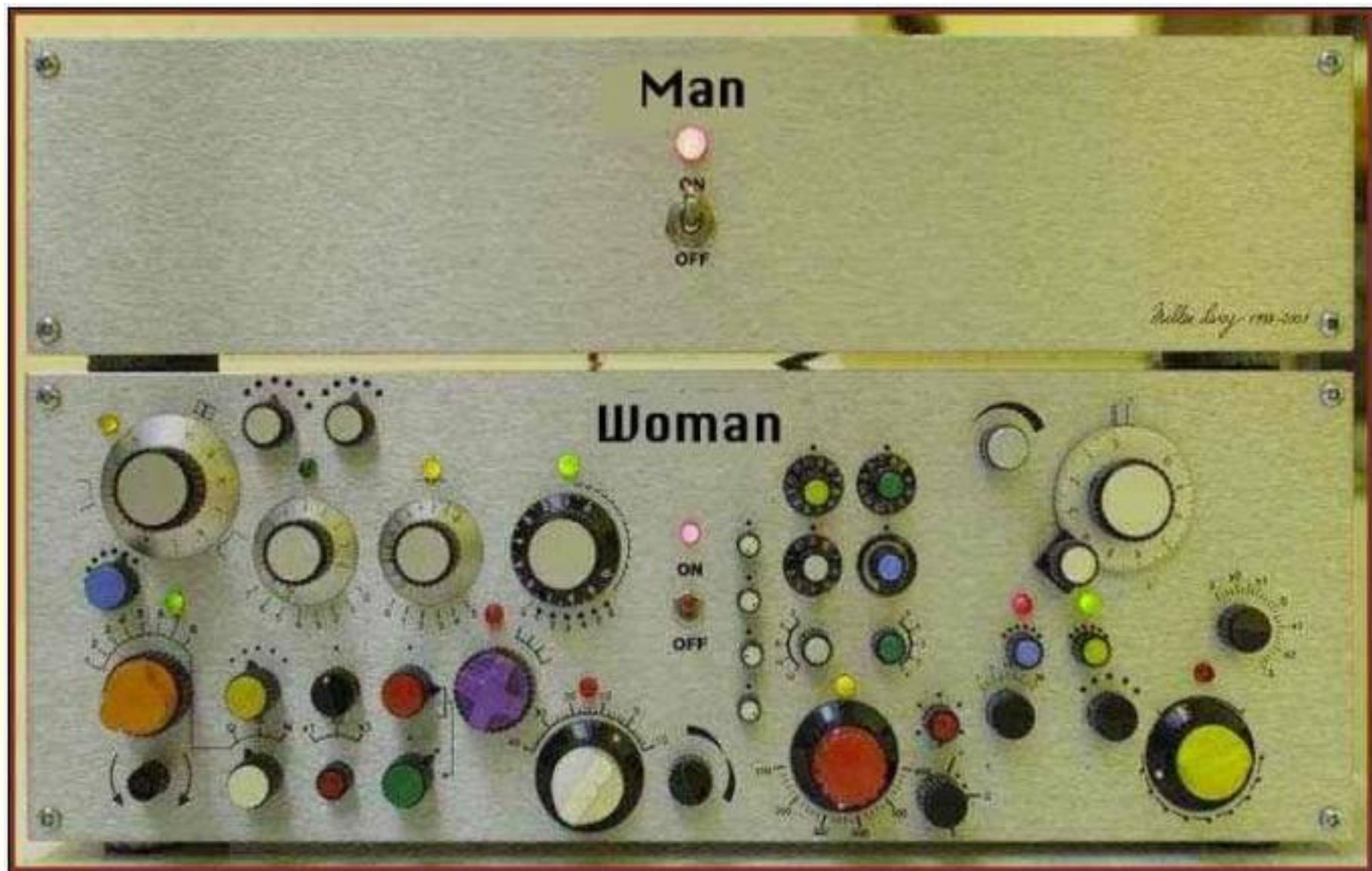


Man



John Deere 100-5001

Woman





Adversity

“Calm waters do not make a skilled sailor”

Ancient Chinese Proverb

- Adversity
- Challenge
- Suffering



Leads to *Strength*

Leads to *Wisdom*

Leads to *Enlightenment*

Ultimately Leads to *Fulfillment*



Key Messages

(Re-cap)

Caregiving & Cancer

- Supporting roles are underrated
- You have what it takes to be a Caregiver
- Know your role and practice Empathy
- You're not alone as a Caregiver
- Connect with the people you care for
- Adversity is inevitable - leads to good things

Caring for the Caregiver



Put your own mask on first ...