



Cathy Laffan Coaching, LLC

Partnering to enrich lives

Caring For Yourself While Caring For A Loved One



I know firsthand that caring for yourself while caring for a loved one may sound impossible. It certainly felt that way when I was caring for my Dad. I learned the hard way by sacrificing my well-being while caregiving, which resulted in me feeling drained, stuck, and overwhelmed. I sought comfort in food and binge-watching Netflix. I fought to create more caregiving time by cutting things from my life that I later realized actually gave me support and energy.

I created this guide to empower you to start caring for yourself FIRST before caring for others. This all starts with raising awareness.

Allow me to partner with you to raise awareness.

How to use this guide:

- This guide contains 3 areas.
- Use the checklist in each area to assess your current state.
- Take your score from each area to the Tips section where you can choose practical tips to simplify and improve your life and those of others.
- Check out the additional resources section for even more support

1) Energy Self-Assessment

Rate yourself using a scale of:

1 = Very Often to 5 = Not Very Often

Total your score



How often is your energy being drained?

- Being on call for everything your loved one needs? • 1 2 3 4 5
- Worrying about falls, medication mistakes, financial mistakes, the next crisis? • 1 2 3 4 5
- Medical appointments and follow-ups? • 1 2 3 4 5
- Difficult conversations (e.g. when to get a cane/walker/wheelchair, giving up driving, adding home care, moving to assisted living)? • 1 2 3 4 5
- Dealing with technology issues (e.g. cell phone, tv, computer, landline, Kindle)? • 1 2 3 4 5

Total:

2) Being Self-Assessment

Rate yourself using a scale of:

1 = Very Often to 5 = Not Very Often

Total your score



How are you being in your life right now?

- Compassionate • 1 2 3 4 5
- Understanding • 1 2 3 4 5
- Supportive • 1 2 3 4 5
- Loving • 1 2 3 4 5
- Able to be present with your loved one without feeling like you should be doing something else • 1 2 3 4 5
- Listen without having to fix everything • 1 2 3 4 5
- Hold their hand • 1 2 3 4 5

Total:

3) Self-Care Assessment

Rate yourself using a scale of:

1 = Very Often to 5 = Not Very Often

Total your score



How often are you caring for yourself right now using the following?

- Regular exercise • 1 2 3 4 5
- Healthy eating • 1 2 3 4 5
- Sleeping 7-8 hours/night • 1 2 3 4 5
- Meditating / Praying • 1 2 3 4 5
- Enjoying your hobbies • 1 2 3 4 5
- Pausing for quiet time by yourself • 1 2 3 4 5
- Taking care of your health (e.g. dentist, eye doctor, primary care doctor) • 1 2 3 4 5
- Respite Care • 1 2 3 4 5
- Support group • 1 2 3 4 5
- Family members • 1 2 3 4 5
- Friends • 1 2 3 4 5

Total:

Add up your Totals

Put your score here

If your score is:

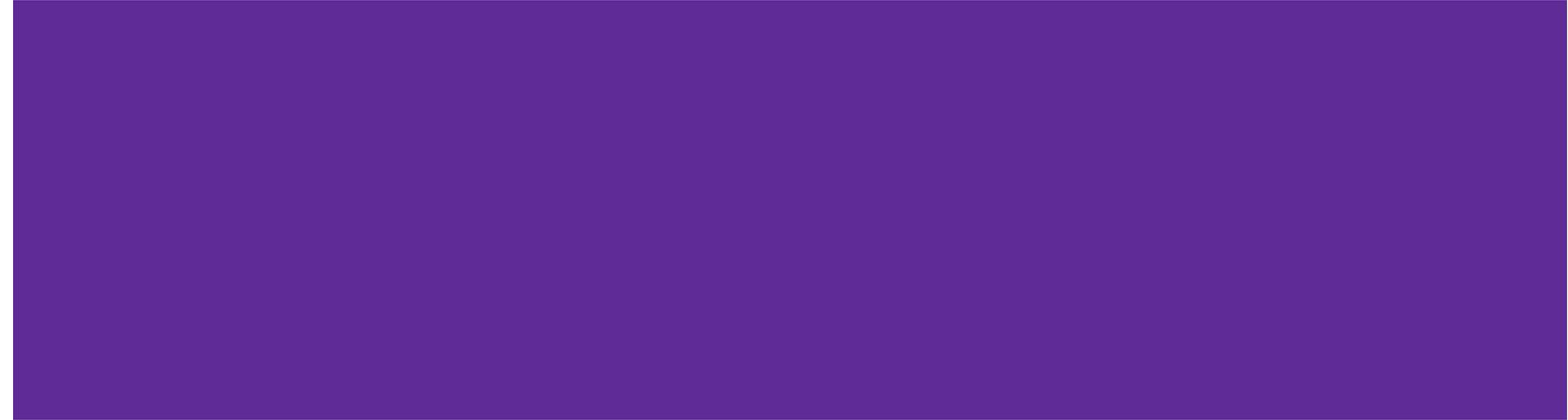
Between 69-115: You would likely hugely benefit from coaching right now. You deserve it. Your loved one too.

Between 30-68: You likely recognize that you are tired and it just might be time to take better care of yourself to benefit others. A few coaching sessions might be all you need to feel — and give — your best.

The only thing left to consider is our **Chemistry**. We need to be comfortable, trust each other, and feel like we can be open and honest. [Contact me](#) to set up your complimentary 20-minute chemistry session.

Between 23 -30: You are on the right track and both you and your loved one are in a good spot. Bravo! Feel free to benefit from my free resources to keep up the amazing work!

Tips For You



Automate Your Life



Here are some examples:

- Automate bill paying with your and your loved ones bank
- Organize grocery shopping and delivery
- Organize Prescription drug ordering and delivery
- Set-Up Reminders to take medications
- Arrange an In-home monitoring (e.g. a medical alert system)
- **Think about what else might help simplify your life?**

Share Caregiving Responsibilities With Others



Consider family members and/or agencies that could support:

- Activities of Daily Living (ADLs)
 - Eating
 - Bathing
 - Dressing
 - Transferring
 - Toileting
 - Moving around
- Giving medication or providing medication reminders
- Cooking/meal prep
- House cleaning
- Laundry
- Errands

Take Advantage of Programs and Services



Consider these examples:

- Explore whether your employer offers special benefits for caregivers
- Find out whether your employer or insurance company offers wellness programs
- Contact your local senior center or other non-profit to see if they propose caregiving and respite options

Acknowledge Gratitude



Perform this Exercise Daily

- For 1-minute, think of a current caregiving challenge
- Focus on how you are feeling – thinking about it
- Share it with another person
- Together, think of something grateful around this issue and acknowledge it
- Close your eyes and focus on it
- Notice how you feel and use that feeling next time your challenge comes up

Breath for Stress or Sleep



The 4-7-8 Technique

- Sit comfortably, back straight.
- Close your eyes and relax your shoulders.
- Release your muscles and breathe calmly.
- Then place the tip of your tongue on your palate just behind your front teeth.
- Exhale deeply and then inhale through the nose counting up to 4.
- Hold your breath by counting up to 7.
- Exhale through the mouth counting up to 8.
- Repeat this breathing exercise 3 times.

Connect With Me

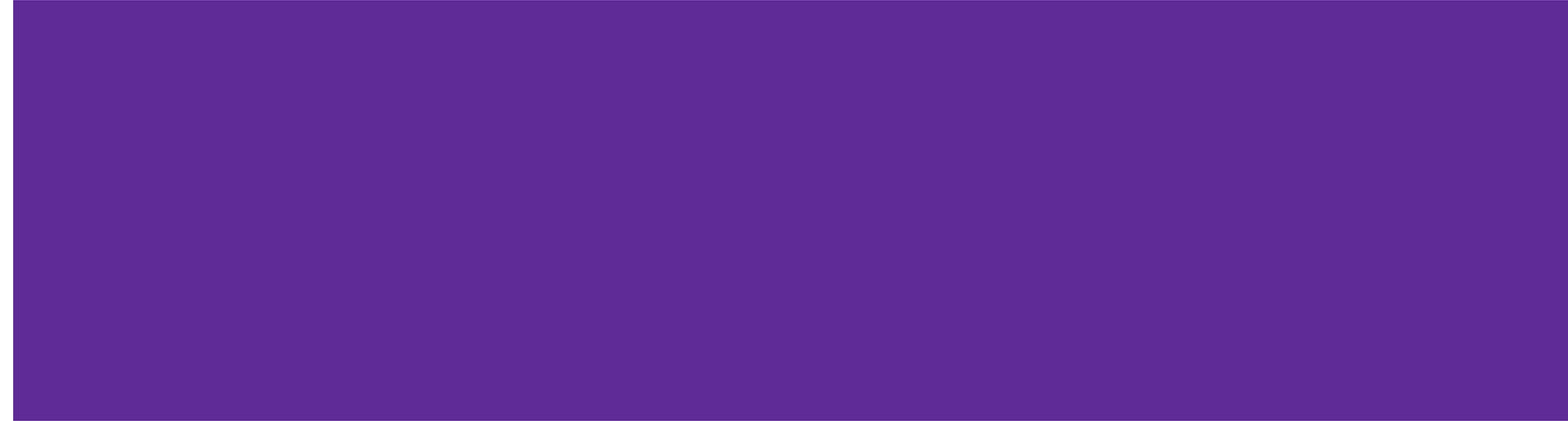
[Read My Story](#)

[Complimentary Discovery
Call](#)

[Website](#)



Additional Resources to Support You



Resources

- [Area Agency On Aging](#) your State's Local Office on Aging is a non-profit that offers many services
- [Family Caregiver Alliance](#) has many valuable resources
- **Health organizations**
 - [Alzheimer's Association](#)
 - [Cancer Society](#)
 - [Autism Society](#)
 - [National Alliance on Mental Illness](#)
 - [The ARC for people with Intellectual and Developmental Disabilities](#)
- [Senior Centers](#) - get the facts

Resources - continued

- [How to Share Caregiving Responsibilities with Family Members](#)
- [Geriatric Care Manager](#) - can help identify needs and ways to address them
- [Program of All-Inclusive Care for the Elderly \(PACE\)](#) - meet your loved ones needs at home and in the community instead of a nursing home
- [How to Select a Home Care Provider](#)
- [Hospice care](#) - assuming your loved one qualifies, can be a tremendous support
- [Palliative care](#) - may be appropriate for a loved one that doesn't qualify for Hospice

Resources - continued

- [Legal Shield](#) - Affordable legal services
- [American Bar Association](#) - how to find an attorney
 - Legal resources can be invaluable in many situations:
 - Does your loved one have a will, advance directive, and other legal documents that detail their wishes?
 - Do you hold medical power of attorney?
 - Do you hold durable (statutory) power of attorney?
 - Do you need to provide for guardianship in the event that you're not available?
- [Tax preparation / CPA support and advice](#)