Caregiver, Modern Caregiver and Caregiver Archetypes

A 'Caregiver' is defined as:

1. "An individual, who assists in the identification, prevention, or treatment of an illness or disability."
2. "An individual, such as a family member or guardian, who takes care of a dependent child or adult."
3. "An individual who assumes responsibility for the physical and emotional needs of another who is incapable of self-care."

The traditional definition of caregiver has expanded over the last decade, and isn't limited to those who work in palliative care. **Definition is from the American Heritage Dictionary.* ***Are you a caregiver?***

A 'Modern Caregiver' is described as:

A Modern Caregiver is an individual - male or female - paid or unpaid - who cares for children or adults of every age, with or without chronic or serious health conditions, including behavioral and mental illnesses.

Modern caregivers spend about 32 hours each week giving some form of care, in addition to working a full-time job or a self-launched and self-operated micro business, while also caring for and raising a family.

76% of modern caregivers have put their lives on hold while they support their loved ones. 1 in every 5 report that it's much harder to take care of themselves when they are giving care for others.

Data is from a survey conducted by Cambia Health Solutions.* ***Are you a Modern Caregiver?*

A 'Caregiver Type' has these characteristics:

An archetype is a symbolic imagery or an inherited pattern of thought or behavior that is passed down through ancestry, consciously or unconsciously. The Caregiver Type's primary patterns are generous, social & artistic. They are creative, expressive, sensitive, empathetic & natural conduits for positive energy. Just as they are drawn to be helpful & understanding of other people, people are also drawn to them for help & understanding.

Caregiver Types often work with children, animals, or in education, hospitality & health careers. Caregiver Types make excellent therapists, creative artists and service-focused entrepreneurs. **Caregiver Archetype Description found at Career Explorer.* ***Are you a Caregiver Type?***

If any of these describe you, then there is a good chance you are a Caregiver, Modern Caregiver or Caregiver Type. What all three have in common is generosity: giving until they have nothing left to give. At an average age of 42, and an almost equal split between men (47%) and women (53%) you may find yourself not only juggling career & family, but also caring for a family member, and neglecting your own needs to do it.

Your affinity for social interaction and intense emotional involvement in personal or professional care-giving, may distract you from looking at people, situations or personal or career challenges rationally & objectively, and this makes you more vulnerable to stress, anxiety, fatigue, headaches, infections and imbalance between work & home responsibilities. In some cases, this can lead to frustration, self-medication & burnout.

If this sounds familiar, I do have some good news.

The good news is that you are ***not*** alone. The better news is that we are here to help you get back on track, manage and neutralize those people, places, situations & things that are causing you stress, anxiety and sleepless nights. If you are ready to learn more, here are three things you can do right now:

1. Subscribe to our Self-Care Solutions Blog to get new posts, new course release dates, updates and other exclusive offers by using the form at the bottom of this page link: https://barbaragini.com/blog

2. Take our Self Care Survey and record your answers in a notebook or journal. Find the survey at this link: https://barbaragini.com/self-care-survey

3. Join our NEW GAB Social Page (Gab Group to Follow.): https://gab.com/BarbaraGini

Additionally you can Download our free resources & guides at:
https://barbaragini.com/free-resources

Our first online course preview is scheduled for release, March 1, 2021.
Make sure you get signed up for updates at the bottom of this page link!
https://barbaragini.com/free-resources

If you're looking for a specific course or resource, please let us know! We're here to help!

Evolve