



ROOM TO BREATHE: CREATING CALM IN THE CHAOS OF CAREGIVING

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Your Space Reclaimed
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MY REASON

AGENDA

- **FIRST, LET'S EXHALE!**
- **WHY DO OUR HOMES FEEL SO FULL?**
- **HOW TO B.R.E.A.T.H.E.**
- **ORGANIZING WITH OUR KIDS IN MIND**
- **WRAP UP/QUESTIONS**



**LET'S
BREATHE...**

WHY DO OUR HOMES FEEL SO FULL?

LIMITED RESOURCES

Caregiving drains all three of these

Time

Energy

Money

Organizing requires all three of these

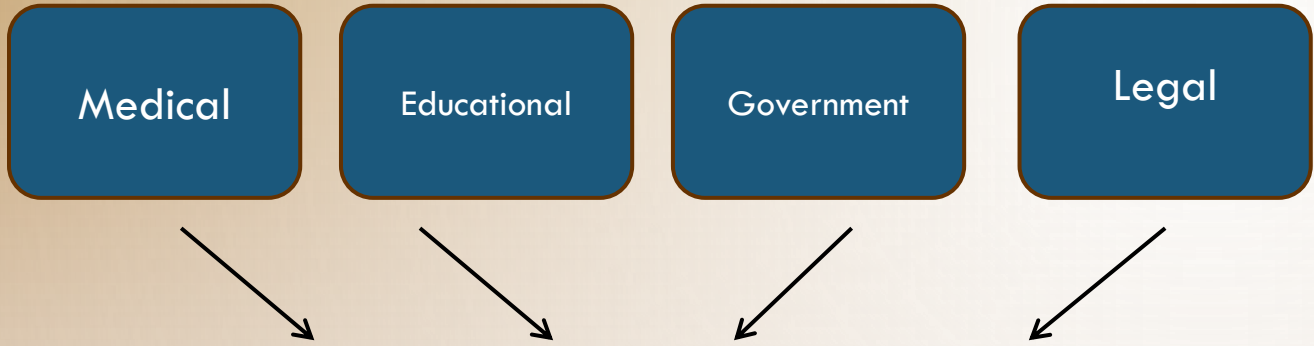
FEAR OF THE FUTURE

Lack a clear path
forward

Constant threat of
sudden changes to
wellbeing

Need for multiple
scenario planning

Sometimes we have clutter not because we are disorganized
but because we are scared!



**OVERWHELM WITH
SERVICES ACCESS**

**CLUTTER IN A CAREGIVING HOME IS
RARELY ABOUT LAZINESS. IT IS
USUALLY ABOUT LOVE... (MIXED WITH
EXHAUSTION AND MAYBE A LITTLE
FEAR)**



**NOW,
LET'S
B.R.E.A.T.H.E.**



B Begin where you are

R Reduce decision fatigue

E Externalize your brain

A Aim for function, not perfection

T Take tiny steps

H Hold space for fear (& grief)

E Eliminate your guilt



HOW TO 'HOLD SPACE' FOR FEAR (& GRIEF)


- FUTURE NEEDS BIN
- PERMISSION – TO – PAUSE BOX
- DIGITIZE (THE EMOTION, NOT THE OBJECT)

Trust yourself to meet any future needs of your family.



ORGANIZING WITH OUR KIDS IN MIND...

USE THE GOLDEN TOOL*

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- 1. BREAK IT DOWN INTO A MORE MANAGEABLE TASK FOR YOUR CHILD**
 - 2. ELIMINATE SOME OF THE STIMULI (EXTERNAL AND/OR INTERNAL) THAT MAY BE DISTRACTING**
 - 3. USE VISUAL AIDS TO SUPPORT THE TASK AT HAND (INCORPORATE SPECIAL INTERESTS!)**

*Source: [The Sensory Child Gets Organized](#) by Carolyn Dalgliesh, 2013:

CAREGIVER RESOURCES

App -- Mymejo.com (organizes medical info)

Paper -- The Glory Days Calendar (caregiver planners)

Podcast -- Especially Organized: Sensible Solutions For Special Needs Moms



**YOU ARE NOT BEHIND...
YOU ARE CARRYING A LOT.**

**GIVE YOURSELF SOME ROOM TO
BREATHE.**

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PODCAST: ESPECIALLY ORGANIZED



THANK YOU