Who Cares for the Caregiver?

Presented by
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In partnership with
Mental Health America
The Essence of Caring

The act of providing care for another person.

53 million
Americans take on the role of caregiver

U.S. 2020 report on Caregiving from the National Alliance on Caregiving (NAC) and AARP.

Over half are women
Most work outside the home
Many over age of 50
Over 1 million young people (ages 8-18)

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Who do you care for?
Goals of Today

01  Create a mental shift in your view of caregiving
02  Learn what it means to Create SPACE to care
03  Examine practical ways to Create SPACE to care
04  Become equipped to support those who give care
The Alarming Truth About it

70% do not see their doctor regularly

1 in 4 report diminished family relationships

24% are caring for more than one person

U.S. 2020 report on Caregiving from the National Alliance on Caregiving (NAC) and AARP.
Create SPACE to be a Successful Caregiver

Requires a mindset shift!

S – Seeking
P – Peace
A – Amid
C – Challenging
E – Environment
4 Ways to Create SPACE to be a Successful Caregiver

Create SPACE for Self-Care  Create SPACE for Joy  Create SPACE for Help  Create SPACE for Reflection
Create SPACE for Self-Care

How to do it

• Be intentional

• Remind yourself “it’s not selfish!”

• Don’t overthink it
Create SPACE for Joy

How to do it

• Recognize & realize
• Find something to be joyful about
• Read the room
Create SPACE for Help

How to do it

• Release the “super” mentality
• Assess areas of needed support
• Create your support circle
Create SPACE for Reflection

How to do it

• Pause & set aside time
• Ask yourself some questions
• Celebrate your successes
4 Ways to Create SPACE to be a Successful Caregiver

Create SPACE for Self-Care  Create SPACE for Joy  Create SPACE for Help  Create SPACE for Reflection
How to support Caregivers

- Make a meal
- Take over duties for a day
- Remind them of what's good
- Speak positively
- Make SPACE to listen
Year Round Resources

- Mental Health America
- AARP
- National Alliance of Caregiving
- Autism Society
- Wounded Warrior Project
What does the acronym SPACE stand for in the term Create SPACE?

How many Americans did we learn take on the role of caregiver?
Thank You