

Caregiver Resources

OCEAN COUNTY OFFICE OF SENIOR SERVICES
1027 HOOPER AVENUE
BLDG.2, FIRST FLOOR
P.O. BOX 2191
TOMS RIVER, NJ 08754-2191

732-929-2091
1-800-668-4899
1-877-222-3737

www.co.ocean.nj.us

The enclosed information has been compiled to assist and support family caregivers.
Please feel free to call the Office of Senior Services regarding the following information

OCEAN COUNTY OFFICE OF SENIOR SERVICES **CAREGIVER RESOURCES**

CATHOLIC CHARITIES

732-363-5322

Fix-it Program

Ext.3234

200 Monmouth Avenue, Lakewood, NJ 08701

This service provides minor home modification to assist the caregivers.

MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

732-730-9112

SUPPORT PROGRAM

Community Health Education

600 River Ave., 3rd floor Lakewood, NJ 08701

Caregiver Support & Educational Programs.

COMMUNITY SERVICES INC. (Meals on Wheels of Ocean County)

Ocean County Southern Services Center

609-978-6869

179-A South Main Street PO Box 610

Manahawkin, NJ 08050-0610

JEWISH FAMILY & CHILDREN'S SERVICES

732-363-8010

1235 A Rte.70, West Lakewood, NJ 08701

This service provides caregiver counseling and support.

LAKWOOD KOSHER MEALS & CAREGIVER SUPPORT PROGRAM

732-901-6001

450 West Kennedy Boulevard, 2nd Floor, Lakewood, NJ 08701

This service provides caregiver counseling and support.

OCEAN COUNTY BOARD OF SOCIAL SERVICES

732-349-1500

1027 Hooper Avenue, Bldg. 4, Toms River, NJ 08753 *Press "0", Ask for Social Services Intake*

In Home Caregiver Education, Home Modification and Personal Response (PERS).
Alzheimer's and related Dementias Support Group

**COMMUNITY MEDICAL CENTER
Health Education & Outreach**

67 Route 37 West Toms River, NJ 08755

**1-800-621-0096
732-557-3210**

Caregiver Support & Educational Programs.

**SOUTHERN OCEAN MEDICAL CENTER
FAMILY RESOURCE CENTER**

The Ocean Club, 700 Route 9 South, Stafford Township, NJ 08092

609-978-3559

Caregiver Support & Educational Programs.

**SENIOR GUIDANCE PROGRAM@
PREFERRED BEHAVIORAL HEALTH GROUP**

700 Airport Rd. Lakewood, NJ 08701

732-367-4700

VISITING HOMECARE SERVICE OF OCEAN COUNTY

105 Sunset Avenue, Toms River, NJ 08755

Mailing Address: CN 2010, Toms River, NJ 08754

**732-244-5565
1-800-511-1510**

Homemaker, Home Health Aide, Adult Day Care, Companion and/or Respite Care, Caregiver Education & Support Groups.

OCEAN COUNTY OFFICE OF SENIOR SERVICES
INFORMATION & ASSISTANCE SITES

OCEAN COUNTY OFFICE OF SENIOR SERVICES 1027 Hooper Avenue, Bldg. 2, Toms River, NJ 08754	732-929-2091 800-668-4899
BOROUGH OF POINT PLEASANT SENIOR BEEHIVE St. Martha's Church, 3800 Herbertsville Road Point Pleasant, NJ 08742 Hours: Tuesday, Wednesday and Thursday 9:00 am to 3:00 PM	732-810-5890
BRICK SENIOR CENTER & OUTREACH VFW Building 373 Adamston Road, Brick NJ 08723	732-920-8686
COMMUNITY SERVICES INC. OUTREACH 179-A South Main Street PO Box 610 Manahawkin, NJ 08050-0610	609-978-6869
JACKSON SENIOR CENTER 45 Don Connor Blvd, Jackson, NJ 08527	732-928-2313
LONG BEACH ISLAND SENIOR CENTER & OUTREACH 4700 Long Beach Boulevard, Brant Beach, NJ 08008	609-494-8861
BERKELEY SENIOR OUTREACH Berkeley Twp. Municipal Bldg. Pinewald-Keswick Road, Bayville, NJ 08721	732-244-9600
OCEAN COUNTY SOUTHERN SERVICE CENTER 179 South Main Street, Rte 9 and Rte.72, Manahawkin, NJ 08050	609-978-6220
MANCHESTER TWP. SENIOR OUTREACH 1 Colonial Drive, Manchester, NJ 08759	732-849-8305
TOMS RIVER SENIOR CENTER & OUTREACH 652 Garfield Avenue, Toms River, NJ 08753	732-341-1000 Ext. 8461

GERIATRIC EVALUATION & MANAGEMENT PROGRAMS

Multidisciplinary team approach offering comprehensive, consultative care.

ANNA GREENWALL GERIATRIC PROGRAM

732-923-7550

300 Second Avenue, Long Branch, NJ 07740

The Anna Greenwall Geriatric Program coordinates health and social services for the elderly and their family with a focus on comprehensive care and education. The program specializes in medical care for the older adult, assessment of memory disorders and support for caregivers and the health professional, through a network of hospital-based and community based services.

THE JAMES AND SHARON MAIDA GERIATRICS INSITUTE

732-886-4700

Monmouth Medical Center Southern Campus 600 River Avenue-Third Floor, Lakewood, NJ 08701

James and Sharon Maida Geriatrics Institute provides integrated inpatient and outpatient geriatric services for patients 65 and older in one convenient location. In addition, our geriatricians—physicians specializing in the medical care of the elderly—have a full understanding of the wide range of physical, mental, medical, social, and spiritual issues that older adults can face.

COPSA Geriatric Services-Rutgers UBHC

732-235-8400

100 Metroplex Drive, Suite 200, Edison, NJ 08817

Website: <http://ubhc.rutgers.edu/copa/index.htm>

Alzheimer's Resource Center/Care2Caregivers: Help is only a phone call away for New Jersey's family caregivers. COPSA's **Statewide** helpline provides resource information and referral to important services for those caring for older adults with chronic illness. Toll-Free Helpline: **1-800-424-2494**

Memory Disorders Clinic: A team of geriatric psychiatrist and clinical social workers collaborate with client and their families to help diagnose memory loss and to manage difficult behaviors that can accompany Alzheimer's disease and related dementias such as wandering, combativeness and sleeplessness. Care management is provide to clients' caregivers, including caregiver education, information regarding community and long term care services and assistance with long term planning. For information, contact **1-800-424-2494**

Consultation and Education Service: Offers **statewide** professional education and training to health care and social service professionals, community organizations and the lay public on topics related to mental health and aging, dementia care, cultural competency, family caregiver or other aging or mental wellness issues. **1-800-424-2494**

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does absence of any agency or service from this list signify disapproval.

ADULT DAY CARE

*****Active Day**

732-899-1331

2125 Route 88, Brick, NJ 08724

Hours: 8:00 a.m. to 4:00 p.m., Monday through Friday

Services: Is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

*****A Friend's House**

732-244-5565 Ext. 233

(Visiting Home Care Service of Ocean County)

105 Sunset Avenue, P.O. Box 2010, Toms River, NJ 08754

800-511-1510

*****A Friend's House-Ocean County Southern Services Center**

609-978-6444

179 South Main Street, Rte 9 and Rte.72, Manahawkin, NJ 08050

Hours: 9:00 a.m. to 3:00 p.m., Monday through Friday

Services: A Friend's House is a social day care program for adults with Alzheimer's disease or related memory loss disorders. A safe respite for family caregivers is provided as well as therapeutic activities that may increase orientation and stimulate memory.

****Allaire Care Senior Day Services**

1979 Rt. 34 South (Wall Circle Park) Wall, NJ 07719

732-974-7666

Hours: 9:00 a.m. to 3:30 p.m., Monday through Friday (Before and after care available)

Services: Provides day services to seniors in Monmouth and Ocean County. Allaire care Provides structured, a supervised and individually tailored program in a lovely home Environment. Our clients benefit from medical monitoring, therapy services, therapeutic recreation and socialization opportunities throughout the day. Transportation provided in Monmouth and Ocean Counties.

*****AMBASSADOR Adult Medical Daycare**

732-367-1133

619 River Avenue, Lakewood, NJ 08701

Hours: 8:00 a.m. to 4:00 p.m., Monday through Friday

Services: Provides: Nutritional & Dietary Services and Meals, Transportation, Nursing Laboratory Services, Physical Therapy & Rehabilitation, Beauty & Barber Services, Alzheimer / Dementia Care, Therapeutic Recreation, and Social Services to name a few.

***** Independence Place Adult Day Health Center**

732-849-4969

3000 Hilltop Road, Whiting, NJ 08759

Hours: 8:00 a.m. to 4:00 p.m., Monday through Friday

Services: Provides skilled nursing and a structured program of therapeutic activities to meet medical and social needs of older adults within supportive environment. Nursing care, social services, activities, hot meal, therapies and personal care. Also available: transportation, meals and nursing supervision.

***** Seacrest Village Adult Day Care**

609-296-9292 Ext. 414

The Pavilion at Seacrest Village

1001 Center Street, Little Egg Harbor, NJ 08087

Hours: 8:00 a.m. to 4:00 p.m., Monday through Friday

Services: Seacrest offers a full service day program for older adults with special needs, providing an enriching alternative to daytime home care and residential placement. Seacrest offers nursing care, counseling, therapeutic activities, meals and snack, personal hygiene and bathing, and more. Also available: transportation and recreational activities.

***NJ Department of Health and Senior Services Alzheimer's Dementia Program,** Provides funding for adult day care; financial eligibility criteria; apply through adult day care center.

****List of Agencies approved by the Division of Health and Senior Services, Office of the Division of Consumer Support, for the Jersey Assistance for Community Caregivers Program (JACC)**

*****Agency accepts JACC and Department of Health and Senior Services Alzheimer's Dementia Grant**

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RESPITE/HOMECARE

JACC (Jersey Assistance for Community Caregiving)

732-929-2091

800-668-4899

This program provides state funded assistance in the form of a broad array of in home services and supports that enable an individual at risk of being placed in a nursing home to remain in their own home. The program is intended to supplement and strengthen the efforts of family and friends. There are both financial and clinical eligibility criteria. Call for details.

Managed Long Term Services and Supports (MLTSS)

732-349-1500

Ocean County Board of Social Services

Press "0", ask for Adult Medicaid

Ocean County Office of Senior Services for Details

732-929-2091

This Medicaid Waiver program provides community based, in-home services and supports that enable an individual at risk of future placement in a nursing home to remain in their own home or in an assisted living facility based on the assessed need. There are both financial and clinical eligibility criteria. Call for details.

STATEWIDE RESPITE CARE PROGRAM

732-349-1500

Ocean County Board of Social Services

Press "0", ask for State Wide Respite

This program provides respite services to families experiencing fatigue and stress due to long-term caregiver of frail, elderly and/or disabled members. Priority is given to families where the impaired member is at risk of long-term institutionalization due to the inability of the caregiver to continue in the role.

VOLUNTEER CAREGIVER ORGANIZATIONS

There are two (2) Interfaith Volunteer Caregiver organizations in Ocean County providing volunteer services for the frail, disabled and homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, etc., are provided. Additionally, both organizations provide Alzheimer's Respite Care Programs specifically for Alzheimer's clients and caregivers. The Toms River office has a Bilingual Outreach Coordinator. One organization serves the Northern area and the other serves the Southern area.

NORTHERN AREA

Caregiver Volunteers of Central Jersey

Email: info@caregivervolunteers.org
Web Site: www.caregivervolunteers.org

Main Office & Multicultural Outreach

67 Route 37W, Riverwood Plaza 2
Toms River, NJ 08755
(732) 505-CARE (2273)
FAX: (732) 505-9445

Alzheimer's Respite Care Program

67 Route 37W, Riverwood Plaza 2
Toms River, NJ 08755
(732) 505-2273 ext.207
FAX: (732)-505-9445

SOUTHERN AREA

Interfaith Health & Support Services

Of Southern Ocean County, Inc.

1140 Rte. 72 West
Manahawkin, NJ 08050
(609) 978-3839
FAX: (609) 978-8991

Alzheimer's Respite Care Program

*Interfaith Health & Support of Southern
Ocean County, Inc.*

1140 Rte. 72 West
Manahawkin, NJ 08050
(609) 978-3839
FAX: (609) 978-8991

Email: Kathleen.Cheeseman@hackensackmeridian.org

MEDICARE CERTIFIED HOME HEALTH (VISITING NURSE) AGENCIES

VISITING NURSE ASSOCIATION OF CENTRAL JERSEY 732-818-6800
HOME CARE AND HOSPICE 800-862-3330

In partnership with Barnabas Health, offers a range of home health, hospice, private pay and visiting physician services focused on helping individuals stay their healthiest at wherever they call home. We are the state's largest not-for-profit home care provider and are certified by Medicare. Whether you're recovering from surgery, going home after a hospital stay or need ongoing care by a nurse or physician, contact us to learn more or visit us on our website www.vnahg.org.

HOLY REDEEMER HOME CARE AND HOSPICE 888-678-8678
732-240-2449

MERIDIAN AT HOME (Now part of Hackensack Meridian Health) 1800-655-2555
Meridian at home is the home health care services division of Meridian Health. Services provided include: skilled nurses, home therapy (physical, occupational, and speech), certified home health aides (assistance with daily living on hourly, short-term, or long-term basis), hospice care (in the home or care facility), Life Transitions program (eldercare planning and management), Care on Call Now (wireless medical alert and care assistance technology), medical equipment and supplies, oxygen, infusion therapy, and in-home chronic condition management and programs.

LIST OF AGENCIES APPROVED BY THE N.J. DEPARTMENT OF HUMAN SERVICES, DIVISION OF AGING SERVICES FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)

ACADIA HOME HEALTH CARE	732-255-7500
ALL ABOUT CARE	732-477-3005
ASSISTING HANDS HOME CARE	732-908-2020
BAYADA HOME HEALTHCARE	732-442-3370
CALIBER HOME HEALTH CARE *	844-515-1983
CAREFINDERS TOTAL CARE (Toms River North)	732-383-5702
CARESENSE HEALTH LLC *	888-444-8157

CAROUSEL OF HOME CARE	732-303-0245
CAVALIER SENIOR CARE, INC. *	609-607-8300
GENTLE CARE HOME SERVICES, INC.*	732-777-0021
GRACE HOME HEALTH CARE LLC. *	908-938-3782
HOME CARE FOR YOU, INC. *	609-971-9009
HOME CARE PERKS *	1-877-887-3574
KARING WITH KINDNESS *	732-341-4500
MANGO HOME HEALTH	732-505-0080
METRO 1 HOME HEALTHCARE SERVICES INC.*	732-525-3600
NURSES OF NEW JERSEY	732-213-3834
PARAM HEALTHCARE AND IT SERVICES INC.	732-404-1415
PREFERRED HOME HEALTH CARE & NURSING SERVICES*	609-822-8480
RIGHT AT HOME* (OCEAN CARE STAFFING)	732-451-0120
RJ HEALTHCARE SERVICES	732-775-4880
CARE FINDERS TOTAL CARE * (Formally SECURA)	732-270-5788
SABA HOME HEALTH CARE INC.*	732-797-0700
SUMMIT HOME HEALTH CARE	732-884-3100
VISITING HOME CARE SERVICES OF OCEAN COUNTY	732-244-5565

*Agency also provides live in services upon request

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**LIST OF AGENCIES APPROVED BY THE N.J. DEPARTMENT OF HUMAN SERVICES,
DIVISION OF AGING SERVICES FOR THE JERSEY ASSISTANCE FOR COMMUNITY
CAREGIVERS PROGRAM (JACC)**

CHORE SERVICE – Includes services needed to maintain the home in a clean, sanitary and safe environment such as washing windows, moving heavy furniture, change of screens, and outside yard work depending on the agency.

CAVALIER SENIOR CARE (Light Housekeeping only)	609-607-8300
KARING WITH KINDNESS	732-341-4500
VISITING HOME CARE (Housekeeping, transportation, dog walking)	732-244-5565

ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS – The companies below specialize in patient lift systems such as wheelchair ramps, stair lifts, and vertical platform lifts. Some provide construction, such as bathroom and kitchen adaptations for access.

ABBY LIFTS INC. (Ramps, Lifts)	732-240-0446
ACCESSIBLE HOMES (Evaluations and modifications)	732-886-5800
ADAPTIVE HOME THERAPY (Evaluations and recommendations)	732-886-6996
AMERICAN RAMP SYSTEMS INC. (Ramps, Lifts, Portable Showers)	800-649-5215
RAND'S (Evaluations, recommendations and portable ramps)	732-255-3211
SOS GROUP INC. (Safety Outfitting Services)	856-740-4000

HOME DELIVERED MEALS

Mom's Meals

1-866-971-6667

This company provides affordable meals that are prepared, packaged and delivered fresh with simple microwave heating instructions. For further information and a sample of their variety of over 30 meals, you can also visit their website at www.momsmeals.com.

MEDICARE CERTIFIED HOSPICE PROGRAMS

Angelic Health (Serving South Jersey) Hospice Care-Palliative Care-Transitional Care 802 Tilton Road, Suite 100, Northfield, NJ 08225	609-822-7979
AtlantiCare Hospice 6550 Delilah Road, Bldg. 300, Suite 210, Egg Harbor Township, NJ 08234	609-407-2020
VNA Health Group of New Jersey 23 Main Street, Suite D1, Holmdel, NJ 07733	800-862-3330
Ascend Hospice 1600 St. Georges Ave., Suite 312, Rahway, NJ 07065	908-931-9080
Caring Hospice Services of Central Jersey 525 State Hwy. 70, Lakewood, NJ 08701	732-661-9373
Embracing Hospice Care 3349 Rt. 138 Bldg. D, Wall, NJ 07719	732-974-2545
Grace Healthcare Services Raritan Plaza III, 105 Fieldcrest Ave., Suite 402, Edison, NJ 08837	866-447-0246
Holy Redeemer Home Care and Hospice 1228 State Hwy. 37 W, Toms River, NJ 08753	732-240-2449 800-488-2669
Compassus Hospice 1955 Hwy. 34, Suite 1A, Wall, NJ 07719	732-722-5001
Hackensack Meridian At Home / Hospice 80 Nautilus Drive, Manahawkin, NJ 08050	609-489-0252
Serenity Hospice Care 56 Georgetown Road, Bordentown, NJ 08505	609-227-2400
Vitas Hospice 1040 Broad St., Shrewsbury, NJ 07702	732-389-0066

WEBSITES

OCEAN COUNTY	www.co.ocean.nj.us
HOSPITAL COMPARE	www.hospitalcompare.hhs.gov
NURSING HOME COMPARE	www.medicare.gov/NHCompare
HOME HEALTH COMPARE	www.medicare.gov/HHCompare
DIALYSIS FACILITY COMPARE	www.medicare.gov/Dalysis

Ten Warning Signs: Your Older Family Member May Need Help

The Eldercare Locator, a public service of the U.S. Department of Health and Human Services' Administration on Aging, has produced a guide of "10 warning signs" to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member's physician should be kept informed of physical or psychological behavior changes.

Has your family member:

- ❑ Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
- ❑ Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
- ❑ Neglected their home so it is not as clean or sanitary as you remember growing up?
- ❑ Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- ❑ Changed relationship patterns such that friends and neighbors have expressed concerns?
- ❑ Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
- ❑ Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
- ❑ Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- ❑ Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- ❑ Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

MANAGING STRESS OF CAREGIVING

Work within your own limits of energy, time, and know-how

Take time to relax

- Eliminate the “Should’s” and “If only I had time” statements. Ease up on yourself by praising what you do accomplish. Don’t expect more than your human abilities allow.
 - Set aside time each day for yourself, no matter how small.
 - Rest your mind frequently with short breaks to look at flowers or a tree, breathe deeply, or visualize a peaceful beautiful place from memory.
 - Keep a journal of feelings. Note in detail the things you have done to ease your loved one’s burden.
 - Have an understanding friend whom you can call or visit when you need a lift.
 - Join a support group or seek counseling.
 - Allow quiet time for prayer or meditation.
- ❖ Add humor to your life
- Buy a page-a-day calendar with cartoons.
 - Read the daily comics in the newspaper.
 - Share laughter with your loved one.
 - Rent comic movies or cassette tapes.
 - Ask friends to save jokes and cartoons for you.

BALANCING CAREGIVING NEEDS AND SELF NEEDS

You are the only one who can meet your needs

Who are you beyond the caregiving role?

Does your self worth come from the need to be needed?

How will you use your time when the role ends?

What you can do for yourself

- Maintain outside interests.
- Nurture your sense of purpose and worth,
- Create activities to look forward to for yourself.
- Take care of your physical and emotional needs.
- Take care of your appearance.
- Have one part of your life that is just yours, away from the caregiving role.
- Have several activities, which you turn to for “in-house vacations”.
- Indulge yourself with a treat now and then.
- Surround yourself with people who understand.
- Join a support group or counseling sessions.
- When possible, talk about your anger or feelings with the person who is ill.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.

Compiled by Louanne Kane, M.S.

COMMUNICATION TECHNIQUES

- “I’d like to talk about the appreciation’s and the regrets both of us have in this relationship. Are you willing to set aside a time when we could do that soon?”
- Suggest that you take turns talking and that each of you agrees not to interrupt the other.
- Ask directly for what you want, for example, “Will you forgive me for that?” or “Will you reassure me that you love me?”
- Use “I” messages such as, “I feel...” or “I want..” or “I think.” rather than “You made me...” or “You always..” or “You should.”
- Remember that human emotions are harmless in themselves and they don’t necessarily conform to logic. In their actions, however, people can choose to channel their feeling into behaviors that uphold their personal and moral values and maintain mutual respect. When your thinking is muddled by strong negative emotions, pause and breathe deeply while you regain your clear-headedness.
- Look the other person in the eye and listen as he talks. It’s an opportunity to learn about yourself and your loved one. Often there are astonishing differences in the way two people experience the same event.
- If the ill person becomes insulting or abusive, say, “I want to talk with you, but I won’t listen to hurtful remarks.” If the person continues, say, “I’ll come back after you are finished saying hurtful things”, and leave the room.
- Be as generous as you can in expressing your appreciation about the relationship.

Barriers to Communication

- Backing the other person into an emotional corner by saying, “You should have” or “Why did you” or “If you loved me”.
- Challenging the other person’s reasons/rights to feel as he/she does.
- Hiding your tears.
- Defending your reasons or rights to feel as you do.
- Saying things you might regret later.

ANGER AND CAREGIVING

Sources of Anger

- Long-standing, unresolved conflicts with the care receiver.
- Disagreements with the care receiver or family member regarding caregiving or treatment.
- The ill persons irritating habits and personality traits that might be exaggerated by illness.
- Your sense of helplessness in alleviating these loved person's pain or suffering.
- Your plans, goals, or expectations that are delayed or dashed as you devote yourself to caregiving.
- The duration, difficulty, or expense of caregiving.

Mismanaged Anger

- Spewing accusations, threats, or guilt-provoking tirades on family members, friends, the sick person, or care providers.
- Using physical force on the ill person.
- Denying that anger.
- Telling others about the problem instead of discussing it with the person involved.
- Seething and turning your anger inward to cause headaches, or other physical problems.

Constructive Management

- Admit the anger, you can control how you channel it into action.
- ❖ Develop a variety of safety valves.
 - Phone calls to friends who understand.
 - Support group meetings.
 - Brisk physical activity.
 - Write a letter expressing the anger and destroy it.
 - Schedule frequent breaks from caregiving activities.
- Explore solutions to the problem(s) with your loved one (s), if possible.
- ❖ Ask what you need at this moment that you are not getting.
 - Make direct requests or look for ways you can meet your needs.

GUILT AND CAREGIVING

Differentiate between *Legitimate Guilt*, the remorse of deliberate wrongdoing or hurtful actions and *Superfluous Guilt*, self-reproach for imagined wrongdoings of human failings.

Guilt Reduction Techniques

Legitimate Guilt

- Recognize and validate your feelings of frustration and overload.
- Stop punishing yourself; instead use this situation as a learning experience to motivate you to plan alternative responses in the future.
- Rehearse the new behavior in advance.
- Offer an apology to your loved one, offer an expression of regret for your behavior and an explanation of what you will do differently in the future.
- Forgive yourself.

Superfluous guilt Recognize your unrealistic standards or falsehoods such as:

- You can do all things “perfectly”.
- You might improve the sick person’s lot by sacrificing your well-being.
- The misconceptions that entertaining negative thoughts or mischievous wishes will make them come true.
- The myth that misfortunes in people’s lives are punishments for wrongdoing.
- The idea that you should not get angry.
- The illusion that you can control your loved one’s fate.

Consider

- Joining a caregivers support group.
- Wishes and fantasies are harmless, unless you put them into action or punish yourself for having them.
- Make an exhaustive list of all your guilt(s).
- Choose items you want to change while maintaining a balance between your well-being and that of your loved one.
- Forgive yourself for your human imperfections.

GRIEF AND CAREGIVING

Losses that relate to Caregiving:

- Your loved one's health and vigor
- Some of your loved one's endearing personality traits
- Activities or interest you enjoyed together
- Plans and optimistic expectations for the future
- Your sense of security
- Time, energy, or money to engage in your special interests
- A pleasant daily routine
- Confidence in your ability to steer events in your life toward favorable outcomes

Fear of the future:

- More disability or pain for your loved one
- Increasing loneliness
- Less time for yourself
- Doubts about your own health
- Lack of confidence in your ability to cope with stress and emotional pain
- Anticipated emptiness when your loved one dies

Ineffective coping:

- Physical pain, irritability and panic attacks
- Distance emotionally from your loved one
- Devote self to caretaking at the expense of your own well-being

Effective Ways:

- Talk about your feelings and thoughts
- Join a support group
- You aren't alone, anything you feel, think or wish, has been experienced by others
- Your choices in how you act on your wishes, thoughts, and feelings will determine how effectively you manage your grief