

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
SUPPORT PROGRAM**

732-730-9112

The Center for Healthy Living

198 Prospect Street, Lakewood, NJ 08701

Caregiver Support & Educational Programs.

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

Congregate Nutrition, Home Delivered Meals & Outreach

732-367-1400

225 Fourth Street, Lakewood, NJ 08701

JEWISH FAMILY SERVICES

732-363-8010

1235 A Rte.70, Lakewood, NJ 08701

This service provides caregiver counseling and support.

**LAKEWOOD 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
Caregiver Support & Educational Programs.

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

SOUTHERN OCEAN MEDICAL CENTER

FAMILY RESOURCE CENTER

The Ocean Club, 700 Route 9 South, Stafford Township, NJ 08092
Caregiver Support & Educational Programs.

609-978-3559

SENIOR GUIDANCE PROGRAM

COUNSELING SERVICES

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 877-222-3737
BRICK SENIOR CENTER & OUTREACH VFW Building 373 Adamston Road, Brick NJ 08723	732-920-8686
COMMUNITY SERVICES INC. OUTREACH 225 Fourth Street, Lakewood, NJ 08701	732-367-1400
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.

**ELIZABETH BENJAMIN
SPECIAL CARE CENTER**

732-923-7550

Monmouth Medical Center
300 Second Avenue, Long Branch, NJ 07740

**COPSA Geriatric Services-Rutgers UBHC
100 Metroplex Drive, Suite 200, Edison, NJ 08817**

732-235-8400

Website: <http://ubhc.rutgers.edu/cospa/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 **732-235-4882**

Consultation and Education Service: Offers **statewide** professional education and training to health care and social service professionals, community organization 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. **732-235-8421**

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

*****A Friend's House (Visiting HomeCare Service of Ocean County)**732-244-5565 Ext 237
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 supervised and individually tailored program in a lovely home Environment. Our clients benefit from medical monitoring therapy services Therapeutic recreation and socialization opportunities through out the day Transportation provided in Monmouth and Ocean Counties.

*****Ambassador Medical Day Care Center**

619 River Avenue, Lakewood, NJ 08701 **732-367-1133**

Hours: 8:00 a.m. to 4:30 p.m., Monday through Friday

Services: Bilingual staff (English/Spanish) provides full range of medical and social services, group & individual activities, recreation, counseling, medical and social evaluation, health screening, occupational therapy, physical, socialization and speech therapy. Also available: transportation, meals (light breakfast, hot lunch) and a full-time nursing staff.

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

609-296-9292

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.

*****Senior Care at Brick**
2125 Route 88, Brick, NJ 08724

732-899-1331

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

Services: Senior Care at Brick (formerly Young at Heart) is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

*****Whiting Health Care Center – Independence Place**
3000 Hilltop Road, Whiting, NJ 08759

732-849-4400

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

Services: Provides skilled nursing and 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.

***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 (JA**

*****Agency accepts JACC and Department of Health and Senior Services Alzheimer’s Dementia Grant**
This list of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any Agency or service from this list signify disapproval. *12/21/12 rev, 6/20/13 rev, 1/28/14 rev, 4/28/14 rev, 7/1/14 rev, 2/20/15 rev, 9/11/15 rev, 4/21/16*

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.

Medicaid 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 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: Marym@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) 505-0031
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: mcollett@meridianhealth.com

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 Contact us or visit us a www.vnahg.org.

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

MERIDIAN AT HOME 800-655-2555
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 DIVISION OF HEALTH AND SENIOR SERVICES FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)

ADORING CAREGIVERS LLC (Toms River North)	732-383-5702
ADVANCED PRO-HOME	732-451-0707
ALL ABOUT CARE	732-477-3005
BAYADA HOME HEALTHCARE *	732-818-9898
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
GOLDEN HEART SENIOR CARE *	732-333-8138
HOME CARE FOR YOU, INC. *	609-971-9009
HOME HELPERS / HELP SOLUTIONS* (Lakewood, Jackson, Manchester, Toms River, Whiting)	732-364-7322
HOME INSTEAD SENIOR CARE *	732-901-5500
HOME SWEET HOME, CARE INC.	732-886-2273
HUMANE CONCEPTS HEALTHCARE	908-265-9803
KARING WITH KINDNESS *	732-341-4500
MANGO HOME HEALTH	732-505-0080
NURSES OF NEW JESEY LLC. HOME CARE *	732-213-3834
PERSONAL TOUCH HOME CARE*	732-774-2840
PREFERRED HOME HEALTH CARE & NURSING SERVICES*	609-822-8480
RIGHT AT HOME* (OCEAN CARE STAFFING)	732-451-0120
SECURA HOME HEALTH *	732-270-5788
SWEET HOME SERVICES*	732-722-8368
TOWNE NURSING STAFF INC.	732-363-3939
VISITING HOME CARE SERVICES OF OCEAN COUNTY	732-244-5565

*Agency also provides live in services upon request

This list of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval rev, 12/21/12CG 6/20/13 rev.1/28/14 rev 9/11/15 rev 4/21/16

LIST OF AGENCIES APPROVED BY THE DIVISION OF HEALTH AND SENIOR 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.

AFFORDABLE SENIOR HOME CARE	732-279-4495
CAVALIER SENIOR CARE (Light Housekeeping only)	609-607-8300
KARING WITH KINDNESS	732-341-4500
SWEET HOME SERVICES	732-722-8368
VISITING HOME CARE (Housekeeping, transportation, dog walking)	732-244-5565

ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS – The companies below specialize in providing products such as ramps, ceilings, stair, and wheelchair 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

AtlantiCare Hospice 6550 Delilah Road, Bldg 300, Suite 210 Egg Harbor Township, NJ 08234	609-407-2020
Barnabas Health Van Dyke Hospice and Palliative Care Center State Hwy. 37, Toms River, NJ 08753	732-818-6800
Care Alternatives 70 Jackson Drive Suite 200, Cranford, NJ 07016	908-931-9080
Caring Hospice 525 State Hwy. 70, Lakewood, NJ 08701	732-661-9373
Embracing Hospice Care 2101 Rt. 34 South, Suite B, Wall, NJ 07719	732-974-2545
Grace Healthcare Services Raritan Plaza III 105 Fieldcrest Avenue, 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
Hospice of New Jersey 40 Bey Lea Road, Suite A 202, Toms River, NJ 08753	732-818-3460
Life Choice Hospice 1415 Hooper Ave., Suite 203, Toms River, NJ 08753	732-341-0662
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 1 Meridian Road, Eatontown, NJ 07724	732-389-0066
VNA of Central Jersey Hospice Program 176 Riverside Ave Red Bank, NJ 07701	800-862-3330

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/Dialysis

Rev.4/21/16

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