

Caregiver Resources

OCEAN COUNTY OFFICE OF SENIOR SERVICES

1027 HOOPER AVENUE
BLDG 2, FIRST FLOOR
PO BOX 2191
TOMS RIVER, NJ 08754-2191

732-929-2091

1-800-668-4899

1-877-222-3737

www.co.ocean.nj.us/seniorservices

**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.**

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

OCEAN COUNTY OFFICE OF SENIOR SERVICES

CAREGIVER RESOURCES

CATHOLIC CHARITIES

732-363-5322

Fix-It Program

Ext. 3234

725 Mantoloking Road, Brick, NJ 08723

- Minor home repairs and modifications to assist caregivers.

COMMUNITY MEDICAL CENTER

1-800-621-0096

Caregiver Counseling and Support

732-557-8131

9 Hospital Drive, Suite B-15, Toms River, NJ 08755

- Caregiver Support and Caregiver Mental Health Counseling

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

Ocean County Southern Service Center

609-978-6868

179-A South Main Street, Manahawkin, NJ 08050-0610

JEWISH FAMILY & CHILDREN'S SERVICES

732-363-8010

1235A Route 70 West, Lakewood, NJ 08701

- Caregiver Mental Health Counseling for individuals or groups.

LAKESWOOD KOSHER HOME DELIVERED MEALS & CAREGIVER SUPPORT PROGRAM

732-901-6001

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

- Caregiver Support and Caregiver Mental Health Counseling

MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

732-730-9112

Caregiver Counseling and Support & Caregiver Education

600 River Avenue, 3rd Floor, Lakewood, NJ 08701

- Caregiver Support & Caregiver Mental Health Counseling

OCEAN COUNTY BOARD OF SOCIAL SERVICES

732-349-1500

1027 Hooper Avenue, Bldg. 3, Toms River, NJ 08753

Press “0”, Ask for Social Services Intake

- In Home Caregiver Education and Support, Home Modification, Personal Emergency Response Systems (PERS), and Care Management

SENIOR GUIDANCE PROGRAM @

732-367-4700

PREFERRED BEHAVIORAL HEALTH GROUP

PO Box 2036, Lakewood, NJ 08701

- Individual Therapy Services both at home & on site. (Mental Health)

SOUTHERN OCEAN MEDICAL CENTER

732-616-3763

Caregiver Education and Support

1125 Beacon Avenue, Manahawkin, NJ 08050

- Caregiver Support

**VISITING HOMEMAKER SERVICE OF OCEAN COUNTY/
A FRIEND’S HOUSE**

732-244-5565

74 Brick Boulevard, Suite 203, Brick, NJ 08723

Ocean County Southern Services Center

179 Main Street, Manahawkin, NJ 08050

- Adult Day Services Social and Respite Care

OCEAN COUNTY OFFICE OF SENIOR SERVICES

INFORMATION & ASSISTANCE SITES

BERKELEY SENIOR OUTREACH **732-244-9600**
Berkeley Township Municipal Bldg.
627 Pinewald-Keswick Road, Bayville, NJ 08721

BOROUGH OF POINT PLEASANT SENIOR BEEHIVE **732-810-5890**
St. Martha's Church
3800 Herbertsville Road, Point Pleasant, NJ 08742
Hours: Tuesday and Thursday 10:00am to 2:00pm

BRICK TOWNSHIP SENIOR CENTER & OUTREACH **732-920-8686**
500 Aurora Place, Brick, NJ 08723

COMMUNITY SERVICES, INC. OUTREACH **848-288-9900**
1144 Hooper Avenue, Ste. 201C, Toms River, NJ 08755

LONG BEACH ISLAND SENIOR CENTER & OUTREACH **609-494-8861**
4700 Long Beach Boulevard, Brant Beach, NJ 08008

MANCHESTER TOWNSHIP SENIOR OUTREACH **732-849-8305**
1 Colonial Drive, Manchester, NJ 08759

Annex:
82 Lacey Road, Whiting, NJ 08759

OCEAN COUNTY OFFICE OF SENIOR SERVICES **732-929-2091**
1027 Hooper Avenue, Bldg. 2, Toms River, NJ 08754

County Connection (Ocean County Mall):
1201 Hooper Ave., Toms River, NJ 08753

Ocean County Southern Service Center:
179 S. Main St. Manahawkin, NJ 08050

TOMS RIVER TOWNSHIP SENIOR CENTER **732-341-1000**
652 Garfield Avenue, Toms River, NJ 08753 **Ext. 8460**

GERIATRIC EVALUATION & MANAGEMENT PROGRAMS

Multidisciplinary team approach offering comprehensive, consultative care.

THE ANNA GREENWALL GERIATRIC PROGRAM

732-923-7550

300 Second Avenue, Long Branch, NJ 07740

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

COPSA Geriatric Services – Rutgers UBHC

732-235-8400

100 Metroplex Drive, Suite 200, Edison, NJ 08817

Website: <https://care2caregivers.com>

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 & referral to important services for those caring for older adults with chronic illness. Toll-Free Helpline: **1-800-424-2494**

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

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

THE JAMES & SHARON MAIDA GERIATRICS INSTITUTE

732-886-4700

Monmouth Medical Center Southern Campus 600 River Avenue, 3rd Floor, Lakewood, NJ 08701

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

MEDICAL ADULT DAY CARE

**** Allaire Care Senior Day Services**

732-974-7666

1979 Route 34 South (Wall Circle Park), Wall, NJ 07719

Hours: 9:00AM to 2:00PM, Monday through Friday

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

**** AMBASSADOR Adult Medical Daycare**

732-367-1133

619 River Avenue, Lakewood, NJ 08701

Hours: 7:00AM to 4:00PM, Monday through Friday

Services: Provides nutritional & dietary services & meals, transportation, nursing laboratory services, physical therapy & rehabilitation, beauty & barber services, Alzheimer's/Dementia care, therapeutic recreation & social services and more.

**** Silver Time Adult Day Health**

848-224-4285

600 Mule Road, Suite 15, Toms River, NJ 08757

Hours: 7:00AM to 3:30PM, Monday through Friday

Services: Provides skilled nursing & a structured program of therapeutic activities to meet medical needs.

***NJ Department of Health and Human 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 Human Services, Office of the Division of Consumer Support, for the Jersey Assistance for Community Caregivers Program (JACC)**

SOCIAL ADULT DAY CARE

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

732-244-5565

Visiting Homemaker Service of Ocean County
74 Brick Boulevard, Suite 203, Brick, NJ 08723

Ocean County Southern Service Center
179 South Main Street, Manahawkin, NJ 08754

Hours: 8:30AM to 3:00PM, 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 & stimulate memory.

Bright Harbor

SOLAS (Seniors Optimizing Life and Socialization)

732-288-0486

687 Atlantic City Boulevard, Bayville, NJ 08721

Services: Community Outreach, socialization and transportation

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

RESPIRE / 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 & 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 & strengthen the efforts of family & friends. There are both financial & clinical eligibility criteria. Call for details.

MLTSS (Managed Long Term Services & Support)

732-349-1500

Ocean County Board of Social Services - (Press "0" & ask for Adult Medicaid)

Ocean County Office of Senior Services - (for more information) 732-929-2091

This Medicaid Waiver program provides community based, in-home services & 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 & clinical eligibility criteria.

PACE (Program of All-Inclusive Care for the Elderly)

732-716-4600

Beacon of Life

This program provides frail individuals age 55 & older comprehensive medical & social services coordinated & provided by an interdisciplinary team of professionals in a community-based center & in their homes, & helping program participants delay or avoid long-term nursing home care. Participants usually receive some home care services along with several visits each week to the PACE center, which serves as the hub for medical care, rehabilitation, social activities & dining.

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 & stress due to long-term caregiving 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

Caregiver Volunteers of Central Jersey is an interfaith nonprofit agency dedicated to providing free supportive services to the frail elderly and the homebound enabling them to live independently and with dignity in their own homes. The programs provided include: Caregiver respite, minor home repair and maintenance, grocery shopping, transportation to medical appointments, pet therapy, friendly visits, caregiver support group, reassurance phone calls, veteran connections and music therapy. Bilingual services are also available.

Caregiver Volunteers of Central Jersey

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

Main Office & Multicultural Outreach & Alzheimer's Respite Care Program

201 Hooper Avenue,
1st Floor, North Suite
Toms River, NJ 08753
(732) 505-2273
FAX: (732) 505-9445

Interfaith Health and Support Services of Southern Ocean County (IHSS) provides volunteer services for the frail, disabled & homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, and socialization are provided. Additionally, IHSS provides Alzheimer's Respite Care Programs specifically for Alzheimer's clients & caregivers. IHSS services cover Forked River (South of Lacey Road) down to Tuckerton and all of Long Beach Island.

Interfaith Health & Support Services of Southern Ocean County

Email: amy.raimondi@hmn.org
Web Site: <http://www.interfaithsoc.org>

Interfaith Health & Support Services & Alzheimer's Respite Care Services

Mailing Address:
1140 Route 72 West
Manahawkin, NJ 08050

Office Locations:

56 Nautilus Drive
Manahawkin, NJ 08050
Phone: (609) 978-3839
Fax: (609) 978-3283

279 Mathistown Road
Little Egg Harbor, NJ 08087
Phone: (609) 879-5590
Fax: (732) 295-6599

MEDICARE CERTIFIED HOME HEALTH (VISITING NURSE) AGENCIES

BAYADA HOME HEALTH CARE

732-350-2355

BAYADA Home Health Care in Whiting, NJ provides nursing & therapy for adults & seniors in the comfort of their homes, helping our clients get better & stay out of the hospital, & giving their families & loved one's peace of mind. Our skilled medical care is provided by carefully matched clinicians such as registered nurses (RNs), physical therapists (PTs), occupational therapists (OTs), speech-language pathologists (SLPs), & medical social workers (MSWs), usually in a short-term series of visits prescribed by a physician after a surgery, hospital stay, illness, or injury, or to help manage a chronic medical condition. We make it simple & easy to get the personal nursing or therapeutic care you need. We even handle your insurance coverage through Medicare or a private insurance carrier.

HOLY REDEEMER HOME CARE AND HOSPICE

888-678-8678

732-240-2449

Redeemer Health Home Care can help restore health, promote independence, & reduce unnecessary hospital readmissions for patients with chronic conditions as well as those recovering from a recent health event. Our nurses, therapists, & certified aides provide skilled disease & pain management, wound care, & rehabilitative services in the home.

HACKENSACK MERIDIAN AT HOME

1-800-655-2555

Meridian at home is the home health care services division of Meridian Health. Services provided include: skilled nurses, home therapy (physical, occupational, & 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 & management), Care on Call Now (wireless medical alert & care assistance technology), medical equipment & supplies, oxygen, infusion therapy, & in-home chronic condition management & programs.

VISITING NURSE ASSOCIATION OF CENTRAL JERSEY (VNA) HOME CARE AND HOSPICE

732-818-6800

800-862-3330

In partnership with Barnabas Health, offers a range of home health, hospice, private pay & 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 & are certified by Medicare. Whether you are 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.

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)

ACLA HEALTHCARE SERVICES	732-410-6739
ALL ABOUT CARE	732-477-3005
ASSISTING HANDS HOME CARE	732-272-0222
BAYADA HOME HEALTHCARE	732-442-3370
CALIBER HOME HEALTH CARE	844-515-1983
CAROUSEL OF HOME CARE	732-303-0245
HOME CARE FOR YOU, INC. *	609-971-9009
KARING WITH KINDNESS *	732-341-4500
MANGO HOME HEALTH	732-505-0080
NURSES OF NEW JERSEY	732-213-3834
RIGHT AT HOME*	732-451-0120
RJ HEALTHCARE SERVICES	732-775-4880
SABA HOME HEALTH CARE INC.*	732-797-0700
SUMMIT HOME HEALTH CARE	732-884-3100

(*Agency also provides live in services upon request)

**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)**

ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS

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

ABBY LIFTS INC. (Ramps & Lifts)	732-240-0446
ACCESSIBLE HOMES (Evaluations & modifications)	732-886-5800
ADAPTIVE HOME THERAPY (Evaluations & recommendations)	732-886-6996
AMERICAN RAMP SYSTEMS (Ramps, Lifts, Portable Showers)	732-446-1951
RAND'S SURGICAL (Evaluations, recommendations & portable ramps)	732-255-3211

HOME DELIVERED MEALS

Mom's Meals

1-866-971-6667

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

ADDITIONAL RESOURCES

MINOR HOME REPAIRS

Please contact provider for details and eligibility:

HANDY ANDY	732-505-2273 Ext. 212
HABITAT FOR HUMANITY	732-818-9500 Ext. 102
FIX – IT	732-363-5322 Ext. 3234
SAFE HOUSING & TRANSPORTATION	732-349-1500

MEDICARE CERTIFIED HOSPICE PROGRAMS

Angelic Hospice Hospice Care-Palliative Care-Transitional Care 81 East Water Street, Suite 2A, Toms River, NJ 08753	732-664-4909
Bayada Hospice 10 Allen Street, Suite 1A, Toms River, NJ 08753	609-387-6410
Compassus Hospice 222 Oak Avenue, Unit 3, Toms River, NJ 08753	732-329-7692
Embracing Hospice Care 3349 Route 138 East, Bldg. D, Suite F, Wall, NJ 07719	732-974-2545
Hackensack Meridian Health Hospice 80 Nautilus Drive, Manahawkin, NJ 08050	609-489-0252
Holisticare Hospice 1268 Route 37 West, Unit #2, Toms River, NJ 08755	844-254-4400
Holy Redeemer Home Care and Hospice 6550 Delilah Road, Suite 501, Egg Harbor Township, NJ 08234	609-761-0300
Homeside Hospice 67 Walnut Avenue, Suite 205, Clark, NJ 07066	732-381-3444
VNA Health Group of Central Jersey 1433 Hooper Avenue, Toms River, NJ 08753	732-818-6800

WEBSITES

DIALYSIS FACILITY COMPARE

www.medicare.gov/dialysisfacilitycompare

HOSPITAL COMPARE

<https://www.medicare.gov/care-compare>

HOME HEALTH COMPARE

www.medicare.gov/HHCompare

NURSING HOME COMPARE

www.medicare.gov/NHCompare

OCEAN COUNTY

www.co.ocean.nj.us

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.

COMMUNICATION TECHNIQUES

- “I’d like to talk about the appreciations 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 person's 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