

Effective Caregiver Strategies for Maximizing Joy & Minimizing Pain



By Loretta Woodward Veney

Today's Session will cover:

- **Maximizing the Joy!**

- Living life to the fullest
- Preparing and communicating effectively
- Caring for self & trying new activities
- Embracing humor and hope

- **Minimizing the Pain**

- Discussing later life wishes
- Asking for help when needed
- Practicing Forgiveness and Patience
- Using technology & APPs to lighten caregiver load

THE CAREGIVER EXPERIENCE:

A SNAPSHOT OF THE CAREGIVER JOURNEY

OF THE 44 MILLION UNPAID ELDER CAREGIVERS IN THE U.S.,
75% ARE EMPLOYED.



Elder caregivers:

“Caregiving is the most challenging and rewarding job in the world. It’s like starring in an action movie you never auditioned for.”

Loretta Woodward Veney, on being a caregiver

Maximizing Your Joy!



- See every day as a gift, without denying reality!
- Focus on the positive in every situation!
- Make a plan to deal with life's challenges!

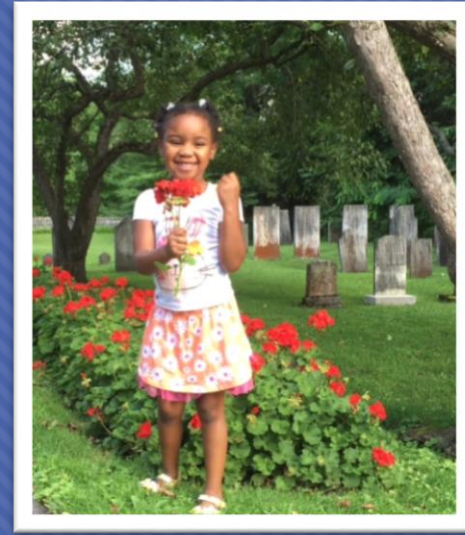
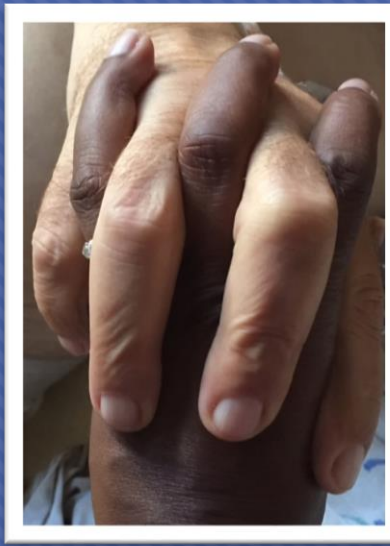


Living Life to the Fullest!

- Take advantage of every second, you're never going to get this time back.

- Don't put off until tomorrow what you can do today.

- Volunteer or visit shut-ins. People don't always need words, share your Eyes, Tears, Touch and Smiles...



Living life to the fullest!

See the Joy in Everything!

- Reminisce with photos that bring you joy and peace.
- Visit a place that wasn't on your bucket list.
- Find joy in the little things and keep a JOY folder.



Living life to the fullest!



Joy Folders are AWESOME!

- Prepare for everything, be ready for anything!
- Have a plan and a backup plan!
- Take advantage of all available programs!



Preparing and Communicating Effectively!

- Be honest and persistent.
- Ask lots of questions!
- Be assertive when advocating for those in your care!
- Keep family members updated and involved (even if they don't help).



Preparing and Communicating Effectively

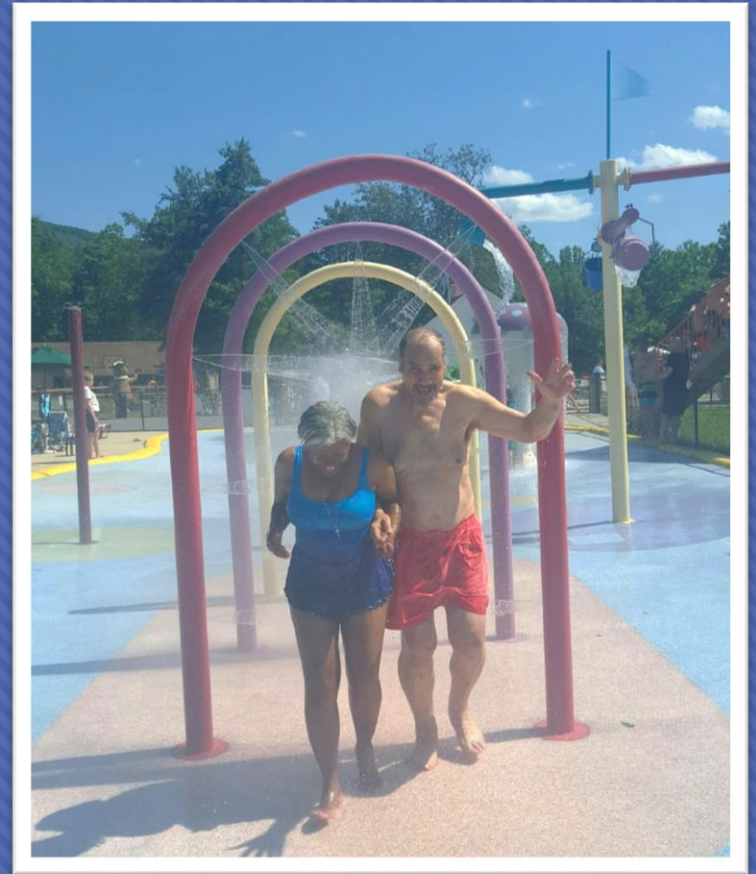
- Make and keep YOUR doctor's appointments!
- Eat healthy and exercise.
- Get enough sleep.
- Spend time relaxing / meditating to lessen stress.



Caring for Self!

Gratitude

- Find gratitude for even the smallest things
- Write down the things you're grateful for, as they become your memories.



Caring for Self!

What have you always to try but haven't yet?

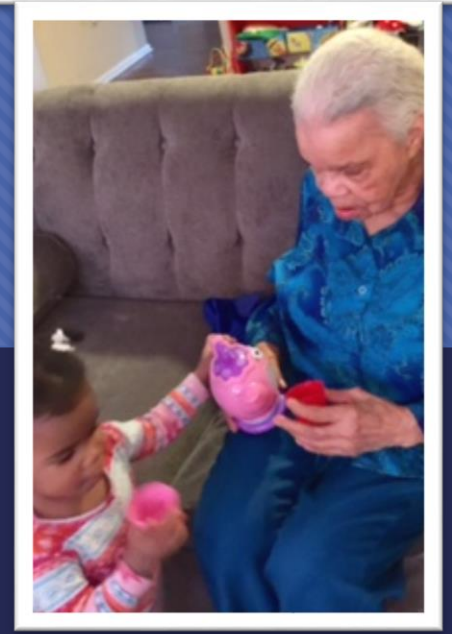
- Playing
- Dancing
- Painting
- Singing



The screenshot shows the top portion of an AARP article. At the top is the AARP logo with the tagline 'Real Possibilities' and a search icon. Below the logo are social media icons for Facebook, Twitter, LinkedIn, Email, and Print. The article title is 'Caregiving Roles: The Entertainment Director'. The sub-headline reads: 'A daughter makes sure her mother stays active and engaged despite her dementia'. The author's name, 'AARP', is listed below. A photograph shows two elderly women walking on a path in front of a house. Below the photo is the byline 'GREG KAHN' and a short paragraph: 'For Loretta Woodward Veney, it's important that she keeps her mother, Doris, active and on the move.' The article title and sub-headline are in bold black text.



Trying New Activities!



Trying New Activities!



THE SPANISH CLUB

The Spanish Club is composed of students who have completed one or more years of Spanish.



**NY Times Interview
August 2017**

Mom at MLK Memorial

Embracing Humor and Hope



CareGiving.com
Caring for You as You Care for Family

LEGISLATION

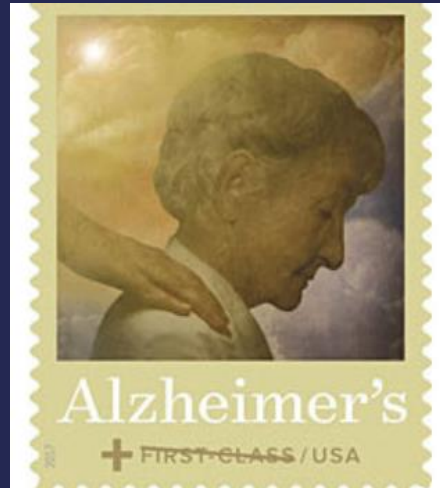
RAISE Family Caregivers Act Passes Congress

By Maggie Flynn | January 12, 2018

Share



The Recognize, Assist, Include, Support and Engage Family Caregivers Act, or the RAISE Family Caregivers Act, passed the Senate on Jan. 9 and is headed to President Donald Trump for his signature.



Rosalynn Carter
Institute for
Caregiving
@rcicaregiving

Embracing Humor and Hope!

You may feel alone
as a Caregiver,
BUT you're not alone...

<http://dailycaring.com/>

<http://www.seniorliving.com>

<http://www.caregiver.com/>

<http://aarp.org/>



Embracing Humor and Hope

DailyCaring

Practical tips for families caring for older adults

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Family Caregiving

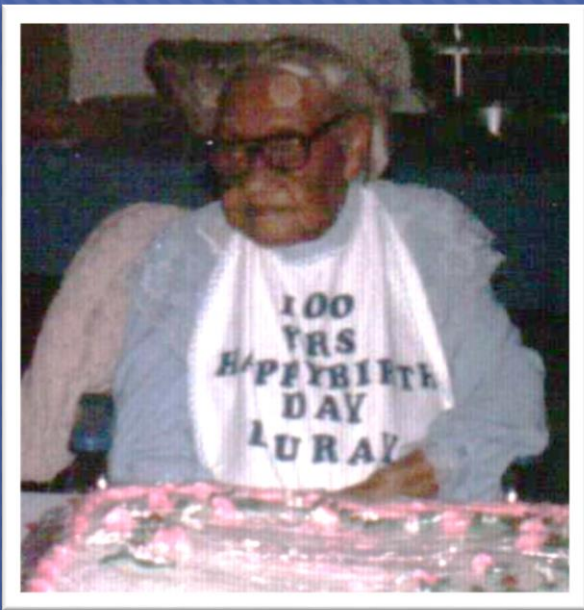
Basics · Care at Home · Nursing Homes · Medical · Financial & Legal · Life Balance · Community



Embracing Humor and Hope

Minimizing Your Pain!





100th Birthday party for Great Grandma Luray



5th Generation photo in Wash Post



First family meeting

**Discuss Later Life Wishes
Have family meetings**

CareFinder

Finding the care that's
right for you



What is a DNR and Why Would Seniors Need One?

MY FINAL WISHES

We plan and prepare for most events of our lifetime, yet few of us prepare for that final event. Making final arrangements can be overwhelming for your family. Clear choices may be difficult to make. When passing occurs there are many decisions that will have to be made in a very short period of time. By completing these pages you will spare your family the added burden, both emotionally and financially, of having to make these decisions for you.

The ultimate gift of peace we can give to those we leave behind is to make our wishes known in writing.

Every adult should complete this book for their own peace of mind and for the benefit of their family. You are doing this for them. Please complete this document on a computer or in pencil so that changes can be made in the future.



MANAGING FAMILY DYNAMICS

How to Talk with Parents About Aging: Conversation Starters



ESTATE PLANNING

Estate Planning Basics for Seniors

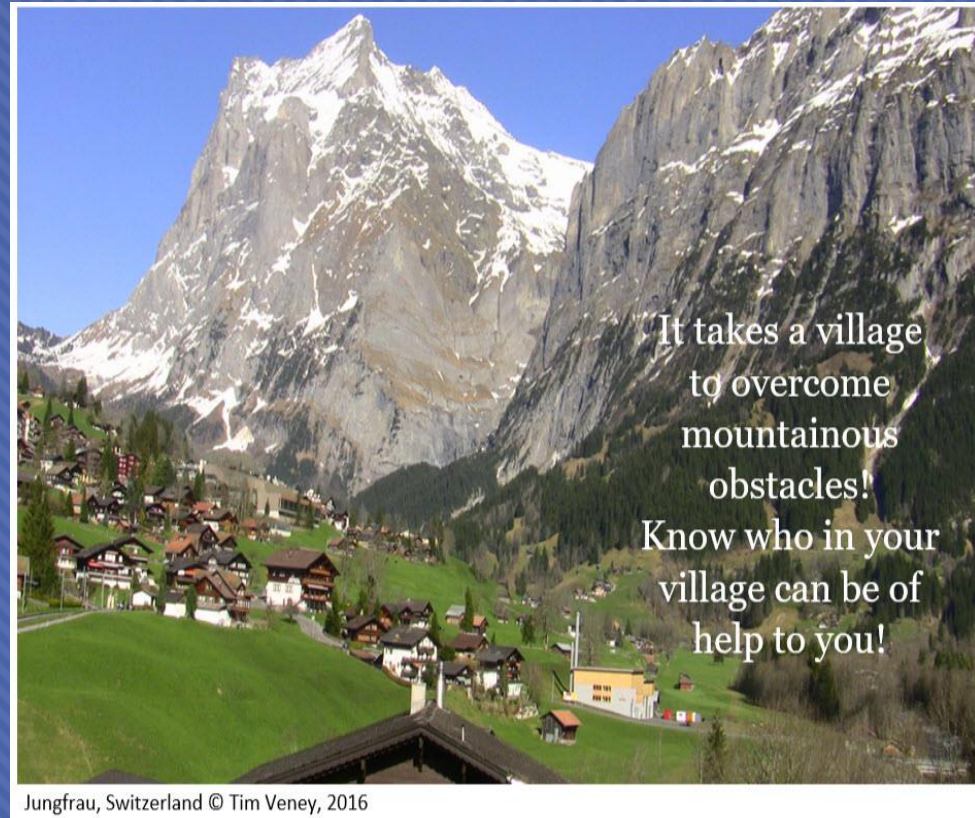


CAREGIVER BEGINNER'S GUIDE / LEGAL MATTERS

5 Important Legal Documents for Caregivers

Later Life Wishes

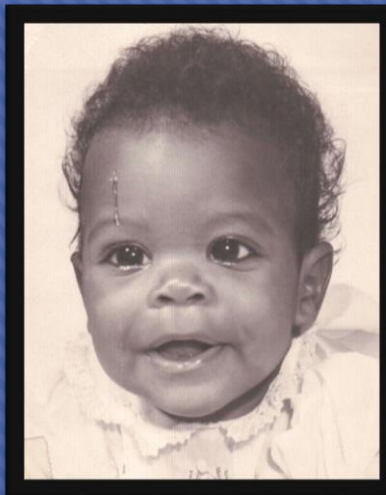
- Let others know when you need help **AND** specifically what you need.
- Don't be overwhelmed by guilt over things out of your control.
- Stay connected with your support system.



Asking for Help When You Need It!



Mom and Dad in 1949



Me in 1959



Mom and Aunt
Frannie in 2011

Practicing Forgiveness and Patience

Building patience with loved ones

**Know Your
Triggers**

**Wear Your
Positive
Glasses**

**Change
Your
Attitude**

Practicing Forgiveness and Patience

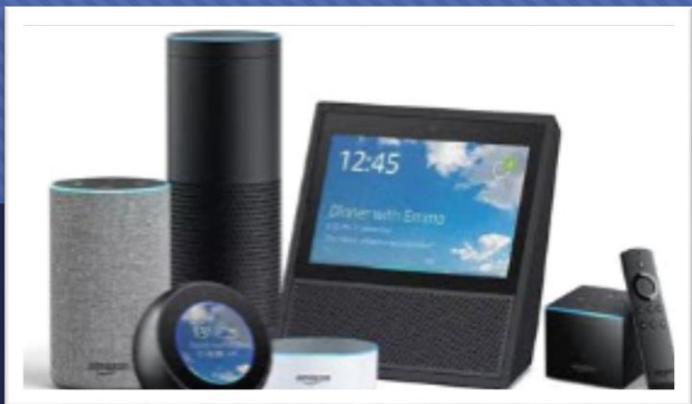


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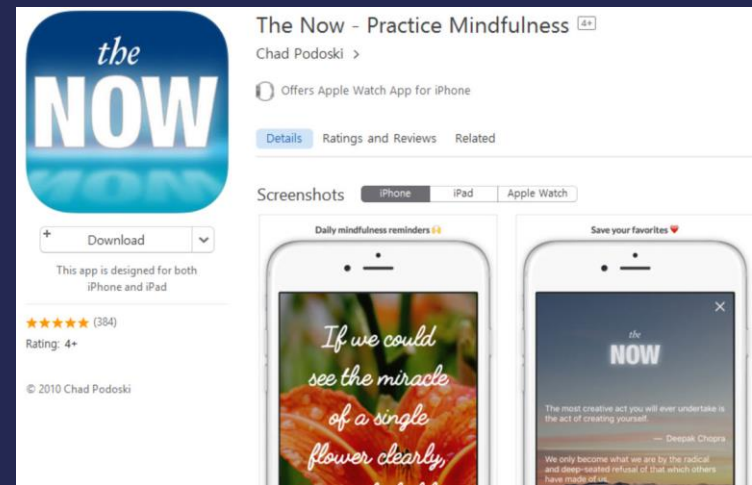
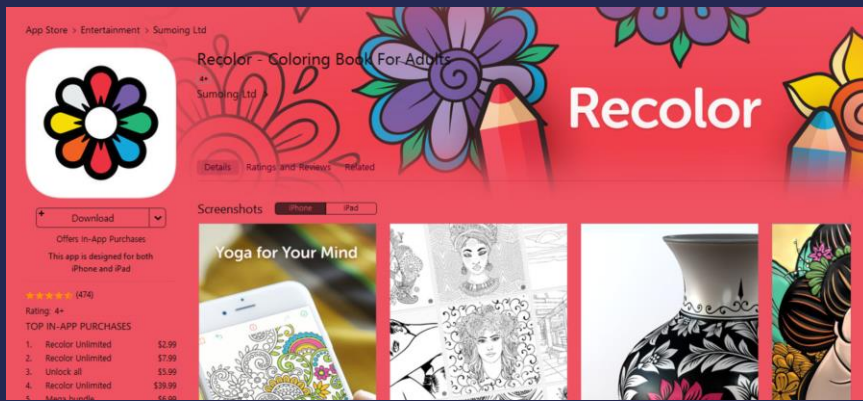
HOW INDEPENDA WORKS

EASY SETUP

Simply plug your IndependaTV to a standard wall outlet, connect to the Internet with a wired or wireless connection and activate your account with your remote control.

- 1
- 2
- 3

Using Technology and APPs!



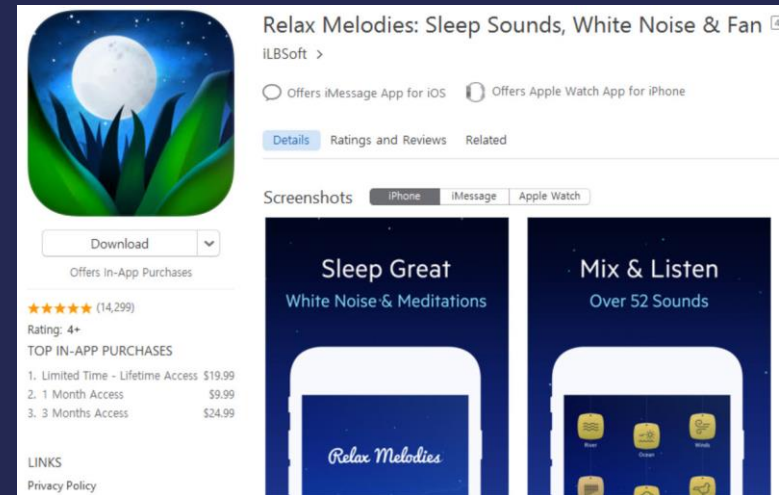
GRATEFUL

FRIDAY, OCTOBER 23



Had an amazing afternoon with Mom playing with all of her fidget toys!! I even made a few videos of her talking!! Priceless!!

MADE TODAY A GOOD DAY



There are lots of APPs for ...
Maximizing Joy & Minimizing Pain

A wooden Adirondack chair is positioned on a wooden dock, facing a large body of water. In the background, there are lush green mountains under a cloudy sky. The text is overlaid on the left side of the image.

**Wishing you
Maximum Joy
& Minimum
Pain on your
caregiving
Journey!**