

Supporting Caregiver Resilience and Needs

Webinar Part 5: Problem-Solving

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Agenda

- Background
- Goals of the Workshop
- Review
- Addressing Needs
- Summary

Four most commonly stated needs:

- Managing emotional and/or physical stress
- Overall self-care
- Coping with time, energy, and financial demands
- Communicating more effectively with the recipient.

Goals for Today

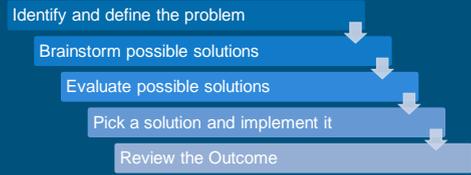
1. Increase your self-efficacy and resilience as a caregiver.
2. Learn and apply problem-solving skills effectively.
3. Increase your sense of support.

Review of Parts 1-4: Stress & Burnout, Self-Care, and Managing Demands, and Communication

- Burnout vs Stress
- Importance of Long-Term Self-Care
- Effective Management of Time, Energy and Financial Demands
- Effective Communication
 - What changes have you noticed since last week?
 - What tip(s) or worksheets did you find the most helpful?

Problem-Solving

The 5 Steps of Problem-Solving



Step 1: Identify and Define the Problem

- Part 1: Ask questions about the problem.
- What is my most pressing problem?
 - What are the causes and consequences of the problem?
 - What do I have control of in this situation?
- Part 2: Break the problem down
- If possible, break down the problem into smaller parts
 - Define the overall problem and the different aspects of the problem



Step 2: Brainstorm Possible Solutions

Write down at least 3 possible solutions to your problem

Do not dismiss any possible solutions: Keep an open mind and even include solutions that seem silly!



Step 3: Evaluate Possible Solutions

Evaluate Possible Solutions

- Cross off any solutions that seem improbable, ineffective, or impractical.
- Keep an open mind: You may think of more possible solutions or you may want to combine possible solutions.
- Think about what you hope to achieve.
- Consider pros and cons for each



Step 4: Pick a Solution and Implement it

Part 1: Pick a solution that is realistic and achievable

Part 2: How to implement your solution

- Write out the specific steps
- Think about possible problems that may come up and how to get around these problems



Step 4: Pick a Solution and Implement it

Part 3: When to implement the solution

- Schedule your solution if possible and choose a specific time or place to implement your solution.
- If you cannot schedule your solution, how will you know when to use it?

Part 4: Implement the Solution



Step 5: Review the Outcome

Part 1: Evaluating Effectiveness

- How was the solution effective or ineffective?
- Did you achieve what you hoped or expected to achieve?

Part 2: Thinking about Future Problems

- If you could, what would you change about how you handled this problem?
- If this problem were to come up again in the future, would you handle it differently?



Step 5: Review the Outcome

Part 3: Learning

- What did you learn from this experience?
- What advice would you give others with a similar problem?

Part 4: Moving Forward

- If you resolved your problem: Great! Think about other problems you may have
- If you did not resolve your problem: Restart the problem-solving process with knowledge gained from this experience



Caregiver Problem-Solving Example: Steps 1 and 2

Mary recently noticed that she has been showing symptoms of stress and burnout:

- Reduced sleep and increased fatigue
- Feeling helpless
- Isolation
- Muscle tension

Mary cares for her mother, works full-time, and is raising two children. Mary does not take much time for herself.

Mary's mother recently told Mary that she was washing the dishes wrong. This made Mary very angry and she yelled at her mother.

Step 1: Identify and Define Problem

- What is Mary's most pressing issue?
- What are the causes of the problem?
- How would you define the problem?

Step 2: Brainstorm Possible Solutions

Booklet Pages 40-47

Part 5 Summary and Final Thoughts

- Any questions or comments before we end for the day?

See Reference
Handout for
Sources of
Information in the
Presentation
