The Freedom Trail to Respite: Your Roadmap to Caregiving Without Regret

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Caregiving Without Regret™ Expert

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Who is Michael anyway?

Primary
Family Caregiver
2009-2012
New Published Author

The Accidental Caregiver's Survival Guide

A. Michael Bloom
The Caregiving Journey
What does Balance mean to you?

Balance is the Key to Life
What keeps things out of balance?
Burnout and Stress
Signs of Stress that Can Lead to Burnout

- Trouble Sleeping
- Appetite Changes – Eat More or Less
- Greater Frequency of Headaches
- Lethargy
- Outbursts of Anger
- Lack of Interest
- Feeling Like a Victim
- Increased Alcohol or Prescription Drug Use
When you are going through the day, how often do you feel as though you are pushing a boulder up a hill?
As caregivers, finding balance and energizing others starts with us. We need to be energy efficient to support the vulnerable who depend on us.
Key to being a balanced caregiver who uses effective communication effectively and readily inspires support is to

Understand Energy Blocks so you can shift them and right your ship.

GAILs
Limiting Beliefs

- Something that you accept about life, about yourself, about your world, or about the people in it, that limits you in some way.

Does anyone have some limiting belief that you hold or that you have heard from someone else at work that you can share?
Interpretations

• An opinion or judgment that you create about an event, situation, person or experience and believe to be true.

“We do not see the world as it is, we see it as we are.” - Anais Nin

As caregivers, we are especially vulnerable to this when under stress.
Assumptions

- An expectation that, because something has happened in the past, it will happen again.

We are each a product of our own belief system.
Gremlins

Your Top Self-doubt is Your Inner Critic!
The Antidote for Burnout

Balance
The Roadmap to Caregiving Without Regret™

1. Release Crisis Mode
2. Overtake Conflict
3. Achieve Buy-In
4. Deliver Greatness
5. Magnetize and Motivate Talent
6. Accept Intuition
7. Put Chocolate in Your Pill Box
*Energy City*
RELEASE
CRISIS
MODE
NEXT EXIT
Stop being a victim of circumstances so you feel stronger and become laser-focused for meeting your family’s needs.
Communicate calmly and clearly with your loved one and other family members as you ride the emotional roller coasters associated with the disability or disease and cope with any situation—no matter what.
Motivate others to willingly contribute based upon their individual abilities, preferences, and talents so your loved one receives the most satisfying support possible.

*Leadership is the art of getting someone else to do something you want done because he wants to do it.*

-Dwight D. Eisenhower
Become the inspiring caregiver that people cheer for and gladly support in meaningful ways.
Magnetize and Motivate Talent
NEXT 5 MILES
Create an atmosphere that attracts and retains the best people to join your loved one’s care team, and experience brilliant performance.
Trust your instincts and let your care and dedication guide your decisions.
Put chocolate in your pill box.
Reward yourself to fuel your soul so you can thrive during the long journey as a caregiver and develop the passion and purpose for your life beyond caregiving.
How Can You Continue to Follow the Roadmap?

1. Realize that the journey or path forward is not linear. It is inspired.

2. Keep your own needs in the forefront and share.

3. Celebrate all accomplishments, no matter how small.
What Can You Do Now?

Reflect on the Roadmap

Ask questions – always ask for what you need.
Caregiving Power Hour

FREE Monthly Tele-session for Caregivers

www.caregivingpowerhour.com

Next call is Sunday, October 20th at 8pm
Connect on Facebook

- www.facebook.com/authoramichaelbloom

More tips, tools and strategies are shared!
Thank You!

Keep Inspiring!

The Work All of You Do Has Never Been More Important.

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