

# Care Partner Self-Care

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**SCHOOL  
OF  
NURSING**





**FACT 1**

Most CP prioritize care for PLWD over self-care

**FACT 2**

Most CP reduce self-care when in crisis

**FACT 3**

Most CP of PLWD experience frequent crises

**FACT 4**

There are cultural variations in acceptability of self-care

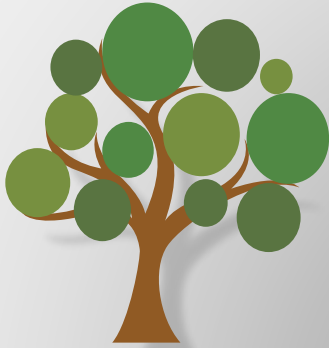
**FACT 5**

To be sustainable, health-care needs to be habitual

**FACT 6**

CP self-care is essential for both CP and PLWD

Care Partner (CP); Person Living with Dementia (PLWD)



## Starting out

Full of energy, enthusiasm, ideas, passion. People are reaching out and offering help/support.



## After a while

Feeling tired, lose enthusiasm, feeling frustrated. People do not reach out as often.



## After some time

Have little to give. No energy to even ask for support.

**Caregiving trajectory WITHOUT regular Self-Care**

## STEP 1

Inventory your views about self-care and your current practices



## STEP 2

Set an objective measurable goal



## STEP 3

Develop a habit automaticity



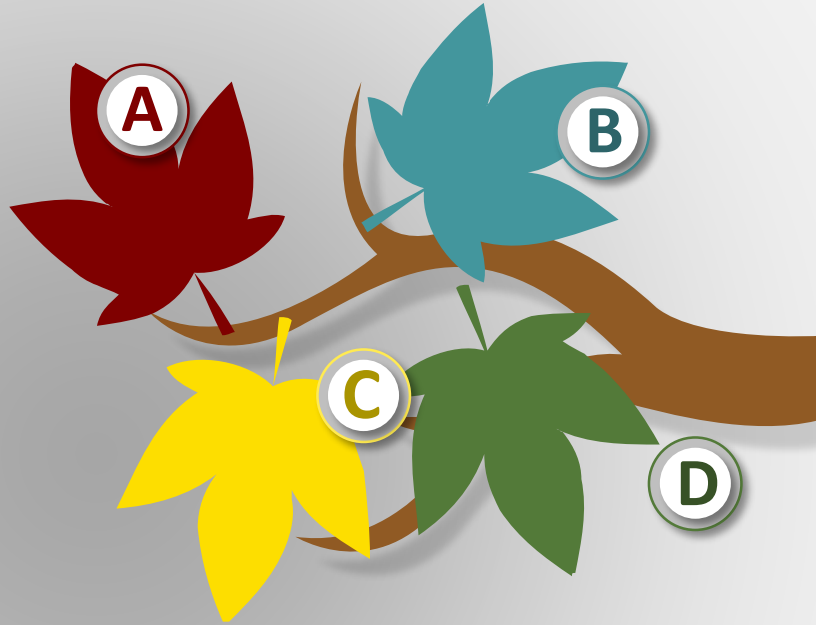
# Care Partner Self-Care

What is Self-care?

Is self-care important to me?

What are my current practices?

What are my current obstacles?



**STEP 1. Inventory.** *The hardest part of solving a problem is accurately defining it.*

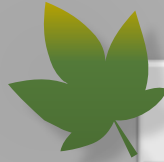
# Managing Your Own Wellness (MYOW)

- Eat regular meals
- Drink 4-6 glasses of water
- Sleep 6-8 hours at night
- Take my medications regularly



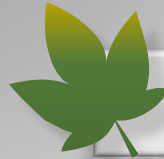
**UNIVERSAL**

- Engage in sports or other outdoor activities
- Meditate or pray
- Spend time with others whose company I enjoy
- Listen to music, read, watch TV



**HEALTH  
PROMOTION**

- Engage in enjoyable activities with my care recipient
- Participate in caregiver support groups
- Ask for help or caregiving relief when needed
- Ask healthcare providers for information



**CARE PARTNER**

## Managing Your Own Wellness [MYOW]: Self Care for Caregivers

Sadak, Borson, Eshado ©

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How often do you do the following activities? Please rate using the following scale.

1 = Never    2 = Rarely    3 = Sometimes    4 = Often    5 = Always    NA = Not Applicable

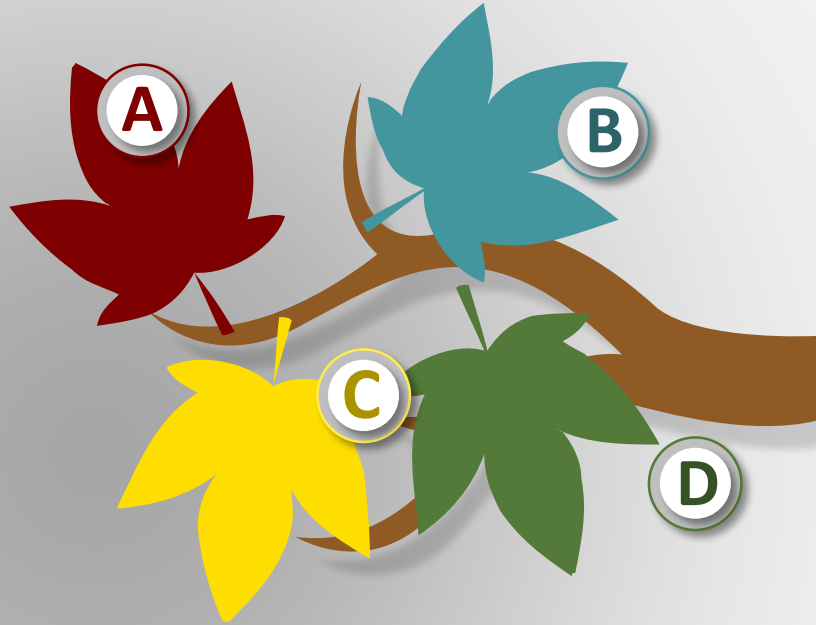
	<b>From day-to-day when things are going well or as expected</b>	<b>✓ = most important activity to you</b>	<b>On a bad day when you or your loved one is sick or experiencing a crisis</b>	<b>✓ = most important activity to you</b>
Eat regular meals				
Make healthy food choices				
Drink 4-6 glasses of water daily				
Exercise for 30+ minutes several days a week				
Sleep 6-8 hours at night				
Meditate or pray				

What are my self-care priorities?

What is the big goal?

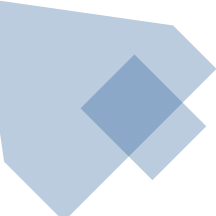
What is the first step?

Logistics:  
Action  
Time  
Location




**STEP 2. Goal.** *New goals do not deliver new results. New Lifestyles do.*





I will \_\_\_\_\_ at  
ACTION

\_\_\_\_\_ in \_\_\_\_\_ .  
TIME LOCATION





Think about  
the  
Action  
Time  
Location

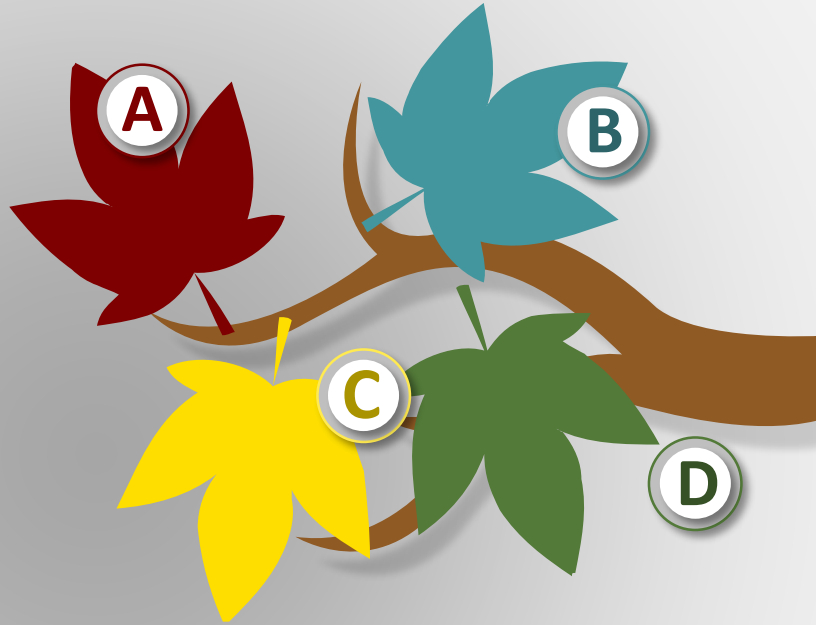


Identify  
existing habit  
(close in time  
and location)

Create a plan  
to connect  
new action to  
the existing  
habit



Implement



**STEP 3. Habit.** *Your habits are perfectly designed to deliver your current results.*

# HOW TO STACK HABITS



After \_\_\_\_\_ ,

CURRENT HABIT

I will \_\_\_\_\_ .

NEW HABIT



**Jul. 1st**

Meditate  
5 min in the  
living room  
in the am  
after making  
coffee



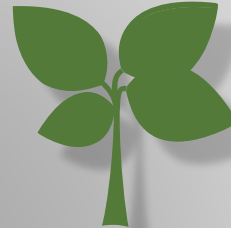
**Aug. 1st**

Meditate  
10 min in the  
living room  
in the am  
after making  
coffee



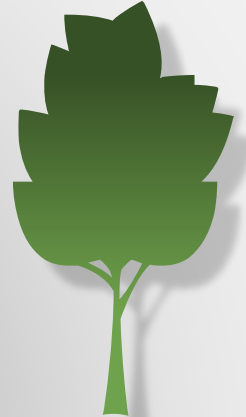
**Sep. 1st**

Meditate  
15 min in the  
living room  
in the am  
after making  
coffee

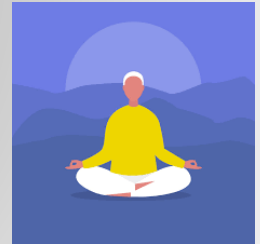


**Oct. 1st**

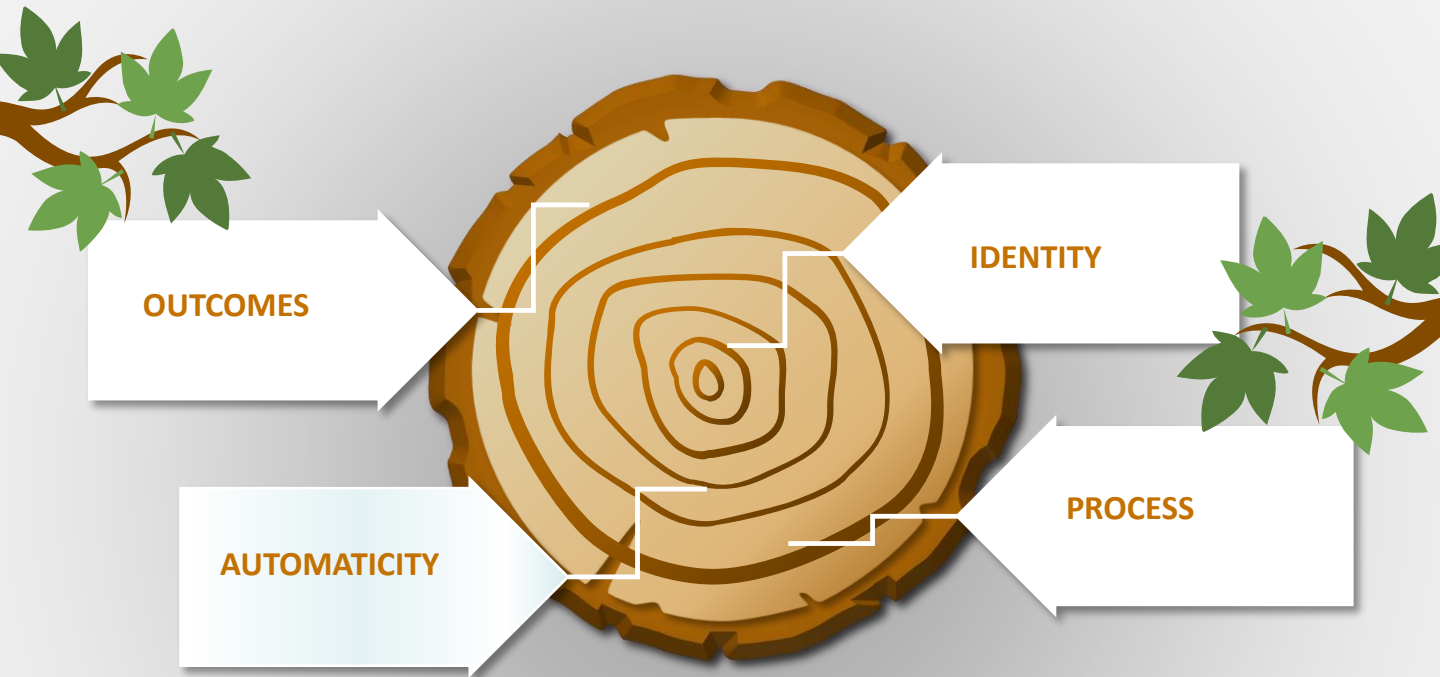
Meditate  
20 min in the  
living room  
in the am  
after making  
coffee



**Nov. 1st**

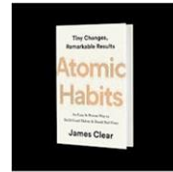


# Cultivating Self-Care Habits



**Three layers of Behavior Change.** James Clear.

# Managing Your Own Wellness Care Partner Self-Care Intervention



If you are interested in participating in this 12-week study please contact **Emily Ishado**

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