Care Partner Self-Care

Tatiana Sadak PhD. PMHNP. ARNP. RN
Most CP prioritize care for PLWD over self-care

FACT 1
Most CP of PLWD experience frequent crises

FACT 3
To be sustainable, healthcare needs to be habitual

FACT 5
CP self-care is essential for both CP and PLWD

FACT 6
There are cultural variations in acceptability of self-care

FACT 4
Most CP reduce self-care when in crisis

FACT 2
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

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**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)

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

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

**CARE PARTNER**
- 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
Managing Your Own Wellness [MYOW]: Self Care for Caregivers
Sadak, Borson, Eshado  ©

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

What is the big goal?

What is the first step?

Logistics: Action Time Location

I will _____________ at ___________.

_________________________ in _____________.

ACTION

TIME

LOCATION
STEP 3. Habit. Your habits are perfectly designed to deliver your current results.
Cultivating Self-Care Habits

- **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**:
Managing Your Own Wellness Care Partner Self-Care Intervention

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

- eishado@uw.edu
- 206-616-1983