

**Cancer Services of New Mexico**  
**Spring Cancer Family Retreat**

**Caring for the Caregiver**

**The Role of the Caregiver in the Journey of Cancer**

**Albuquerque, New Mexico**

**April 19, 2015**

# Caring for the Caregiver

- Bio, Background, Qualifications ...
- Target Audience
- Sunday Morning

Data & Statistics (not)

Movies & Metaphors



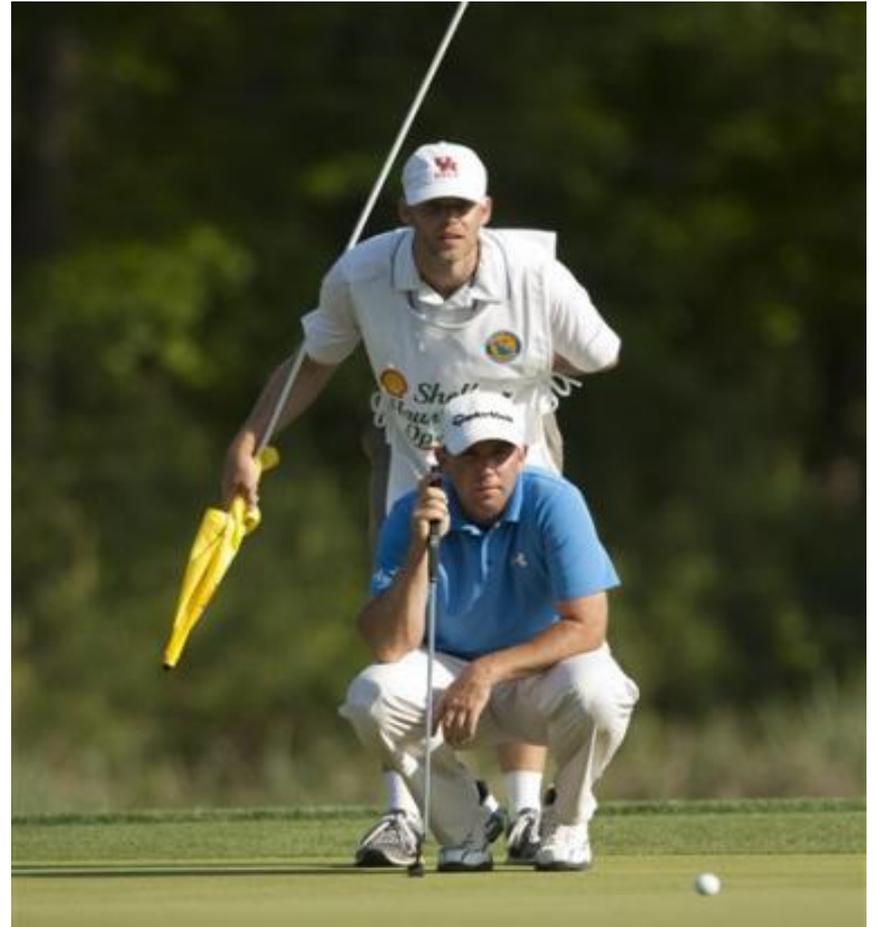


# Tenzing Norgay

## Sherpa



# Supporting Roles in Sports



# Importance of Supporting Roles

- Behind the Scenes / Unsung Heroes
- “15 Minutes of Fame”
- Supporting Others is a Noble Purpose

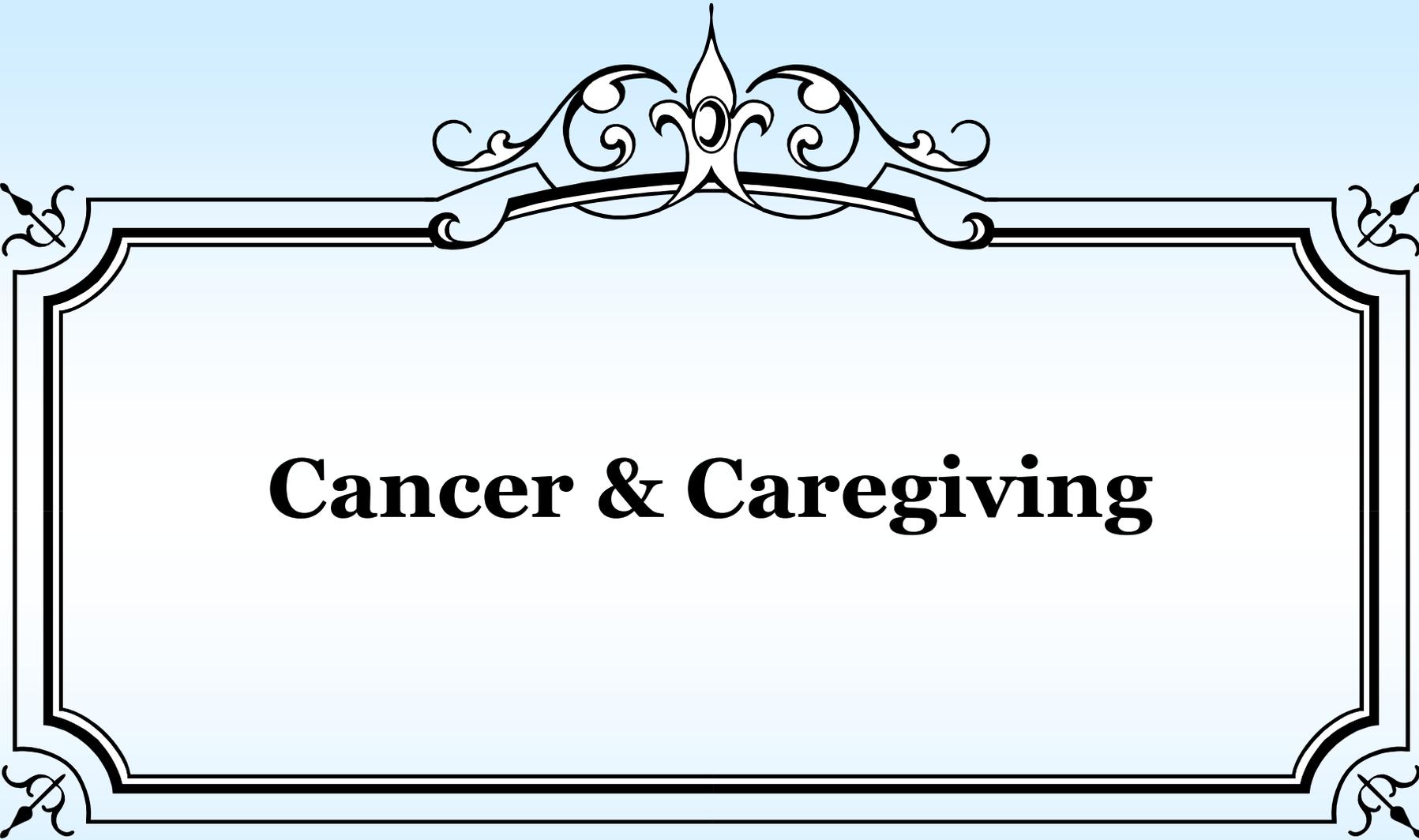
*“You can accomplish some amazing things in life,  
if you don’t care who gets the credit”*

*- Harry Truman*

# Roadmap (Agenda) for Today

- Cancer & Caregiving
- Roles & Responsibilities
- Caring for the Caregiver
- Human Connection
- Adversity





# **Cancer & Caregiving**

# Cancer Care is Changing

- Terminal Disease ⇒ Chronic Disease
- “Manageable” “Treatable” “Curable”
- Cancer Survivorship is Growing
- Inpatient ⇒ Outpatient
- **Today, spouses, families and friends provide about 80% of services that until recently, were done in clinical settings by trained healthcare professionals.**



# Cancer is a Journey

(Don't Stop Believing)

- **Diagnosis**
- **Treatment**
  - **Surgery**
  - **Chemotherapy**
  - **Radiation**
  - **Rehabilitation**
- **Post Treatment**
- **Survivorship**



# Who is a Caregiver?

- Most often, the primary Caregiver is a spouse, partner or an adult child
- When family is not available, friends, neighbors or co-workers may fill this role
- A **Caregiver** is the person who helps the person with cancer -- *without being paid to do so*

*Doctors and nurses are paid to be good  
Caregivers are good for nothing 😊*

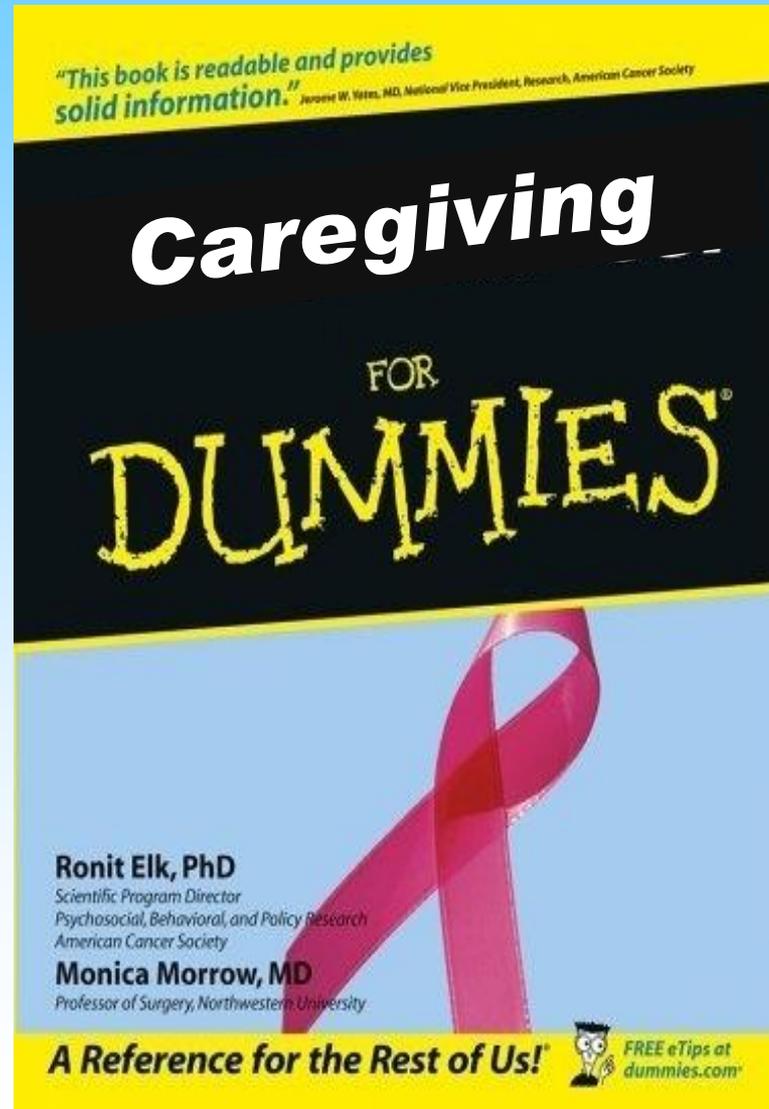
# Who else is a Caregiver?



*“Lord, help me become the person my dog thinks I am”*

Bumper Sticker

# Becoming a Caregiver



# I've got some good news and I've got some ...

There's no...

- Crystal Ball
- Magic Wand
- Silver Bullet
- Text Book
- Check List
- Field Manual



# The Good News is ...

*You have what it takes to do the job*

- You love the person you're caring for
- The person you're caring for loves *you*
- **O.J.T.** (on the job training)





# **Roles & Responsibilities**

# Know Your Role



- People with Cancer
- Doctors and Nurses
- Caregivers
- Family and Friends
- Support Groups, etc.

# Responsibilities of a Caregiver

- Advocate
- Dedicated
- Patience
- Good Listener
- Problem Solver
- Orchestrator
- Serving Heart
- Empathetic



# Empathy ('em-pə-thē)

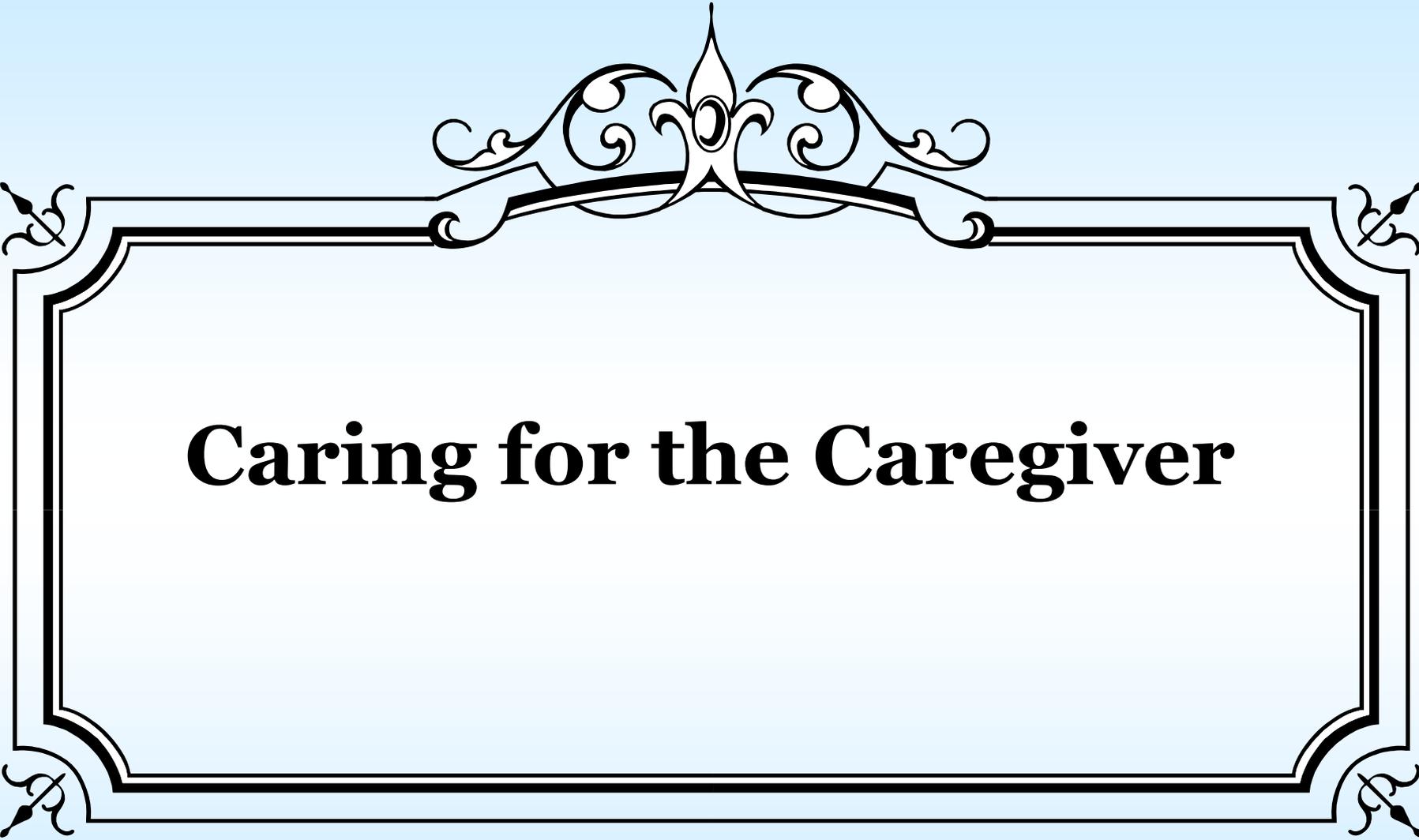
## Definition:

The action of understanding, being aware of, and sensitive to, the thoughts, feelings and experiences of another.

## Quote:

*“Never criticize a person until you have walked a mile in their shoes, that way when you do criticize them, you are a mile away ... and you have their shoes”*

- Jack Handy (Deep Thoughts)



# **Caring for the Caregiver**



***“A good lifeguard never gets wet”***

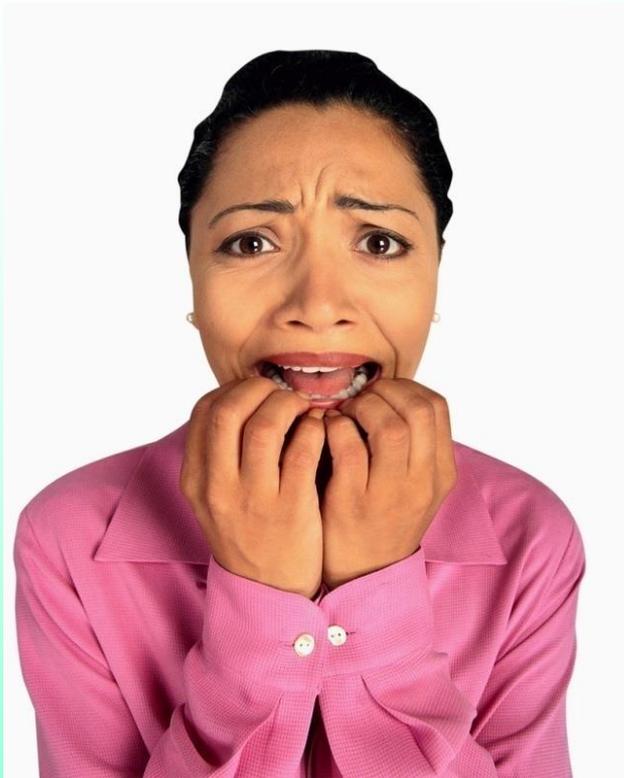
*- American Red Cross Lifeguard Training Manual*

# Caring for the Caregiver

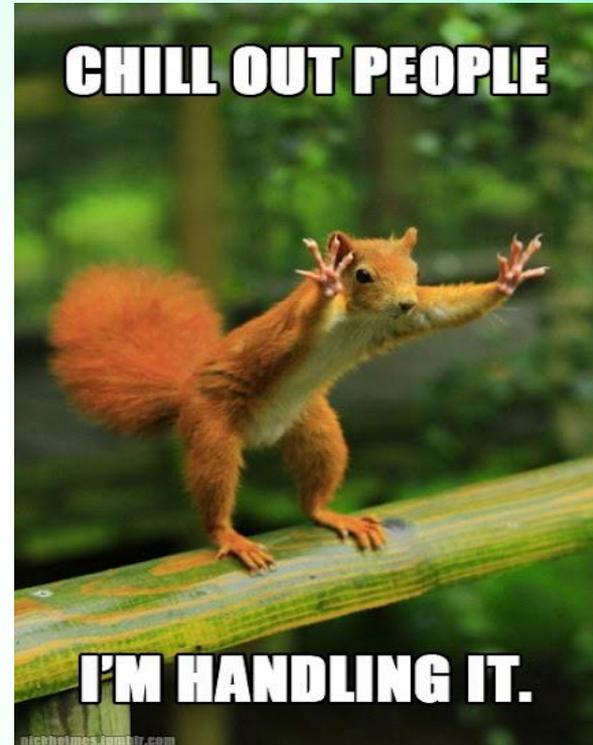
Top 10 things a Caregiver *needs* to do:

1. Eat well, exercise and get rest
2. Get (or stay) connected with others
3. Keep your own doctors appointments
4. Get and keep your “house” in order
5. Learn about cancer and cancer treatment
6. Learn to say “yes” to people who want to help
7. Learn to say “no” when you need a break
8. Recognize the “new normal”
9. Be flexible (“go with the flow”)
10. Be grateful for the blessings in your life

# You are not alone



There is an abundance of  
resources out there



Let other people help  
when they want to



# Human Connection

# People Communicate in Different Ways

- Personality / Behavioral Profiles (Typically 4)
- Think of these as “Languages”

- **Driver**
- **Social**
- **Steady**
- **Compliant**



# The Four Behavioral Profiles

## Driver

Direct

Fast Paced

Assertive

Blunt

Competitive

## Social

Friendly

Chatty

Agreeable

Trusting

Persuasive

## Steady

Stable

Slower Paced

Predictable

Stoic

Reserved

## Compliant

Analytic

Factual

Rule Follower

Skeptical

Perfectionist

### Key Questions:

1. Which one are you?
2. What is everyone else?
3. What is the person you're caring for?

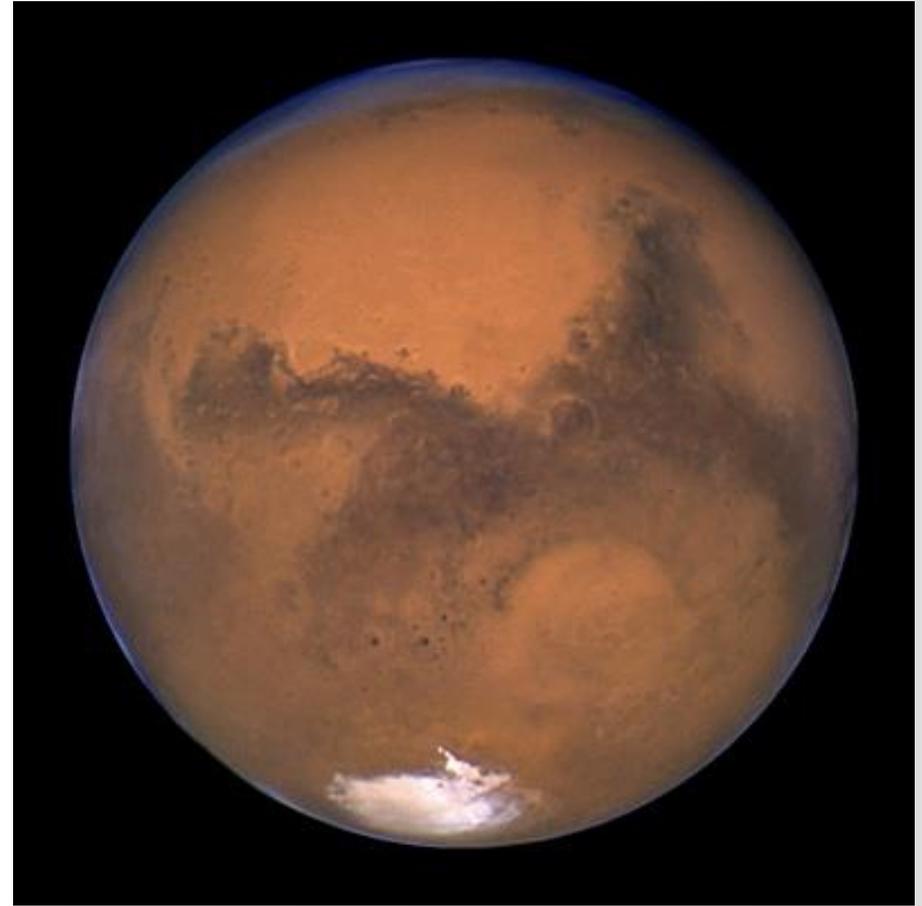
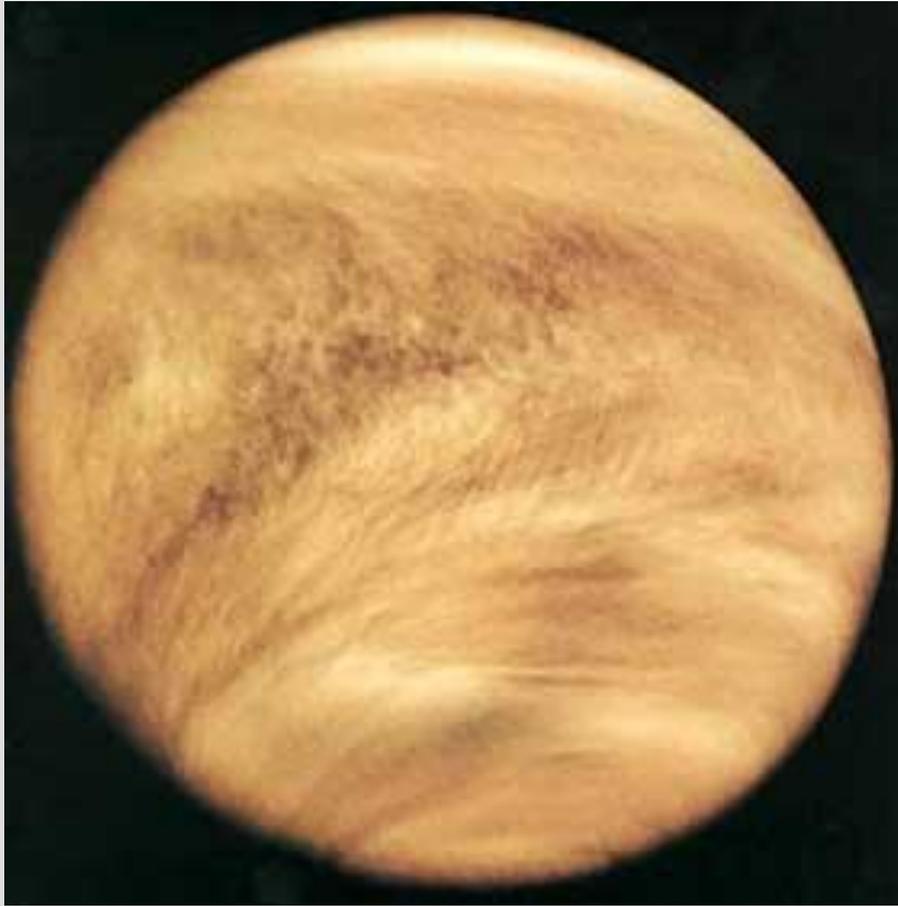
# Speaking Other Behavioral Languages

- The Short Cut ...

**Be a Chameleon**



# Human Connection Venus & Mars



# Venus & Mars Perception



# Venus & Mars Application



Man



ON



OFF

*Walter Dwyer 1964-2001*

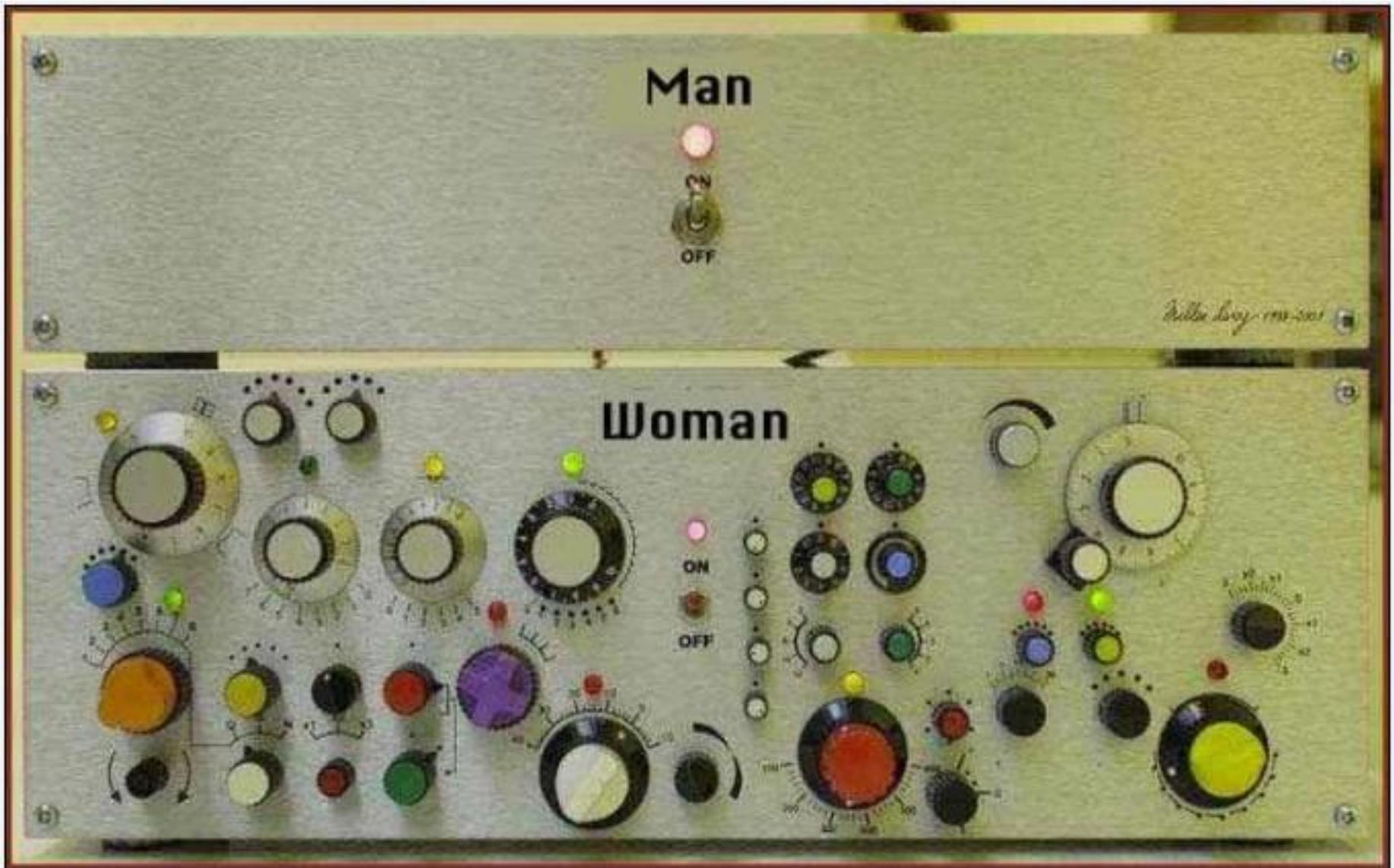
Woman

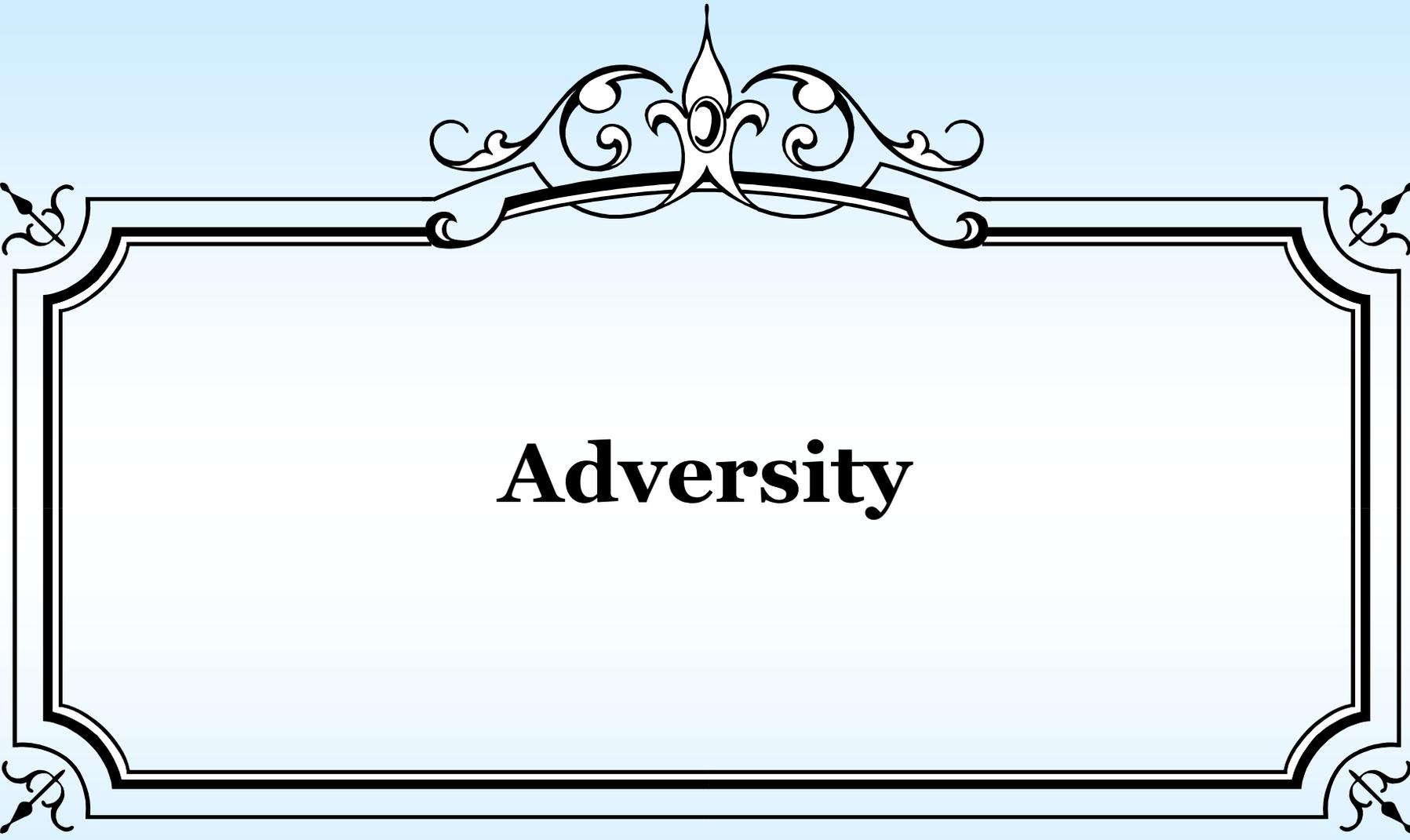


ON



OFF



A decorative black frame with ornate scrollwork and flourishes at the top and corners. The word "Adversity" is centered within the frame in a bold, black, serif font.

**Adversity**

# *“Calm waters do not make a skilled sailor”*

*Ancient Chinese Proverb*

- Adversity
- Challenge
- Suffering

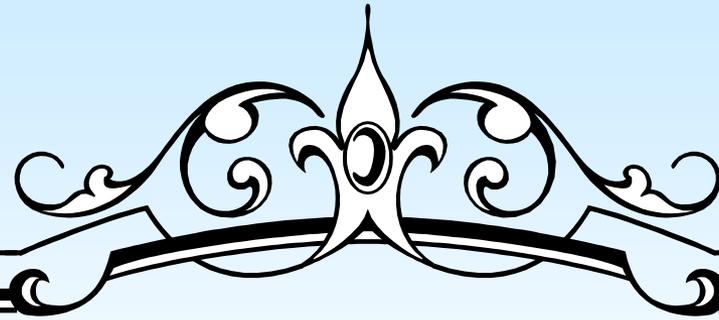


Leads to *Strength*

Leads to *Wisdom*

Leads to *Enlightenment*

Ultimately Leads to *Fulfillment*



**Key Messages**  
(Re-cap)



# Caregiving & Cancer

- Supporting Roles are underrated
- You have what it takes to be a Caregiver
- Know your Role and practice Empathy
- You're not Alone
- Connect with the people you care for
- Adversity is inevitable - leads to good things

# Caring for the Caregiver



Put your own mask on first ...