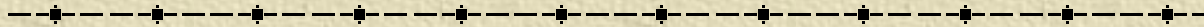
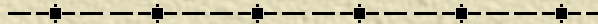




Caregiving

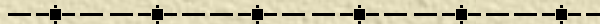


Achieving Balance



Acknowledgements

The author wishes to acknowledge and to thank Alberta Health Services, Mental Health Promotion for sponsoring Mental Illness Awareness Week 2010 in Alberta.



Acknowledgements

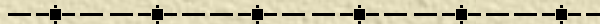
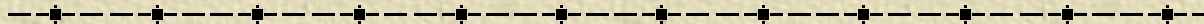
✦ The author provides these materials for personal and professional use. The materials may be freely copied but not sold.

✦ Direct any inquiries to:
maureenosis@shaw.ca

Handouts

✦ All handouts and materials from this workshop are posted on my website.

www.maureenosis.com



Seeking support

-
- ✦ Know what you need
 - ✦ Know who to ask
 - ✦ Know how to ask

Resources for families

In Alberta

✦ Mental Health Help Line
1-877-303-2642

✦ Health Link
1-866-408-5465

Resources for families



Alberta Caregivers Association

www.albertacaregivers.org

1- 877-453-5088



Canadian Mental Health Association

www.cmha.ca

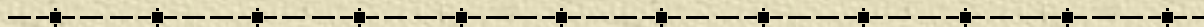
◆ Family Support

Resources for seniors

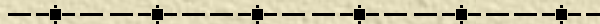
- ✦ You are not alone: A workshop for seniors caring for seniors. Available on my website: www.maureenosis.com
(Visit the Keynotes page)
- ✦ ElderWise. Sign up for the free e-newsletter: www.elderwise.ca



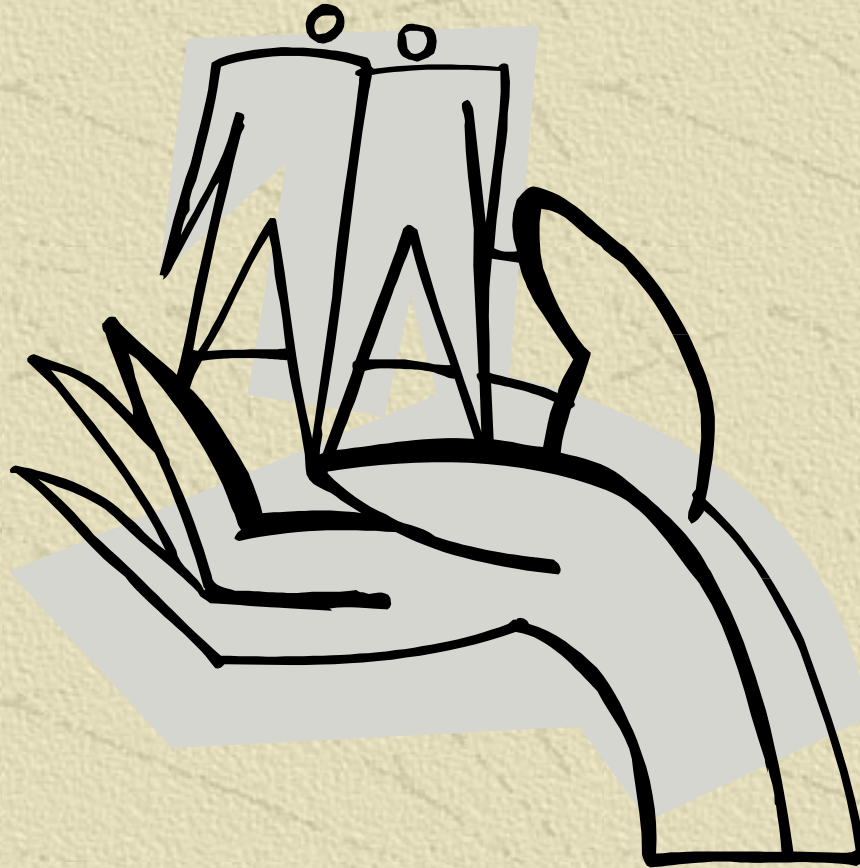
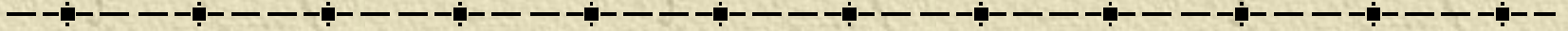
Healthcare Professionals



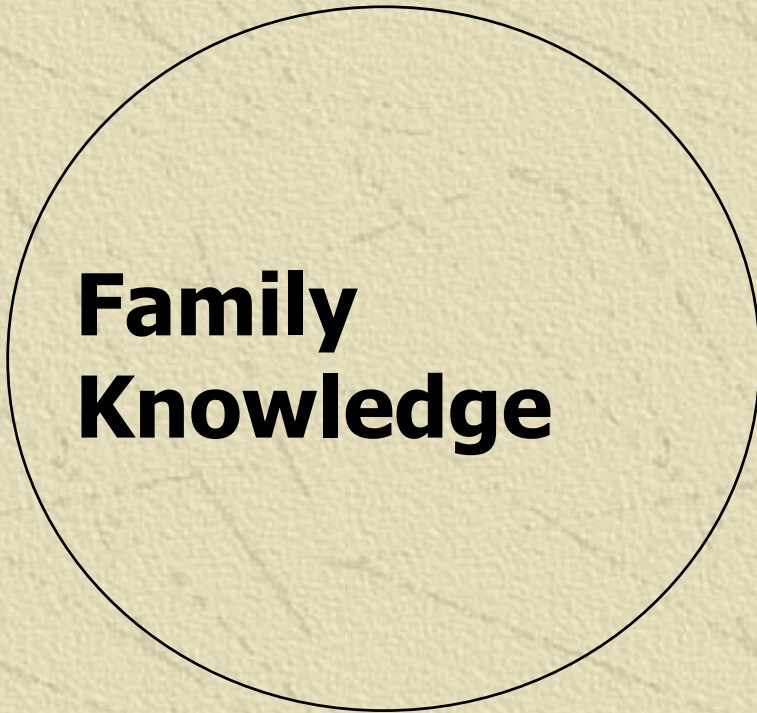
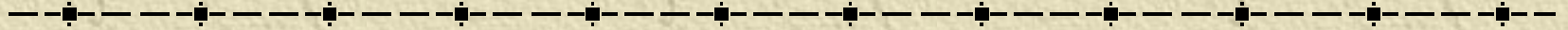
How to communicate



Partners in Care Caring Partners



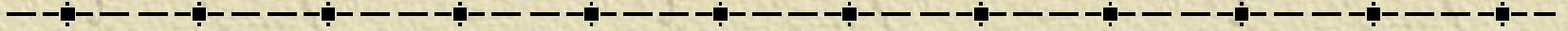
Become partners



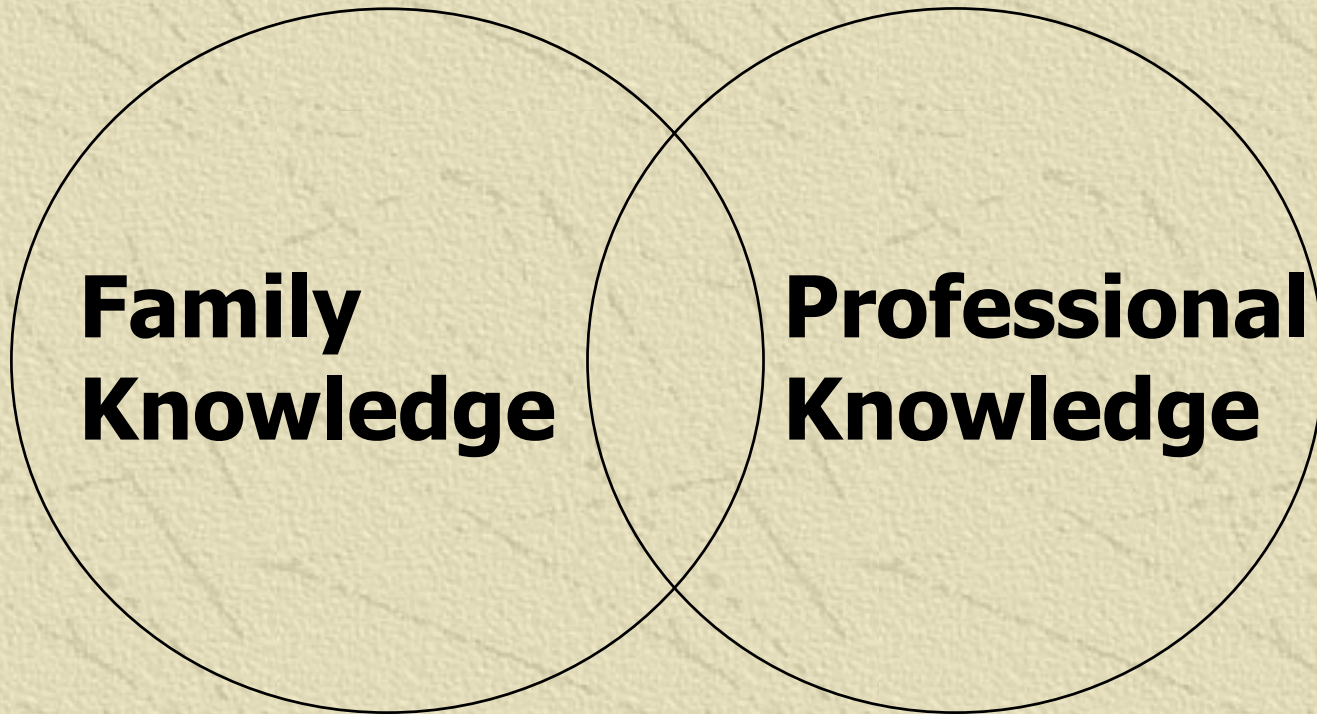
Partnerships

-
- ✦ Partnerships succeed when both parties cooperate to increase the knowledge that is held in common and work together for common goals.

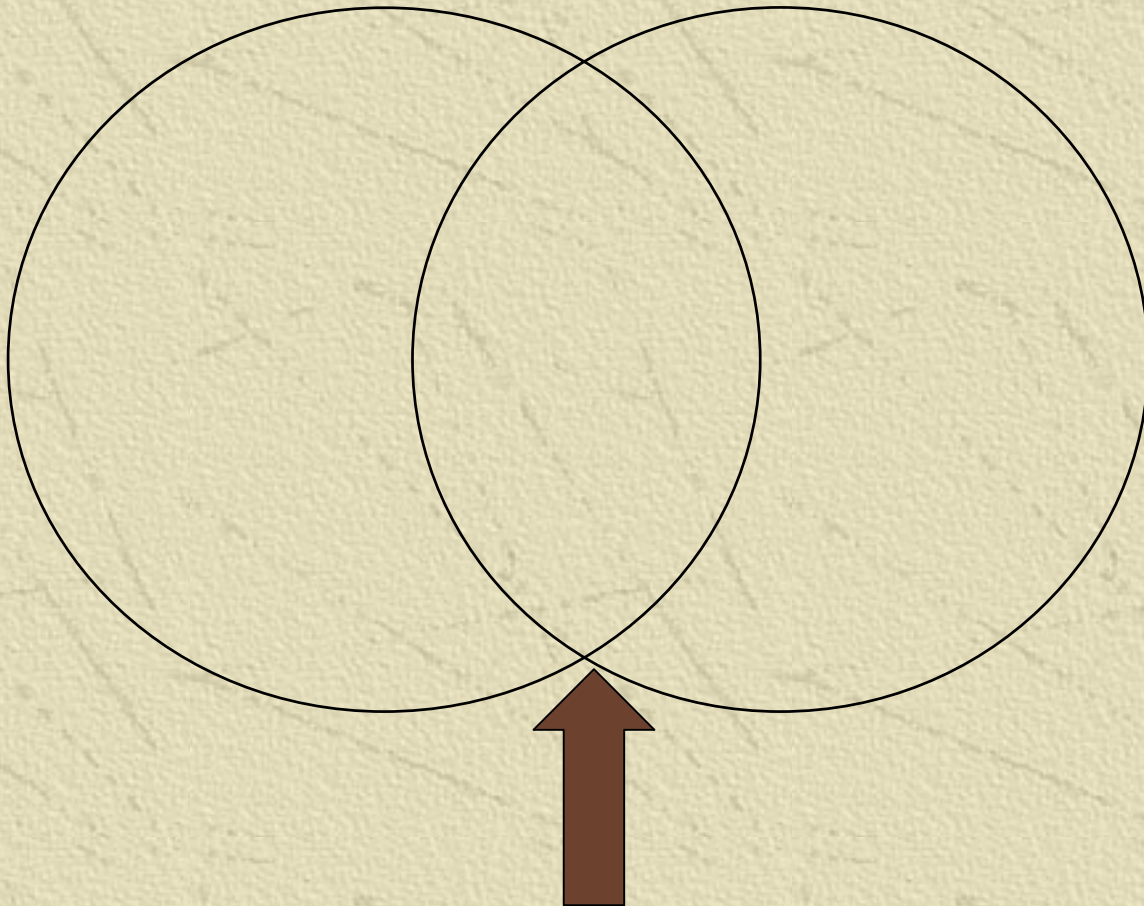
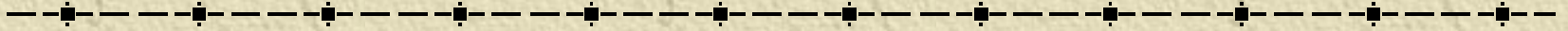
Become partners



Share your knowledge



Become partners



Become Partners

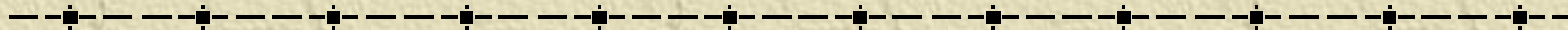
Professionals and caregivers tend to attribute responsibility for collaboration to the other party.

Andrew, M., Farhall, J., Ong, B., & Waddell, F (2009) Perceptions of mental health professionals and family caregivers about their collaborative relationships: A factor analytic study. *Australian Psychologist*, 44(2) 1 94-104.

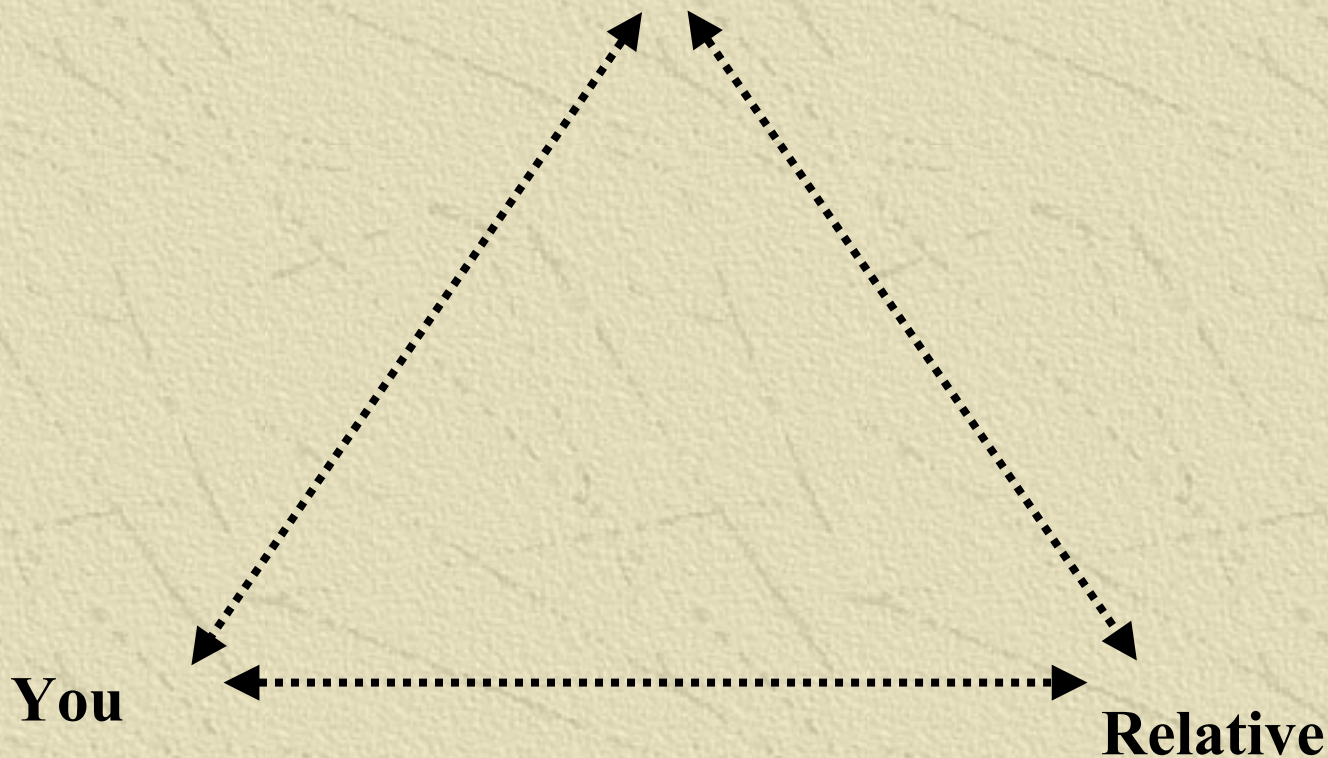
Relationships

- ✦ Have you had the experience of being caught in “triangles” – relationships where you are caught in the middle?
 - ◆ Trying to “convince” your relative to seek or to accept treatment?
 - ◆ Trying to “convince” the healthcare professional about diagnosis, treatment, or side effects?
 - ◆ Asking to be included in the plan of care?

Relationships

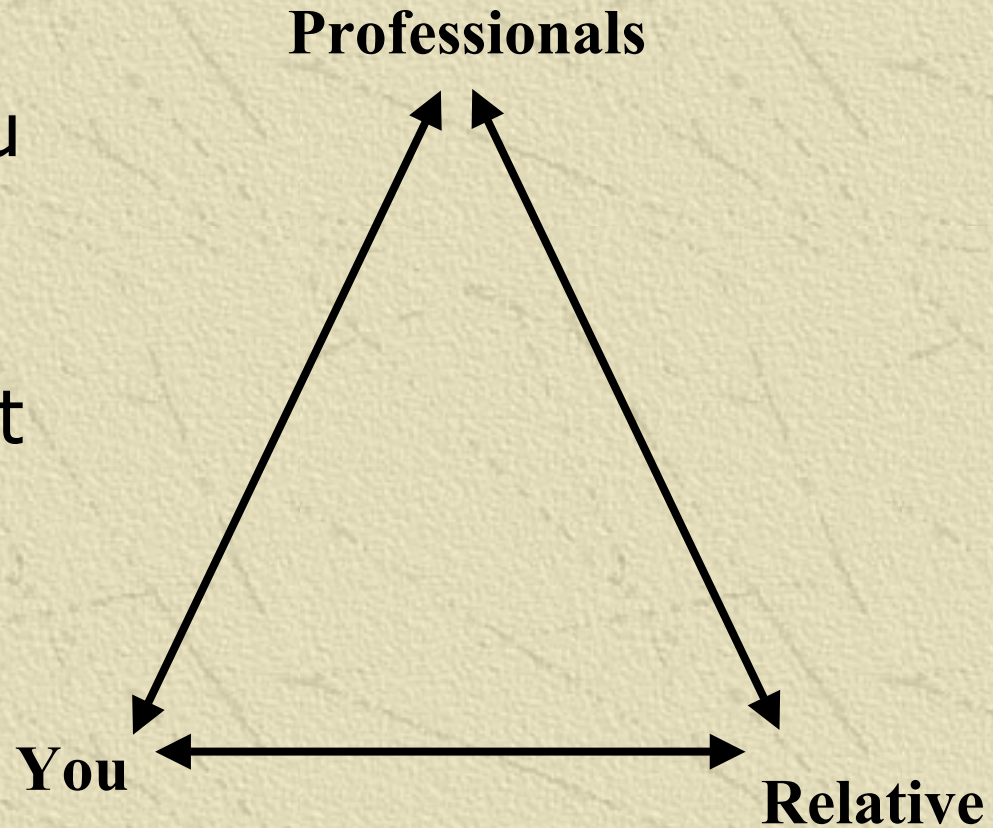


Professionals



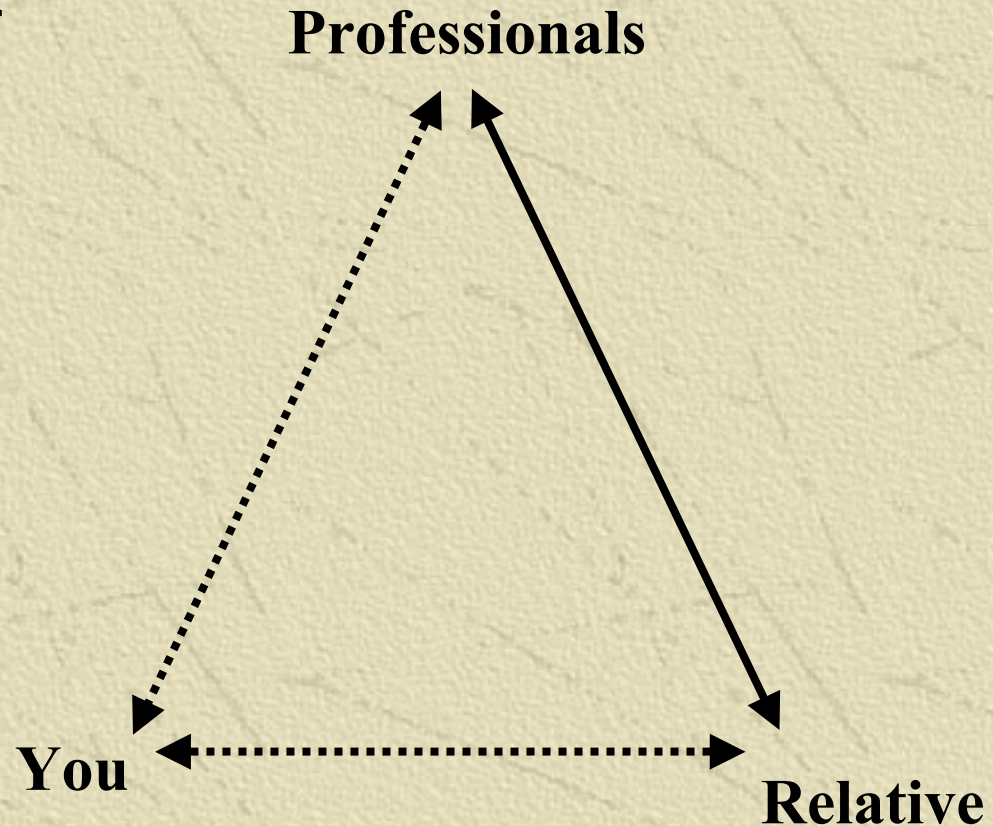
Relationships

- ✦ First, what kind of relationship do you have with your relative?
- ✦ Will your relative let you be included?



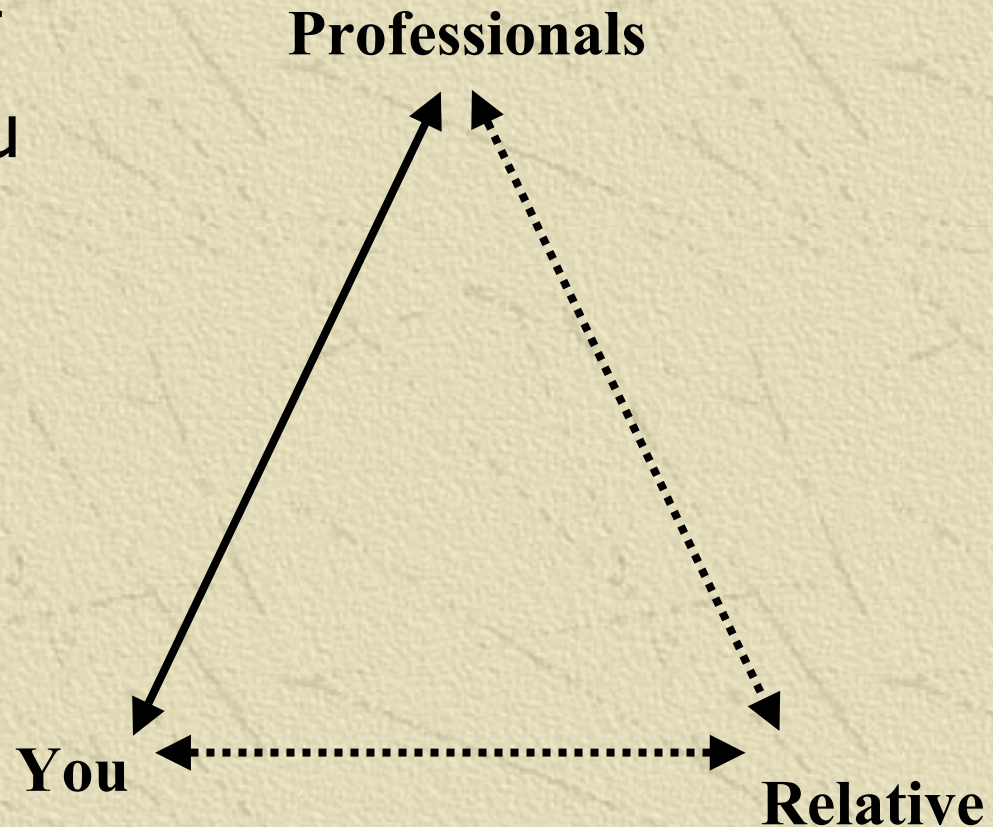
Relationships

✦ Next, what kind of relationship does you're relative have with the healthcare professionals?

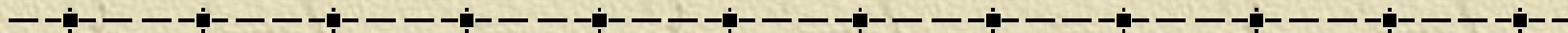


Relationships

✦ Next, what kind of relationship do you have with the healthcare professionals?



Relationships

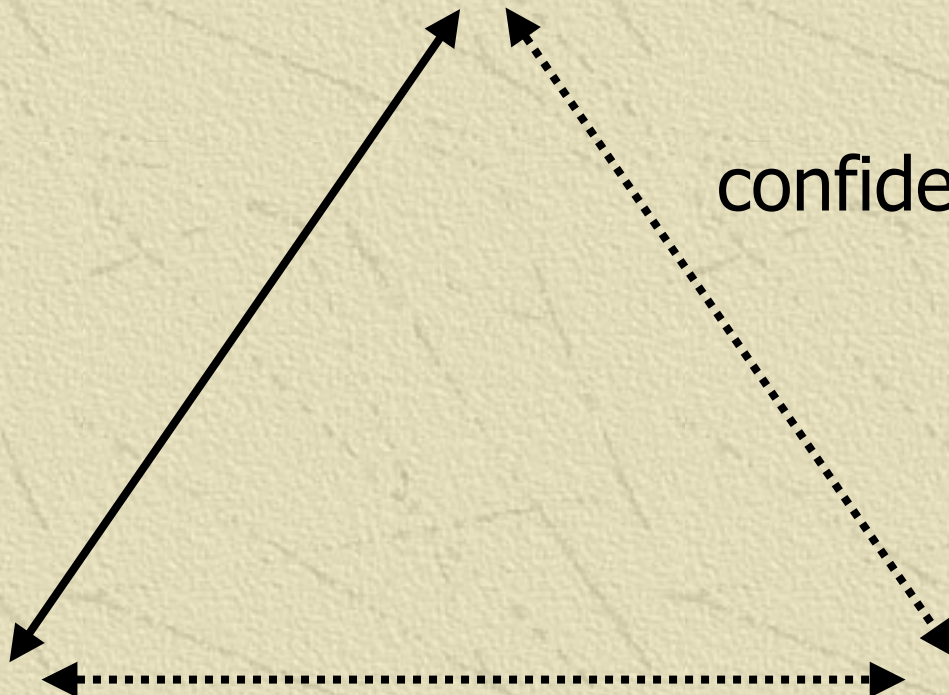


Professionals

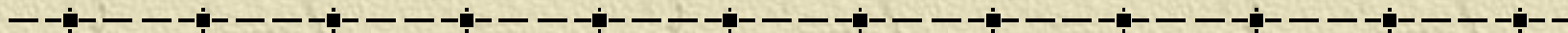
confidentiality

You

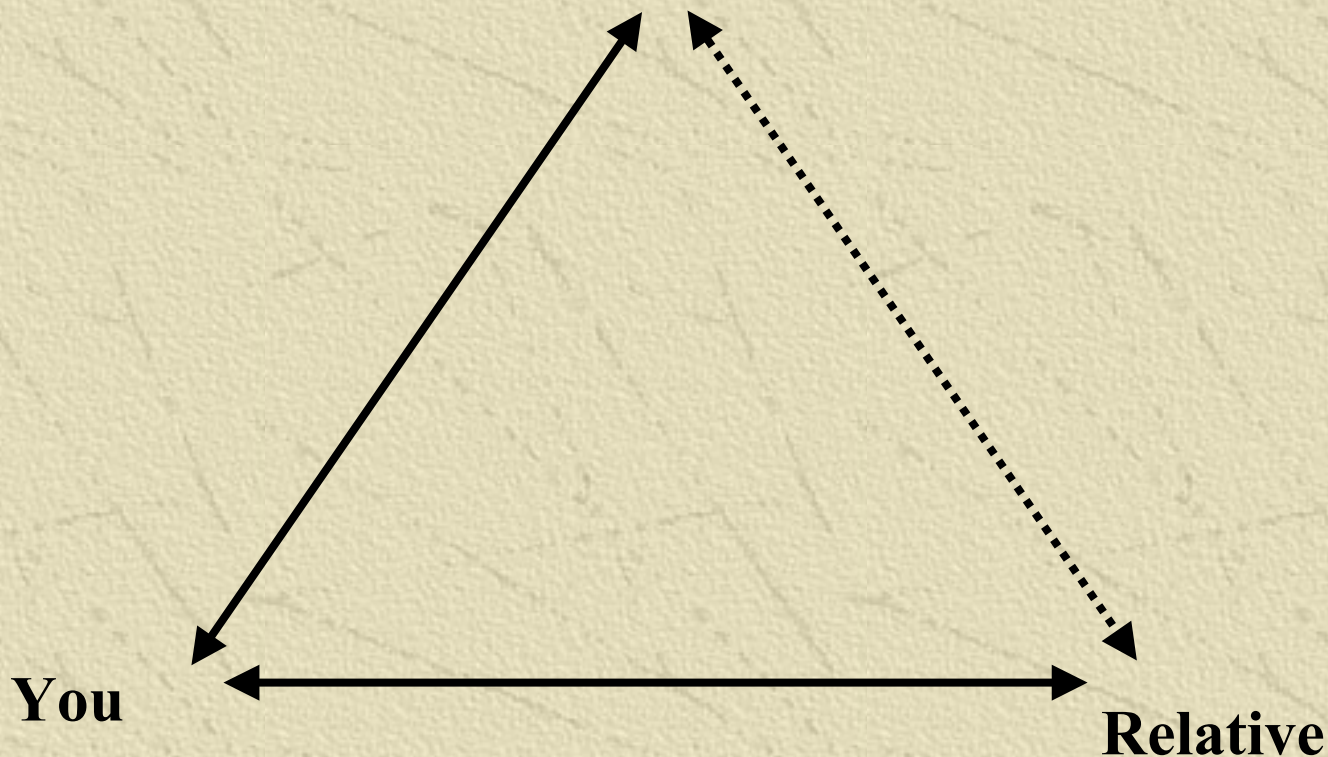
Relative



Relationships

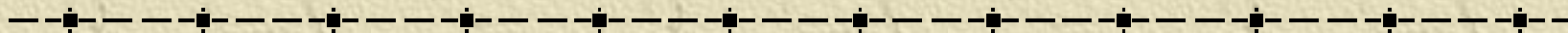


Professionals



1st step: Ask your
relative to include you

Relationships



Professionals

Ask 3 questions:

1. What is the diagnosis?
2. What are the treatment options?
3. How can I help?

You

Relative



Consent to disclose

- ✦ Person with the mental illness provides consent.
- ✦ Health Information Act (Alberta) allows limited disclosure.

www.assembly.ab.ca/hiareview/health_information_act.pdf

Health Information Act

-
- ✦ 35(1) A custodian may disclose individually identifying diagnostic, treatment and care information without the consent of the individual who is the subject of the information....

Health Information Act

- ✦ c) to family members of the individual or to another person with whom the individual is believed to have a close personal relationship, if the information is given in general terms and concerns the presence, location, condition, diagnosis, progress and prognosis of the individual on the day on which the information is disclosed and the disclosure is not contrary to the express request of the individual.

Psychiatric Advance Directives

✦ PADs are documents that allow individuals to express their wishes for future psychiatric care and to authorize a legally appointed proxy to make decisions on their behalf during an incapacitating crises.

Psychiatric advance directives and social workers: an integrative review. Van Dorn, R., et al 2010
Social Work, 55(2), 157-167.

Psychiatric Advance Directive

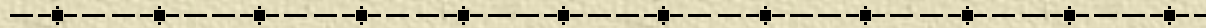
Reading

- ✦ National Alliance on Mental Illness
http://www.nami.org/Content/ContentGroups/Legal/Advance_Directives.htm
- ✦ Duke University Program on Advance Directives
<http://pad.duhs.duke.edu/templates.html>
- ✦ Psychiatric Advance Directives
http://ssw.unc.edu/RTI/presentation/PDFs/PADs_recovey.pdf

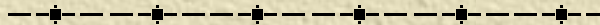
NOTE: This information is for education purposes only: it is not intended to provide legal guidance regarding mental health legislation in your province in Canada.



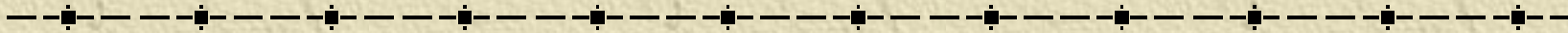
Relationships



With the person
experiencing the illness

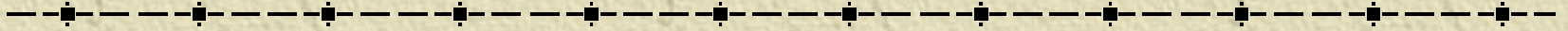


Responsibility



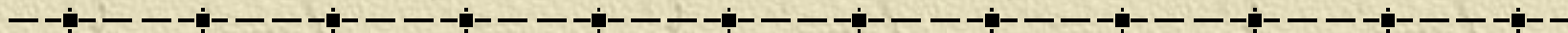
How much responsibility
do to take for the individual,
for the problem,
for the solution?

Influence

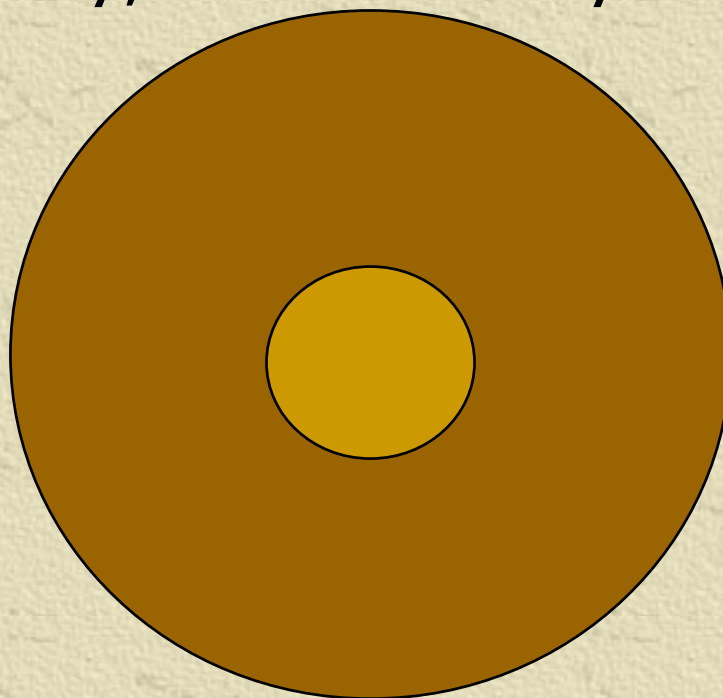


How much influence
do you have?

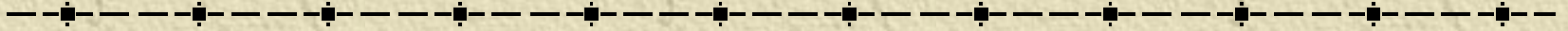
Responsibility & Influence



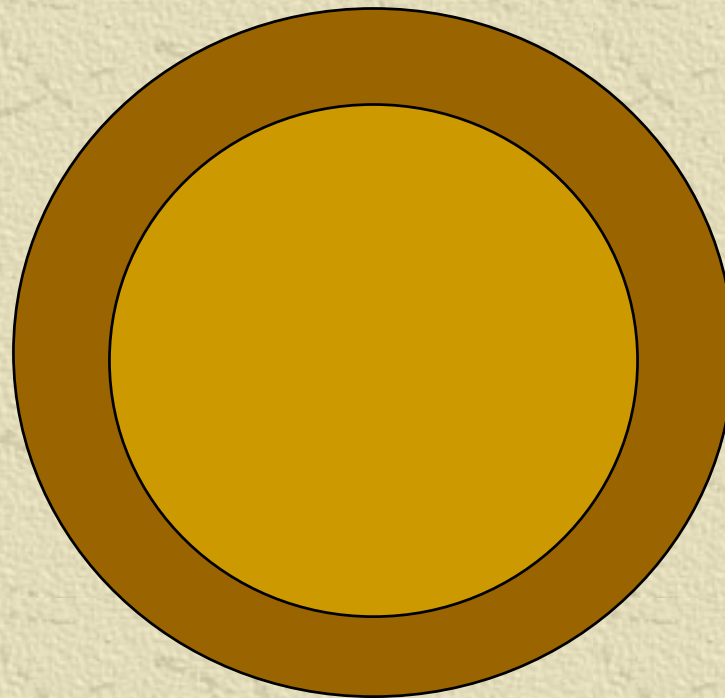
What can you do if you take on lots of responsibility, but have very little influence?



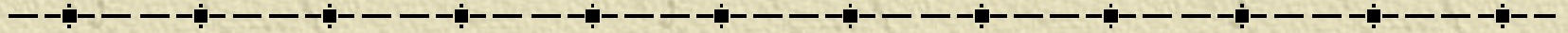
Responsibility & Influence



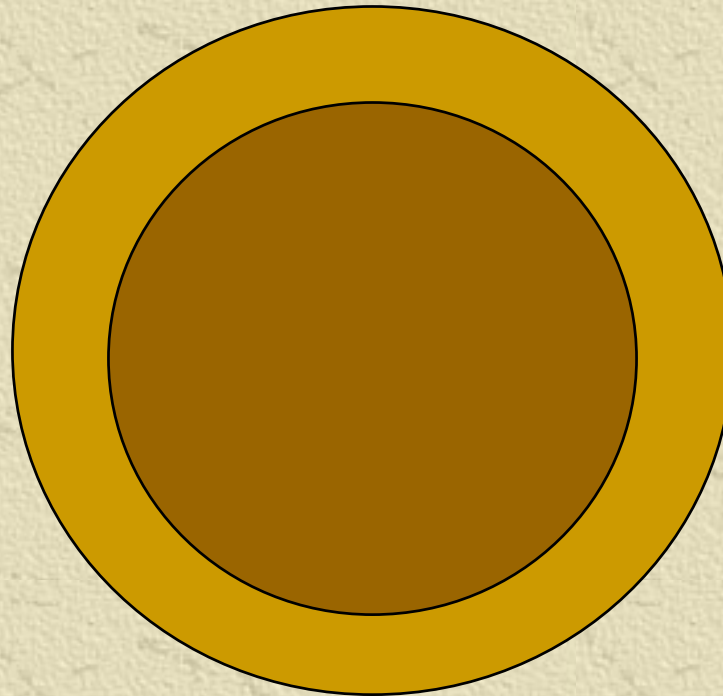
Can you find ways to
increase your influence?



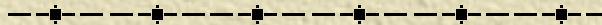
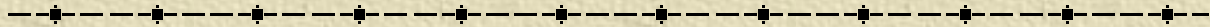
Responsibility & Influence



Can you find ways to reduce
your responsibility?



Hope & Recovery



Hope

-
- ✦ Hope is central in recovery of the mentally ill and family attitudes play an important role.
 - ✦ What does “hope” mean to you?
 - ✦ What helps you maintain your hope?

Recovery

Recovery - the act of claiming and gaining the capacity to take control of life that is personally meaningful and satisfying – despite the limitations and challenges invited and imposed by distress.

Darton, K. (2002)

Recovery. Openmind, 115, May/June

www.mind.org.uk/Shopping/Openmind/Extracts/ExtractfromOpenmindIssue115recovery.htm

Recovery

Recovery often involves a transformation of the self wherein one both accepts one's limitation and discovers a new world of possibility. This is the paradox of recovery, i.e., that in accepting what we cannot do or be, we begin to discover who we can be and what we can do.

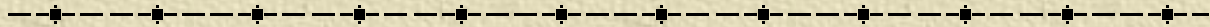
Darton, K. (2002)

Resiliency

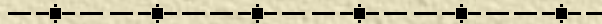
-
- ✦ Resiliency is the ability to bounce back
 - from the hard times.
 - ✦ It is the ability to adapt to challenges
 - by using one's abilities and strengths.
 - Resiliency can be promoted by learning
 - to put the "problem in its place."




Mental Health Promotion



How can we help?





We all have a responsibility to understand and accept mental illness because we are going to come across people from all walks of life in our lifetime that have experienced it.

On the Record. Taking a look at ordinary people's tales of life with mental illness. Liz Gardiner , physician with depression.

www.pavpub.com/pavpub/magazines/showMagazines.asp?Title=Mental+Health+Today

Mental Illness Awareness Week

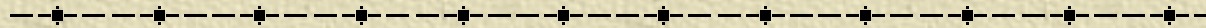
Mental Illness Awareness Week (MIAW) is held annually to bring attention to issues surrounding specific populations and the attitudes and behaviours that have an impact on their mental health.

Mental Illness Awareness Week

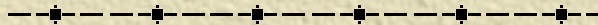
- ✦ Established in 1992 by the Canadian Psychiatric Association.
- ✦ Held the 1st week in October
- ✦ Coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH)
www.camimh.ca
- ✦ MIAW: www.miaaw.ca



Our Conversation



Did you reach your goal?



Self-Care

✦ Be aware of your feelings.

✦ Express your feelings.

✦ Forgive yourself if you have regrets.

✦ Try journal writing.

✦ Take care of yourself by eating well, resting, exercise, relaxation.

✦ Seek help when and where you need it.

✦ LAUGH!

You are Not Alone

Workshop for family caregivers
Mental Illness Awareness Week 2010.

- ✦ Part I: You are not alone
- ✦ Part II: Self-care for caregivers
- ✦ Part III: Achieving balance

All materials are available at www.maureenosis.com