

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

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Caregiving Without Regret™ Expert

October 16, 2013



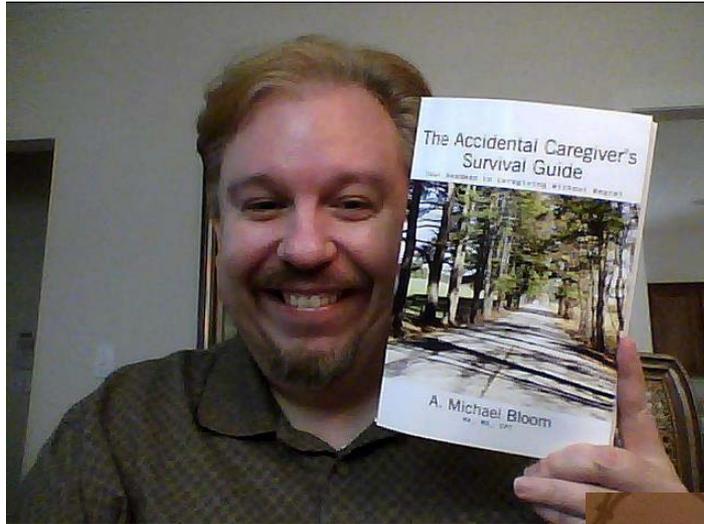
Who is Michael anyway?



Primary
Family Caregiver
2009-2012



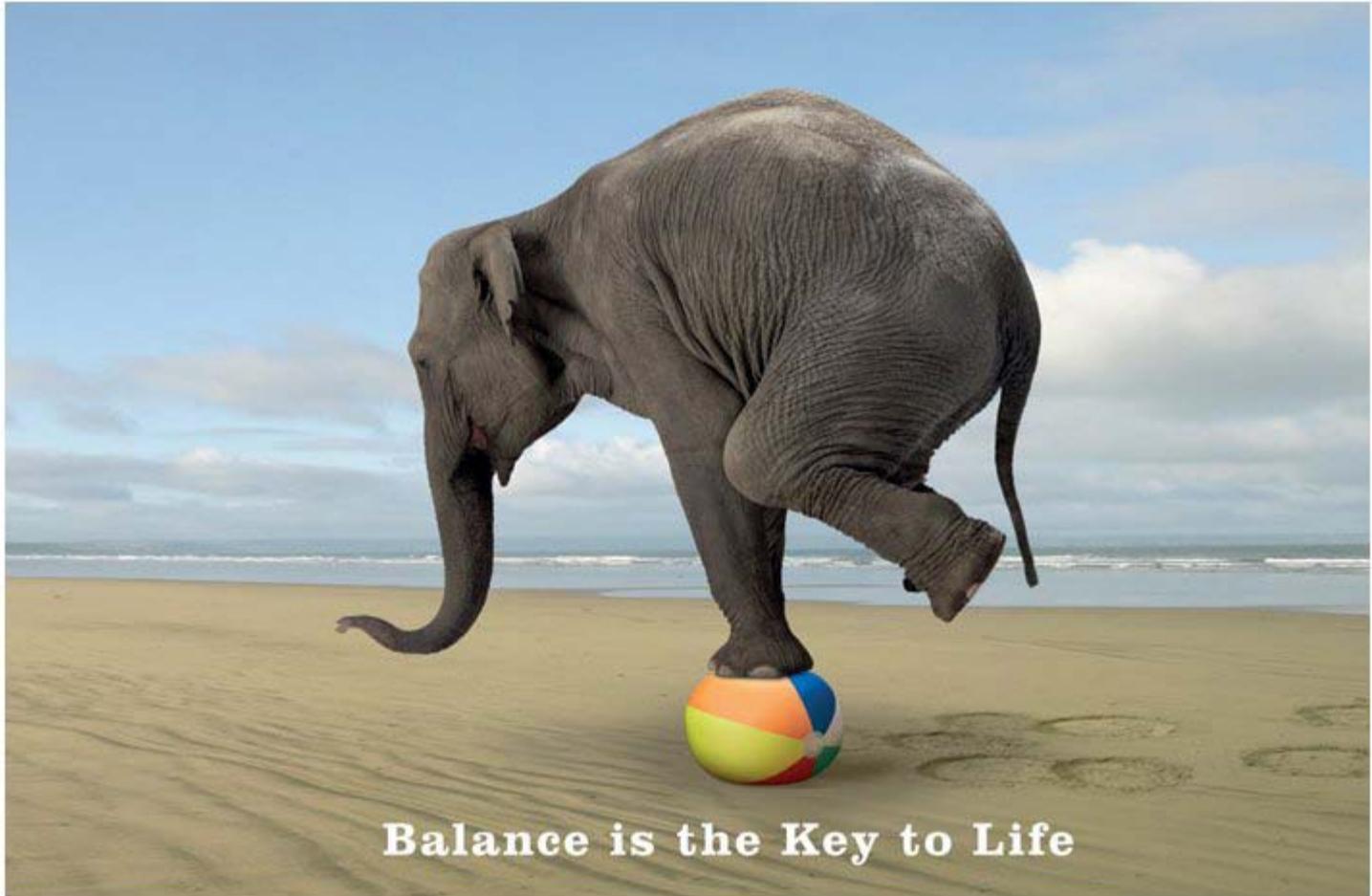
New Published Author



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™



**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.



**ACHIEVE
BUY-IN
3 MILES**



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



A glowing, horizontal sign with rounded ends, supported by two silver poles. The sign has a bright yellow glow and contains the text "DELIVER GREATNESS" in bold black letters, followed by the number "4" in a large, bold black font. The background of the sign is white, and the entire sign is set against a blue sky with white clouds.

DELIVER GREATNESS

4

Become the inspiring caregiver that people cheer for and gladly support in meaningful ways.



ROAD WORK AHEAD

**Magnetize and
Motivate Talent**

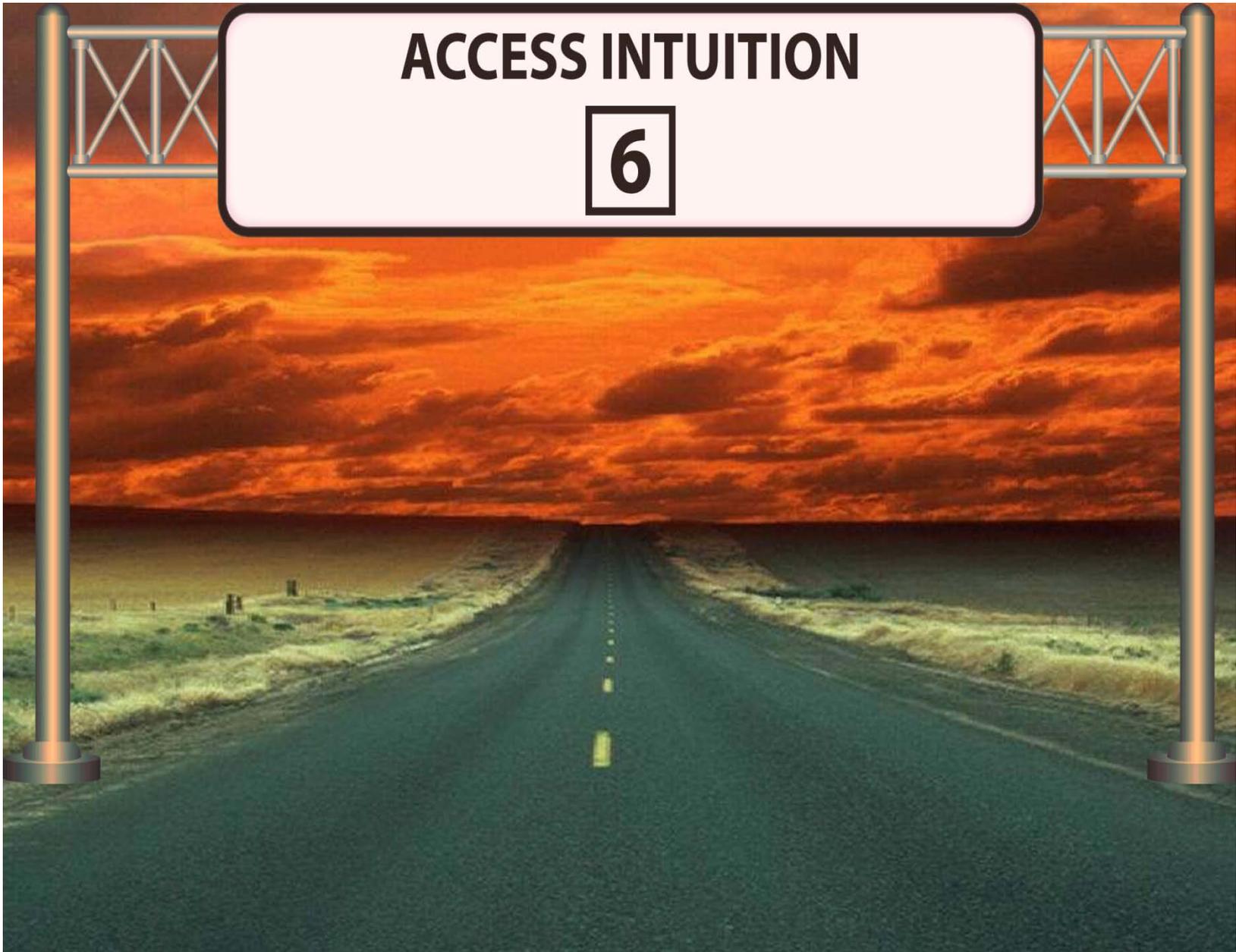
NEXT 5 MILES



Create an atmosphere that attracts and retains the best people to join your loved one's care team, and experience brilliant performance.

ACCESS INTUITION

6





ACCEPT INTUITION

6

Trust your instincts and let your care and dedication guide your decisions.



put chocolate in your pill box



PUT CHOCOLATE IN YOUR PILL BOX

7

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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