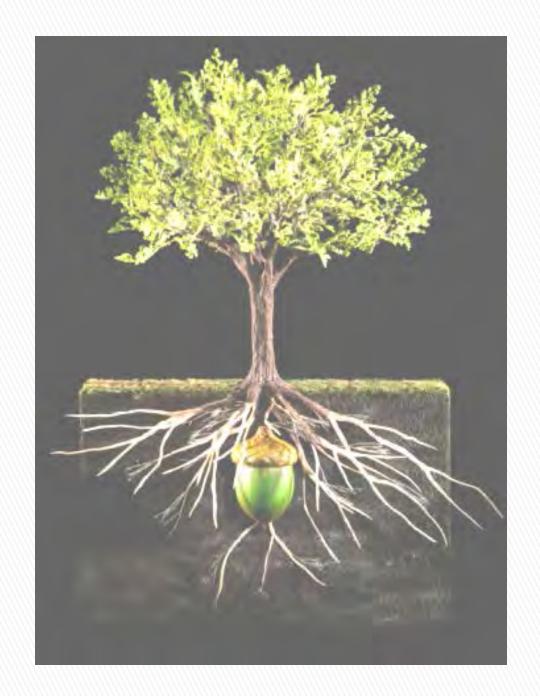
A Path to Overnight Respite for Caregivers-A Respite Model for Caring for the Caregiver

Lisa Story, MSCP, LPC, CT Hope Grows

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The creation of a thousand forests is in one acorn.

Ralph Waldo Emerson



Hope Grows

- ▶ Hope Grows is...
- We believe...
- Foundation of Mission

Hope Grows Promo Video



Cultivate Care from Statistics

Caregiving in the U.S.

Figure 15: Choice of Providing Care by Care Recipient Relationship and Presence of Other Unpaid Help

	Spouse/ Partner		Parent		Other Relative		Nonrelative	
	Had help (n=35) A	No help (n=125) B	Had help (n=382) C	No help (n=229)	Had help (n=153) E	No help (n=125)	Had help (n=100) G	No help (n=90) H
Had no choice	58% ^{EGH}	62% ECH	57% EGH	60% EGH	34% ^G	56% ^{EGH}	13%	26% ^G
Had a choice	42	38	43	40	64 ^{Ancor}	43	87 ^{AUCDEFH}	74 ADCOF

Figure 16: Spotlight on Having No Choice

- 50-year-old primary caregiver, currently providing care 28.3 hours a week
- Been providing care for 4.7 years
- Doing more: IADLs, medical/nursing tasks without training, and all three key activities (monitoring, communicating, advocating)

- A close relative (spouse or parent) who lives with the caregiver, who needs help with bathing/showering and incontinence
- Someone with a long-term physical condition, memory problem, emotional/mental health problem, or behavioral issues

- Finds it difficult to do ADLs and medical/nursing tasks required
- Finds it difficult to coordinate care and find affordable services for recipient
- Experiences more emotional stress, and financial and physical strain
- Is more likely to be in poor or fair health and to say caregiving made their health worse

Change of Perspective is CHOICE

- Empowerment
- Awareness
- EmotionalConnection to Self



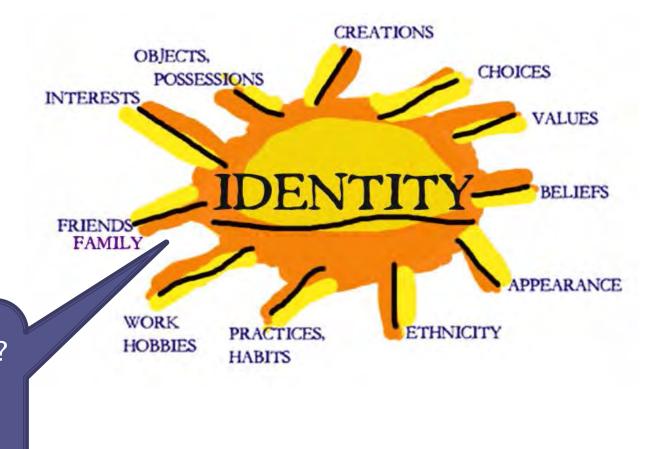
While finding time for self in the midst of the demands of being a caregiver is difficult ...



Identity

What Is Identity?

> CAREGIVER? Case Example



Is Identity a Choice?

IDENTITY COMES FROM CHOICE; CHOICE COMES FROM IDENTITY.

Identity Theory

- What one does
- Who one is

Our identity includes our natural world, how we move through it, how we interact with it and how it sustains us.

David Suzuki

Empowerment

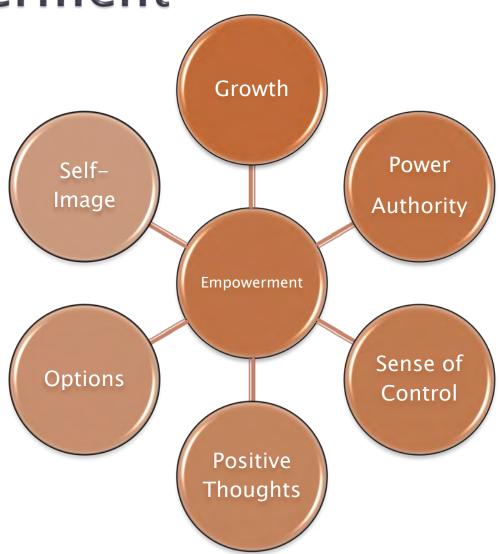
- Mindfulness
- Holistic Wellness
- Positive Thinking

Learning Objective 1

Mindfulness means
paying attention
in a particular way;
On purpose,in
the present moment,
and non-judgmentally."

Jon Kabat-Zinn

Empowerment



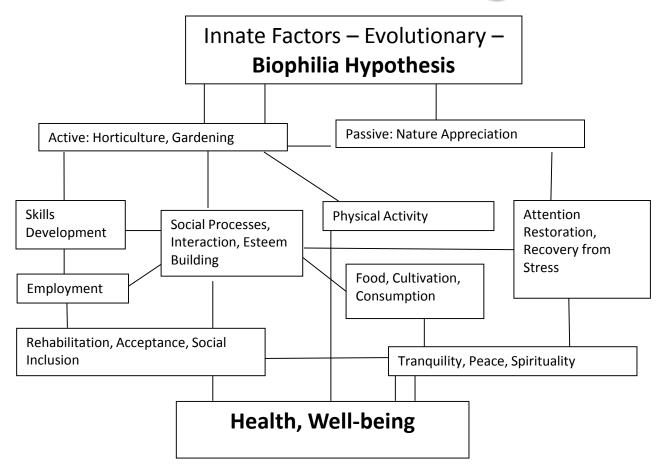
Awareness of Self through Nature

- What is Horticultural Therapy?
- What are the benefits of Horticultural therapy?
- Self Care = Healthy Caregiver Identity

Learning Objective #2



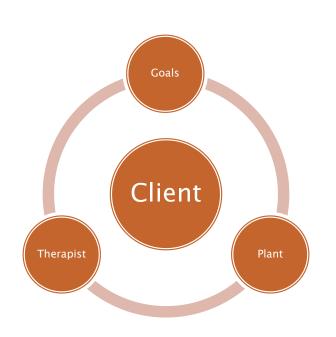
Awareness of Self through Nature



Health and Well-being through Nature and Horticulture:

A simple model of some of the processes, activities, and outcomes of horticulture as described in the literature showing the interconnectedness of all elements.

Awareness of Self through Nature



Elements of HT

Everyone sees the natural world differently but the goal is to empower a balance independently and help to improve well-being.

Program Type	Models	Focus/Goal for Client
Therapeutic	Medical	Recovery from illness/injury
Social	Wellness	Quality of Life, Wellness
Vocational	Rehabilitation	Employment

Emotional Connection

"To feel an emotion you must become aware of it. With that awareness you're best able to assess its validity. Without it, you're only able to respond to the emotion unconsciously."

"Whenever you're not willing to feel an emotion, your choices and behaviors stem from your avoidance of that emotion. Your resistance then runs your life, and is directly contrary to your overall best interest."

People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

Learning Objective #3

Emotional Connection

Evidenced Based Research

- The Caregiver Garden Connect Project
 - Pilot study in 3 rehab facilities
 - Volunteer trained and run
 - Caregiver Series
 - Family Caregivers
 - Professional Caregivers

A Change of Environment





Questions???