

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

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Hope Grows

TM

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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](#)



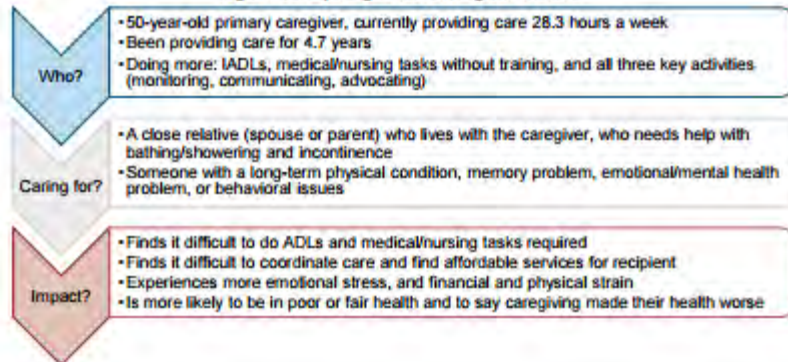
Cultivate Care from Statistics

2015 Report 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) D	Had help (n=153) E	No help (n=125) F	Had help (n=100) G	No help (n=90) H
Had no choice	58% ^{ABGH}	62% ^{CDGH}	57% ^{ABGH}	60% ^{CDGH}	34% ^G	56% ^{CDGH}	13% ^G	26% ^C
Had a choice	42	38	43	40	64 ^{ABCD}	43	87 ^{ABCD}	74 ^{ABCD}

Figure 16: Spotlight on Having No Choice



Change of Perspective is CHOICE

- ▶ Empowerment
- ▶ Awareness
- ▶ Emotional Connection 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.

Empowerment

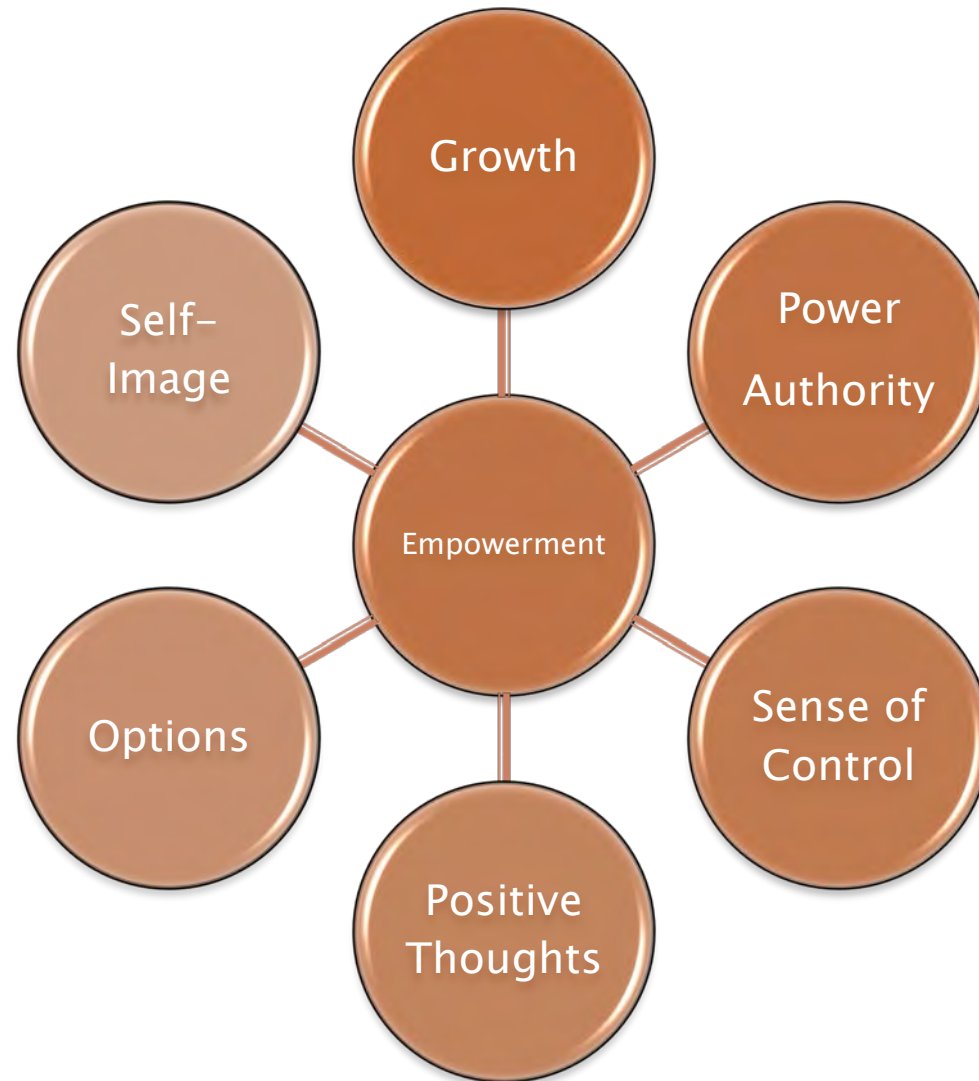
- ▶ Mindfulness
- ▶ Holistic Wellness
- ▶ Positive Thinking

Learning Objective 1

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

Jon Kabat-Zinn

Empowerment



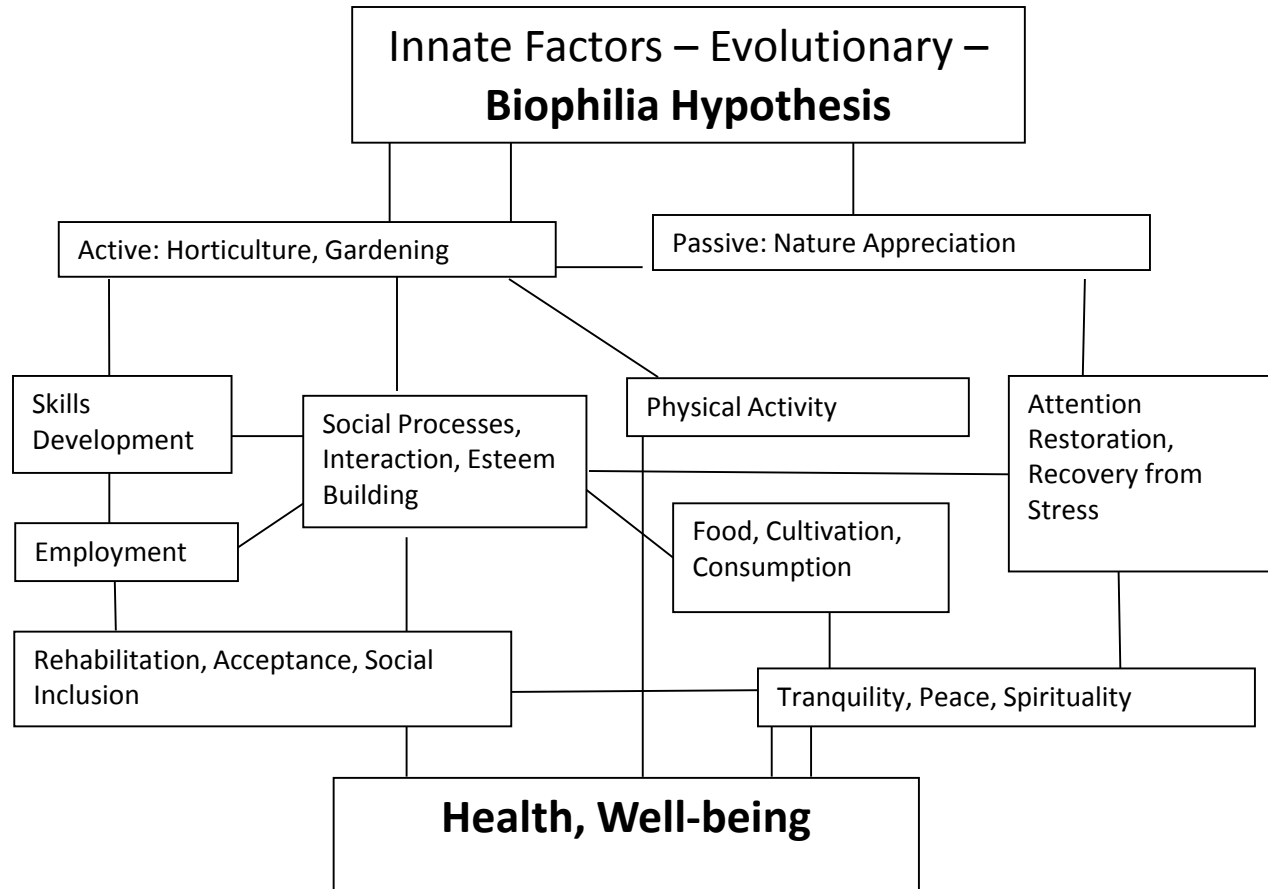
Awareness of Self through Nature

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

Learning Objective #2



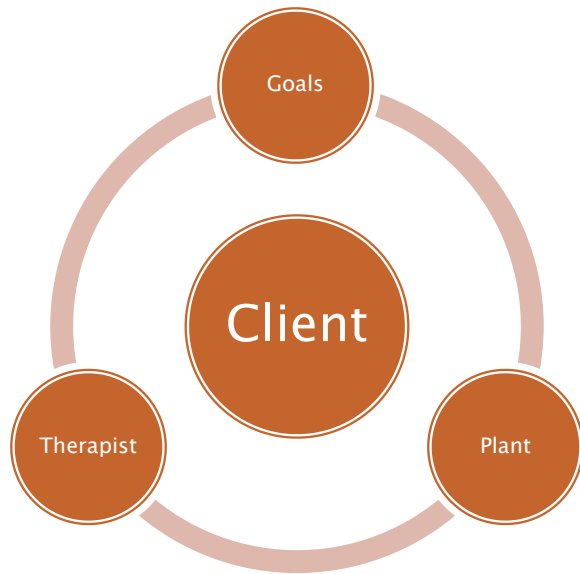
Awareness of Self through Nature



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.”

Maya Angelou

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???