

## Post Caregiving Journey

Do not underestimate the transition beyond caregiving. You are changed by the experience and its important to give yourself time for your life to reflect this.

This stage includes:

- Post Caregiving Transitional Plan
- Eco-Therapeutic Approaches
- Time & Space to Grieve
- join a support circle
- Work / life balance
- Counseling
- Giving Back
- Self-Care

## Emotions, Empathy & Belonging

Some caregivers have a natural gift for this, others develop it over time. In either case if you work through each of these stages and you embrace this stage you will arrive at the caregiving sweet spot

This stage includes:

- Playfulness
- Emotional Care
- Level of Openness
- Level of Connection
- Empathetic Accompaniment
- Sense of Belonging
- Commitment
- Trust

## Learning & Skill Development

Throughout the Caregiver's journey, but especially during the Adapting Phase, Learning and Skill Development are critical

This includes:

- Caregiver Skills
- Self-Knowledge
- Disease Specific Knowledge
- Using all of your skill-set
- Learning Models
- Receptivity towards learning
- Outings and Activities
- Empathy Skills
- Building Resilience

## Communication, Story Sharing & Advocacy

Isolation can be overwhelming at this stage and your loved ones care needs require that you become an advocate for yourself and your loved one. Expressing your self is key.

This stage Includes:

- Narrative Care
- Social Media and Story Sharing
- Communication with your loved one
- Eliminating the perception of burden
- Personal Agency, advocacy and self-care
- Advocate for your loved one
- Caregiver Advocate
- End-of-life Plan

## Support & Teamwork

If you don't move into this stage you will not go further in your caregiving journey. Support and teamwork are not optional

This stage includes:

- Maximizing the Family Support Network
- Utilizing community Programs
- Becoming Resourceful
- Expanding your support network
- Reaching out for Help
- Online Caregiver Sites
- Research Tools and Portal Sites
- Creating a Caregiving Plan
- Reducing Caregiver Burden

