



Caregiver Burden Track Six Essentials

1:45-2:45

2015 HDSA National Convention, Dallas, TX
Saturday, June 27, 2015

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An Affair Worth Remembering With Huntington's Disease

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Presenter Disclosures

Debbie Pausig, MFT, CT, CCTP

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No relationships to disclose



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Goals of this session

To empower **you**...
The HD Caregiver
With Six Essential items
That will help as you encounter
Your own progressing
Physical, emotional and psychological challenges
On this HD journey

Caregiver Burden-Six Essentials

- When we embark on a journey, we pack the essentials.
- The very basic “go-to” items.
- These items go in our “carry on” luggage.



- These items in your “carry on”, will help you while caregiving a loved one with Huntington’s Disease.
- Because Huntington’s Disease is a journey, you own “carry on” piece will expand.



- It will grow to receive the limitless ideas and possibilities you can add as your own “go-to” items.
- The six essentials will help you to:



The Six Essentials:

1. Patience
2. Humility
3. Food, Tea, and a Blanket
4. A Doodle Pad
5. Forgiveness
6. Humor

1- Patience

- The journey with HD is a long one.
- We need a lot of patience as we accompany our loved one through the changes and stages of HD.
- Most of all, we need PATIENCE with OURSELVES while enduring a life forever changed.



Patience Cont.

- As a caregiver, PATIENCE helps you find YOUR own comfortable pace in the ups and downs of this marathon journey of life.



2- Humility

- “I cannot do this alone.”
- A humble person knows, is aware of, and recognizes their limitations.
- It takes courage and inner strength to break the silent suffering of going it alone.
- A humble person knows it's okay to:



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Humility Cont.

- With a little help, your luggage will be lighter to carry on this journey.



- Create a “Wish List”. A “List” of things to do for those who “Wish” to help you, know you need help and have been waiting for you to ask. Here is your chance to delegate something specific for them to **help** you recharge and conserve all the energy you can.

Humility Cont.

The Wish List

People I know and trust will help me:	Tasks or chores they can do:
Mary	Cook dinner once a week
John	Mow Lawn
Carol	Grocery Shopping
Nancy	Watch Joe for 2 hours on a weekend
Create your own	Wish List Now!

3. Food, Tea and a Blanket

- Being a caregiver is tiring.
- For the long journey with HD, we need sustenance for our own mind, body and soul.
- Self care is key.
- We need a healthy diet and know when to rest our mind and bodies.

3. Food, Tea and a Blanket cont.

- Brew a cup of favorite tea.



- Have a snack.

- Wrap up in a warm blanket.

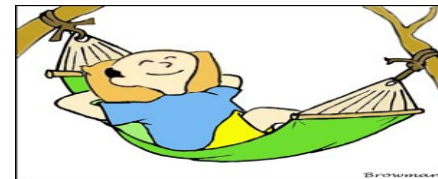


- Read a book.



- Take a PTO (Personal Time Out)

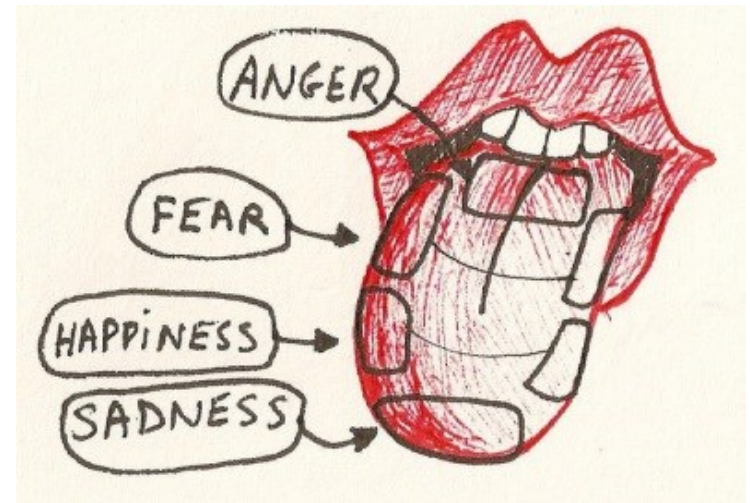
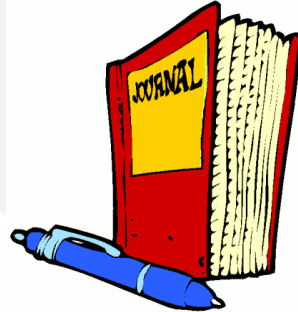
Reserve energy and recharge your batteries on a regular basis.



It will keep you strong to continue on this journey with HD and your loved one.

4. A Doodle Pad

- Use a doodle pad, a journal or any type of media, jot down or draw your feelings without judging them.



4. Doodle Pad cont.

- Use any creative outlet to let the feelings out.
- We are human and have feelings that we cannot control.
- We can however, control the way we express them in an healthy and safe way.
- Caregiving a loved one with HD and it's journey is fertile ground for a variety of feelings.
- Give your feelings constructive expression and let them flow.
- It is a great release.



5. Forgiveness

- We need to find any extra weight in our “carryon” that is slowing us down and “LET GO” of it.
- Bitterness and resentment are two “weights” we sometimes carry as caregivers.
- Forgiveness lightens our hearts.
- Accepting the reality of life with HD and living one day at a time allows us to focus on what we CAN do.
- Forgiveness allows us to carry on in the present being available for every precious moment.



6. Humor

- We need to laugh on this journey at ourselves and with our loved ones.



- Laughter is a **great** release.

- Humor helps us survive.



- Can you remember a laughable moment?
Share one with us

- Thank You!

