

# Caregiver Resources

## OCEAN COUNTY OFFICE OF SENIOR SERVICES

1027 HOOPER AVENUE

BLDG 2, FIRST FLOOR

PO BOX 2191

TOMS RIVER, NJ 08754-2191

732-929-2091

1-800-668-4899

1-877-222-3737

[www.co.ocean.nj.us](http://www.co.ocean.nj.us)



Scan for the Ocean County Resource Directory

The enclosed information has been compiled to assist and support family caregivers.  
Please feel free to call the Office of Senior Services regarding the following information

**OCEAN COUNTY OFFICE OF SENIOR SERVICES**  
**CAREGIVER RESOURCES**

**CATHOLIC CHARITIES**

**732-363-5322**

**Fix-it Program**

**(Ext 3234)**

200 Monmouth Avenue, Lakewood, NJ 08701

This service provides minor home modifications to assist caregivers.

**MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS  
SUPPORT PROGRAM**

**732-730-9112**

**Community Health Education**

600 River Avenue, 3<sup>rd</sup> floor Lakewood, NJ 08701

Caregiver Support & Educational Programs.

**COMMUNITY SERVICES INC (Meals on Wheels of Ocean County)**

Ocean County Southern Services Center

**609-978-6868**

179-A South Main Street, PO Box 610,  
Manahawkin, NJ 08050-0610

**JEWISH FAMILY & CHILDREN'S SERVICES**

**732-363-8010**

1235 A Route 70 West, Lakewood, NJ 08701

This service provides caregiver counseling & support for individuals or groups.

**LAKEWOOD KOSHER MEALS &  
CAREGIVER SUPPORT PROGRAM**

**732-901-6001**

450 West Kennedy Boulevard, 2<sup>nd</sup> Floor, Lakewood, NJ 08701

This service provides caregiver counseling & support.

**OCEAN COUNTY BOARD OF SOCIAL SERVICES**

**732-349-1500**

1027 Hooper Avenue, Bldg. 4, Toms River, NJ 08753

*Press "0", Ask for Social Services Intake*

In Home Caregiver Education, Home Modification, Personal Response (PERS),  
Alzheimer's & related Dementias Support Group.

**COMMUNITY MEDICAL CENTER**

**Caregiver Counseling and Support**

67 Route 37 West Toms River, NJ 08755

**1-800-621-0096**

**732-557-3210**

Caregiver Support & Educational Programs.

**SOUTHERN OCEAN MEDICAL CENTER**

**FAMILY RESOURCE CENTER**

The Ocean Club, 700 Route 9 South, Manahawkin, NJ 08092

**609-978-3559**

Caregiver Support & Educational Programs.

**SENIOR GUIDANCE PROGRAM@**

**PREFERRED BEHAVIORAL HEALTH GROUP**

700 Airport Rd. Lakewood, NJ 08701

**732-367-4700**

Individual Therapy Services both at home & on site.

**VISITING HOMECARE SERVICE OF OCEAN COUNTY**

**732-244-5565**

105 Sunset Avenue, Toms River, NJ 08755

Mailing Address: PO BOX 5292, Toms River, NJ 08754

Homemaker, Home Health Aide, Adult Day Care, Companion and/or Respite Care, Caregiver Education & Support Groups.

**OCEAN COUNTY OFFICE OF SENIOR SERVICES**  
**INFORMATION & ASSISTANCE SITES**

<b>OCEAN COUNTY OFFICE OF SENIOR SERVICES</b> 1027 Hooper Avenue, Bldg. 2, Toms River, NJ 08754	<b>732-929-2091</b> <b>800-668-4899</b>
<b>BOROUGH OF POINT PLEASANT SENIOR BEEHIVE</b> St. Martha's Church, 3800 Herbertsville Road Point Pleasant, NJ 08742 Hours: Tuesday, Wednesday & Thursday 9:00 am to 3:00 PM	<b>732-810-5890</b>
<b>BRICK SENIOR CENTER &amp; OUTREACH</b> 270 Chambers Bridge Road Brick, NJ 08723	<b>732-920-8686</b>
<b>COMMUNITY SERVICES INC. OUTREACH</b> 105 Sunset Avenue Toms River, NJ 08755	<b>848-288-9900</b>
<b>JACKSON SENIOR CENTER</b> 45 Don Connor Blvd, Jackson, NJ 08527	<b>732-928-2313</b>
<b>LONG BEACH ISLAND SENIOR CENTER &amp; OUTREACH</b> 4700 Long Beach Boulevard, Brant Beach, NJ 08008	<b>609-494-8861</b>
<b>BERKELEY SENIOR OUTREACH</b> Berkeley Township Municipal Bldg. 627 Pinewald-Keswick Road, Bayville, NJ 08721	<b>732-244-9600</b>
<b>OCEAN COUNTY SOUTHERN SERVICE CENTER</b> 179 South Main Street, Route 9 & Route 72, Manahawkin, NJ 08050	<b>609-978-6220</b>
<b>MANCHESTER TWP. SENIOR OUTREACH</b> 1 Colonial Drive, Manchester, NJ 08759	<b>732-849-8305</b>
<b>TOMS RIVER SENIOR CENTER &amp; OUTREACH</b> 652 Garfield Avenue, Toms River, NJ 08753	<b>732-341-1000</b> <b>(Ext 8462)</b>

## **GERIATRIC EVALUATION & MANAGEMENT PROGRAMS**

Multidisciplinary team approach offering comprehensive, consultative care.

### **ANNA GREENWALL GERIATRIC PROGRAM**

**732-923-7550**

300 Second Avenue, Long Branch, NJ 07740

The Anna Greenwall Geriatric Program coordinates health & social services for the elderly & their family with a focus on comprehensive care & education. The program specializes in medical care for the older adult, assessment of memory disorders & support for caregivers & the health professional, through a network of hospital-based & community based services.

### **THE JAMES & SHARON MAIDA GERIATRICS INSTITUTE**

**732-886-4700**

Monmouth Medical Center Southern Campus 600 River Avenue, Third Floor, Lakewood, NJ 08701  
James & Sharon Maida Geriatrics Institute provides integrated inpatient & outpatient geriatric services for patients 65 & older in one convenient location. In addition, our geriatricians (physicians specializing in the medical care of the elderly) have a full understanding of the wide range of physical, mental, medical, social, & spiritual issues that older adults can face.

### **COPSA Geriatric Services - Rutgers UBHC**

**732-235-8400**

100 Metroplex Drive, Suite 200, Edison, NJ 08817

Website: <https://care2caregivers.com>

**Alzheimer's Resource Center/Care2Caregivers:** Help is only a phone call away for New Jersey's family caregivers. COPSA's **Statewide** helpline provides resource information & referral to important services for those caring for older adults with chronic illness. Toll-Free Helpline: **1-800-424-2494**

**Memory Disorders Clinic:** A team of geriatric psychiatrist & clinical social workers collaborate with client & their families to help diagnose memory loss & to manage difficult behaviors that can accompany Alzheimer's disease & related dementias such as wandering, combativeness & sleeplessness. Care management is provided to clients' caregivers, including caregiver education, information regarding community & long term care services & assistance with long term planning. **1-800-424-2494**

**Consultation and Education Service:** Offers **statewide** professional education & training to health care & social service professionals, community organizations & the lay public on topics related to mental health & aging, dementia care, cultural competency, family caregiver or other aging or mental wellness issues. **1-800-424-2494**

*This listing of agencies or services is strictly informational & in no way indicates an endorsement nor does absence of any agency or service from this list signify disapproval.*

## **ADULT DAY CARE**

### **\*\*\* Active Day of Brick**

**732-899-1331**

2125 Route 88, Brick, NJ 08724

**Hours:** 8:00 AM to 4:00 PM, Monday through Friday

**Services:** An adult health & social day program that serves clients with physical & cognitive limitations. Also available: transportation, meals, & nursing supervision.

### **\*\*\* A Friend's House**

Visiting Home Care Service of Ocean County

**732-244-5565**

105 Sunset Avenue, Toms River, NJ 08755

**(Ext 233)**

**Hours:** 9:00 AM to 2:30 PM, Monday through Friday

Ocean County Southern Service Center

**609-978-6444**

179 South Main Street, Route 9 & Route 72, Manahawkin, NJ 08050

**Hours:** 9:00 AM to 2:30 PM, Monday through Friday

**Services:** A Friend's House is a social day care program for adults with Alzheimer's disease or related memory loss disorders. A safe respite for family caregivers is provided as well as therapeutic activities that may increase orientation & stimulate memory.

### **\*\* Allaire Care Senior Day Services**

1979 Route 34 South (Wall Circle Park), Wall, NJ 07719

**732-974-7666**

**Hours:** 8:30 AM to 2:00 PM, Monday through Friday

**Services:** Provides day services to seniors in Monmouth and Ocean County. Allaire care Provides structured, a supervised and individually tailored program in a lovely home Environment. Our clients benefit from medical monitoring, therapy services, & therapeutic recreation & socialization opportunities throughout the day. Transportation provided in Monmouth and Ocean Counties.

### **\*\* AMBASSADOR Adult Medical Daycare**

**732-367-1133**

**619 River Avenue, Lakewood, NJ 08701**

**Hours:** 7:00 AM to 4:00 PM, Monday through Friday

**Services:** Provides Nutritional & Dietary Services & Meals, Transportation, Nursing Laboratory Services, Physical Therapy & Rehabilitation, Beauty & Barber Services, Alzheimer / Dementia Care, Therapeutic Recreation, & Social Services to name a few.

**\*\* Independence Place Adult Day Health Center**

**732-849-4969**

3000 Hilltop Road, Whiting, NJ 08759

**Hours:** 8:00 AM to 4:00 PM, Monday through Friday

**Services:** Provides skilled nursing & a structured program of therapeutic activities to meet medical & social needs of older adults within supportive environment. Nursing care, social services, activities, hot meal, therapies & personal care. Also available: transportation, meals & nursing supervision.

**\*\* Silver Time Adult Day Health**

**848-224-4285**

3000 Hilltop Road, Whiting, NJ 08759

**Hours:** 8:00 AM to 4:00 PM, Monday through Friday

**Services:** Provides skilled nursing & a structured program of therapeutic activities to meet medical needs.

**\*NJ Department of Health and Senior Services Alzheimer's Dementia Program,** Provides funding for adult day care; financial eligibility criteria; apply through adult day care center.

**\*\*List of Agencies approved by the Division of Health and Senior Services, Office of the Division of Consumer Support, for the Jersey Assistance for Community Caregivers Program (JACC)**

**\*\*\*Agency accepts JACC and Department of Health and Senior Services Alzheimer's Dementia Grant**

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## **RESPITE / HOMECARE**

### **JACC (Jersey Assistance for Community Caregiving)**

**732-929-2091  
800-668-4899**

This program provides state funded assistance in the form of a broad array of in-home services & supports that enable an individual at risk of being placed in a nursing home to remain in their own home. The program is intended to supplement & strengthen the efforts of family & friends. There are both financial & clinical eligibility criteria. Call for details.

### **MLTSS (Managed Long Term Services & Supports)**

**732-349-1500**

**Ocean County Board of Social Services**      *(Press "0" & ask for Adult Medicaid)*

### **Ocean County Office of Senior Services** *(for Details)*

**732-929-2091**

This Medicaid Waiver program provides community based, in-home services & supports that enable an individual at risk of future placement in a nursing home to remain in their own home or in an assisted living facility based on the assessed need. There are both financial & clinical eligibility criteria.

### **PACE (Program of All-Inclusive Care for the Elderly) Beacon of Life**

**732-716-4600**

This program provides frail individuals age 55 & older comprehensive medical & social services coordinated & provided by an interdisciplinary team of professionals in a community-based center & in their homes, & helping program participants delay or avoid long-term nursing home care. Participants usually receive some home care services along with several visits each week to the PACE center, which serves as the hub for medical care, rehabilitation, social activities & dining.

### **STATEWIDE RESPITE CARE PROGRAM**

**732-349-1500**

**Ocean County Board of Social Services**      *(Press "0", ask for State Wide Respite)*

This program provides respite services to families experiencing fatigue & stress due to long-term caregiving of frail, elderly and/or disabled members. Priority is given to families where the impaired member is at risk of long-term institutionalization due to the inability of the caregiver to continue in the role.



# **VOLUNTEER CAREGIVER ORGANIZATIONS**

There are two Interfaith Volunteer Caregiver organizations in Ocean County providing volunteer services for the frail, disabled & homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, etc, are provided. Additionally, both organizations provide Alzheimer's Respite Care Programs specifically for Alzheimer's clients & caregivers. The Toms River office has a Bilingual Outreach Coordinator. One organization serves the Northern area & the other serves the Southern area.

## **Caregiver Volunteers of Central Jersey**

Email: [info@caregivervolunteers.org](mailto:info@caregivervolunteers.org)

Web Site: [www.caregivervolunteers.org](http://www.caregivervolunteers.org)

### **Main Office & Multicultural Outreach & Alzheimer's Respite Care Program**

201 Hooper Avenue,  
1st Floor, North Suite  
Toms River, NJ 08753

(732) 505-2273

FAX: (732) 505-9445

## **Interfaith Health & Support Services of Southern Ocean County**

Email: [Araimondi@hackensackmeridian.org](mailto:Araimondi@hackensackmeridian.org)

Web Site: <http://www.interfaithsoc.org>

### **Interfaith Health & Support Services & Alzheimer's Respite Care Services**

#### **Mailing Address :**

1140 Route 72 West  
Manahawkin, NJ 08050

#### **Office Locations :**

56 Nautilus Drive  
Manahawkin, NJ 08050

Phone: (609) 978-3839  
Fax: (609) 978-3283

279 Mathistown Road  
Little Egg Harbor, NJ 08087

Phone: (609) 879-5590

## MEDICARE CERTIFIED HOME HEALTH (VISITING NURSE) AGENCIES

### **VISITING NURSE ASSOCIATION OF CENTRAL JERSEY HOME CARE AND HOSPICE**

**732-818-6800  
800-862-3330**

In partnership with Barnabas Health, offers a range of home health, hospice, private pay & visiting physician services focused on helping individuals stay their healthiest at wherever they call home. We are the state's largest not-for-profit home care provider & are certified by Medicare. Whether you are recovering from surgery, going home after a hospital stay or need ongoing care by a nurse or physician, contact us to learn more or visit us on our website [www.vnahg.org](http://www.vnahg.org).

### **HOLY REDEEMER HOME CARE AND HOSPICE**

**888-678-8678  
732-240-2449**

Redeemer Health Home Care can help restore health, promote independence, & reduce unnecessary hospital readmissions for patients with chronic conditions as well as those recovering from a recent health event. Our nurses, therapists, & certified aides provide skilled disease & pain management, wound care, & rehabilitative services in the home.

### **MERIDIAN AT HOME** (*Now part of Hackensack Meridian Health*)

**1-800-655-2555**

Meridian at home is the home health care services division of Meridian Health. Services provided include: skilled nurses, home therapy (physical, occupational, & speech), certified home health aides (assistance with daily living on hourly, short-term, or long-term basis), hospice care (in the home or care facility), Life Transitions program (eldercare planning & management), Care on Call Now (wireless medical alert & care assistance technology), medical equipment & supplies, oxygen, infusion therapy, & in-home chronic condition management & programs.

### **BAYADA HOME HEALTH CARE**

**732-350-2355**

BAYADA Home Health Care in Whiting, NJ provides nursing & therapy for adults & seniors in the comfort of their homes, helping our clients get better & stay out of the hospital, & giving their families & loved ones peace of mind. Our skilled medical care is provided by carefully matched clinicians such as registered nurses (RNs), physical therapists (PTs), occupational therapists (OTs), speech-language pathologists (SLPs), & medical social workers (MSWs), usually in a short-term series of visits prescribed by a physician after a surgery, hospital stay, illness, or injury, or to help manage a chronic medical condition. We make it simple & easy to get the personal nursing or therapeutic care you need. We even handle your insurance coverage through Medicare or a private insurance carrier.

**LIST OF AGENCIES APPROVED BY THE N.J. DEPARTMENT OF HUMAN SERVICES,  
DIVISION OF AGING SERVICES FOR THE JERSEY ASSISTANCE FOR COMMUNITY  
CAREGIVERS PROGRAM (JACC)**

ACLA HEALTHCARE SERVICES	732-410-6739
AFFINITY HOME CARE	732-324-1551
ALL ABOUT CARE	732-477-3005
BAYADA HOME HEALTHCARE	732-442-3370
CALIBER HOME HEALTH CARE *	844-515-1983
CAROUSEL OF HOME CARE	732-303-0245
E & S HOME CARE SOLUTIONS	609-225-5788
HOME CARE FOR YOU, INC. *	609-971-9009
KARING WITH KINDNESS *	732-341-4500
MANGO HOME HEALTH	732-505-0080
PREFERRED HOME HEALTH CARE & NURSING SERVICES*	609-822-8480
RIGHT AT HOME* (OCEAN CARE STAFFING)	732-451-0120
SABA HOME HEALTH CARE INC.*	732-797-0700
SILVER TIME ADULT DAY HEALTH	848-224-4285
SUMMIT HOME HEALTH CARE	732-884-3100
VISITING HOME CARE SERVICES OF OCEAN COUNTY	732-244-5565

\*Agency also provides live in services upon request

*This list of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.*

**LIST OF AGENCIES APPROVED BY THE N.J. DEPARTMENT OF HUMAN SERVICES,  
DIVISION OF AGING SERVICES FOR THE JERSEY ASSISTANCE FOR COMMUNITY  
CAREGIVERS PROGRAM (JACC)**

**ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS** – The companies below specialize in patient lift systems such as wheelchair ramps, stair lifts, & vertical platform lifts. Some provide construction, such as bathroom & kitchen adaptations for access.

ABBY LIFTS INC (Ramps & Lifts)	732-240-0446
ACCESSIBLE HOMES (Evaluations & modifications)	732-886-5800
ADAPTIVE HOME THERAPY (Evaluations & recommendations)	732-886-6996
AMERICAN RAMP SYSTEMS (Ramps, Lifts, Portable Showers)	732-446-1951
RAND'S SURGICAL (Evaluations, recommendations & portable ramps)	732-255-3211
SOS GROUP INC (Safety Outfitting Services)	856-740-4000

**HOME DELIVERED MEALS**

**Mom's Meals**

**1-866-971-6667**

This company provides affordable meals that are prepared, packaged & delivered fresh with simple microwave heating instructions. For further information & a sample of their variety of over 30 meals, you can also visit their website at [www.momsmeals.com](http://www.momsmeals.com).

## **MEDICARE CERTIFIED HOSPICE PROGRAMS**

Angelic Hospice Hospice Care-Palliative Care-Transitional Care 81 East Water Street, Suite 2A, Toms River, NJ 08753	732-664-4909
Bayada Hospice 96 East Water Street, Toms River, NJ 08753	609-387-6410
Compassus Hospice 86 East Water Street, Toms River, NJ 08753	732-329-7692
Embracing Hospice Care 3349 Route 138 East, Bldg D, Suite F, Wall, NJ 07719	732-974-2545
Hackensack Meridian Health Hospice 80 Nautilus Drive, Manahawkin, NJ 08050	609-489-0252
Holisticare Hospice 1268 Route 37 W, Suite B, Toms River, NJ 08755	844-254-4400
Holy Redeemer Home Care and Hospice 1228 State Hwy 37 W, #6, Toms River, NJ 08755	732-240-2449
Homeside Hospice 67 Walnut Avenue, Suite 205, Clark, NJ 07066	732-381-3444
VNA Health Group of Central Jersey 1433 Hooper Avenue, Toms River, NJ 08753	732-818-6800

**WEBSITES**

OCEAN COUNTY	<a href="http://www.co.ocean.nj.us">www.co.ocean.nj.us</a>
HOSPITAL COMPARE	<a href="https://www.medicare.gov/care-compare">https://www.medicare.gov/care-compare</a>
NURSING HOME COMPARE	<a href="http://www.medicare.gov/NHCompare">www.medicare.gov/NHCompare</a>
HOME HEALTH COMPARE	<a href="http://www.medicare.gov/HHCompare">www.medicare.gov/HHCompare</a>
DIALYSIS FACILITY COMPARE	<a href="http://www.medicare.gov/dialysisfacilitycompare">www.medicare.gov/dialysisfacilitycompare</a>

*(Revised 9/2022)*

## **Ten Warning Signs: Your Older Family Member May Need Help**

The Eldercare Locator, a public service of the U.S. Department of Health and Human Services' Administration on Aging, has produced a guide of "10 warning signs" to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member's physician should be kept informed of physical or psychological behavior changes.

### *Has your family member:*

- Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
  - Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
  - Neglected their home so it is not as clean or sanitary as you remember growing up?
  - Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- Changed relationship patterns such that friends and neighbors have expressed concerns?
  - Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
  - Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
  - Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

# **MANAGING STRESS OF CAREGIVING**

*Work within your own limits of energy, time, and know-how*

## **Take time to relax**

- Eliminate the “Should’s” and “If only I had time” statements. Ease up on yourself by praising what you do accomplish. Don’t expect more than your human abilities allow.
    - Set aside time each day for yourself, no matter how small.
  - Rest your mind frequently with short breaks to look at flowers or a tree, breathe deeply, or visualize a peaceful beautiful place from memory.
  - Keep a journal of feelings. Note in detail the things you have done to ease your loved one’s burden.
    - Have an understanding friend whom you can call or visit when you need a lift.
      - Join a support group or seek counseling.
      - Allow quiet time for prayer or meditation.
- ❖ Add humor to your life
- Buy a page-a-day calendar with cartoons.
  - Read the daily comics in the newspaper.
    - Share laughter with your loved one.
    - Rent comic movies or cassette tapes.
  - Ask friends to save jokes and cartoons for you.



# **BALANCING CAREGIVING NEEDS AND SELF NEEDS**

## ***You are the only one who can meet your needs***

*Who are you beyond the caregiving role?*

*Does your self worth come from the need to be needed?*

*How will you use your time when the role ends?*

*What you can do for yourself*

- Maintain outside interests.
  - Nurture your sense of purpose and worth,
  - Create activities to look forward to for yourself.
  - Take care of your physical and emotional needs.
    - Take care of your appearance.
- Have one part of your life that is just yours, away from the caregiving role.
  - Have several activities, which you turn to for “in-house vacations”.
    - Indulge yourself with a treat now and then.
    - Surround yourself with people who understand.
    - Join a support group or counseling sessions.
- When possible, talk about your anger or feelings with the person who is ill.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D. Compiled by Louanne Kane, M.S.

## COMMUNICATION TECHNIQUES

- “I’d like to talk about the appreciations and the regrets both of us have in this relationship. Are you willing to set aside a time when we could do that soon?”
- Suggest that you take turns talking and that each of you agrees not to interrupt the other.
- Ask directly for what you want, for example, “Will you forgive me for that?” or “Will you reassure me that you love me?”
- Use “I” messages such as, “I feel...” or “I want..” or “I think.” rather than “You made me...” or “You always..” or “You should.”
- Remember that human emotions are harmless in themselves and they don’t necessarily conform to logic. In their actions, however, people can choose to channel their feeling into behaviors that uphold their personal and moral values and maintain mutual respect. When your thinking is muddled by strong negative emotions, pause and breathe deeply while you regain your clear-headedness.
- Look the other person in the eye and listen as he talks. It’s an opportunity to learn about yourself and your loved one. Often there are astonishing differences in the way two people experience the same event.
- If the ill person becomes insulting or abusive, say, “I want to talk with you, but I won’t listen to hurtful remarks.” If the person continues, say, “I’ll come back after you are finished saying hurtful things”, and leave the room.
- Be as generous as you can in expressing your appreciation about the relationship.

### Barriers to Communication

- Backing the other person into an emotional corner by saying, “You should have” or “Why did you” or “If you loved me”.
- Challenging the other person’s reasons/rights to feel as he/she does.
- Hiding your tears.
- Defending your reasons or rights to feel as you do.
- Saying things, you might regret later.

# ANGER AND CAREGIVING

## *Sources of Anger*

- Long-standing, unresolved conflicts with the care receiver.
- Disagreements with the care receiver or family member regarding caregiving or treatment.
- The ill persons irritating habits and personality traits that might be exaggerated by illness.
- Your sense of helplessness in alleviating these loved person's pain or suffering.
- Your plans, goals, or expectations that are delayed or dashed as you devote yourself to caregiving.
- The duration, difficulty, or expense of caregiving.

## *Mismanaged Anger*

- Spewing accusations, threats, or guilt-provoking tirades on family members, friends, the sick person, or care providers.
- Using physical force on the ill person.
- Denying that anger.
- Telling others about the problem instead of discussing it with the person involved.
- Seething and turning your anger inward to cause headaches, or other physical problems.

## *Constructive Management*

- Admit the anger, you can control how you channel it into action.
- ❖ Develop a variety of safety valves.
  - Phone calls to friends who understand.
  - Support group meetings.
  - Brisk physical activity.
  - Write a letter expressing the anger and destroy it.
  - Schedule frequent breaks from caregiving activities.
- Explore solutions to the problem(s) with your loved one (s), if possible.
- ❖ Ask what you need at this moment that you are not getting.
  - Make direct requests or look for ways you can meet your needs.

# **GUILT AND CAREGIVING**

Differentiate between *Legitimate Guilt*, the remorse of deliberate wrongdoing or hurtful actions and *Superfluous Guilt*, self-reproach for imagined wrongdoings of human failings.

## Guilt Reduction Techniques

### **Legitimate Guilt**

- Recognize and validate your feelings of frustration and overload.
- Stop punishing yourself; instead use this situation as a learning experience to motivate you to plan alternative responses in the future.
- Rehearse the new behavior in advance.
- Offer an apology to your loved one, offer an expression of regret for your behavior and an explanation of what you will do differently in the future.
- Forgive yourself.

**Superfluous guilt** Recognize your unrealistic standards or falsehoods such as:

- You can do all things “perfectly”.
- You might improve the sick person’s lot by sacrificing your well-being.
- The misconceptions that entertaining negative thoughts or mischievous wishes will make them come true.
- The myth that misfortunes in people’s lives are punishments for wrongdoing.
- The idea that you should not get angry.
- The illusion that you can control your loved one’s fate.

### **Consider**

- Joining a caregivers support group.
- Wishes and fantasies are harmless, unless you put them into action or punish yourself for having them.
- Make an exhaustive list of all your guilt(s).
- Choose items you want to change while maintaining a balance between your well-being and that of your loved one.
- Forgive yourself for your human imperfections.

# **GRIEF AND CAREGIVING**

## **Losses that relate to Caregiving:**

- Your loved one's health and vigor
- Some of your loved one's endearing personality traits
- Activities or interest you enjoyed together
- Plans and optimistic expectations for the future
- Your sense of security
- Time, energy, or money to engage in your special interests
- A pleasant daily routine
- Confidence in your ability to steer events in your life toward favorable outcomes

## **Fear of the future:**

- More disability or pain for your loved one
- Increasing loneliness
- Less time for yourself
- Doubts about your own health
- Lack of confidence in your ability to cope with stress and emotional pain
- Anticipated emptiness when your loved one dies

## **Ineffective coping:**

- Physical pain, irritability and panic attacks
- Distance emotionally from your loved one
- Devote self to caretaking at the expense of your own well-being

## **Effective Ways:**

- Talk about your feelings and thoughts
- Join a support group
- You aren't alone, anything you feel, think or wish, has been experienced by others
- Your choices in how you act on your wishes, thoughts, and feelings will determine how effectively you manage your grief