

Resilience for Carers

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Definition



What is 'Resilience'?

- Resilience is 'the capacity to see a way forward' or 'the capacity to recover quickly from difficulties; toughness.'
- In science, it literally means the ability to return to the original shape.

Today's Session



- Understanding the different areas that contribute to resilience
- Consider what might help within each area
- Know where to go to find out additional information
- Apply knowledge to individual situations

Areas within Resilience



Psychologists have identified some of the factors that make someone resilient, among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback.

4 areas to consider:

- Emotional Coping
- Practical Coping
- Support Networks
- Relationship changes with person being cared for

Emotional Coping



- Breaking the Stress Cycle (from Caring with Confidence)
- Stress Bucket
- Mindfulness – helps look at the moment, not worrying about what may happen.
- Compassionate Mind Approach
<http://www.netmums.com/support/the-compassionate-mind-approach>
- Ensuring you have a break
- <http://mindfulnext.org/burnout-the-exhaustion-funnel/>
- Other suggestions?

Practical Coping



- Dealing with Falls, M& H equipment, OT assessments – equipment to help
- Benefits / Grants / Financial help
- Medicine management
- Washing/dressing someone with limited mobility / cognitive ability
- Objective decision making – DICE, POETRY tools to concentrate the mind
- Other?.....

Support Networks



- Professional contacts – Health, social care, education, etc
- Condition specific groups
- Carer groups – local or by care group
- Family / Friends – eg church family, interest groups, neighbours
- Police
- Others?

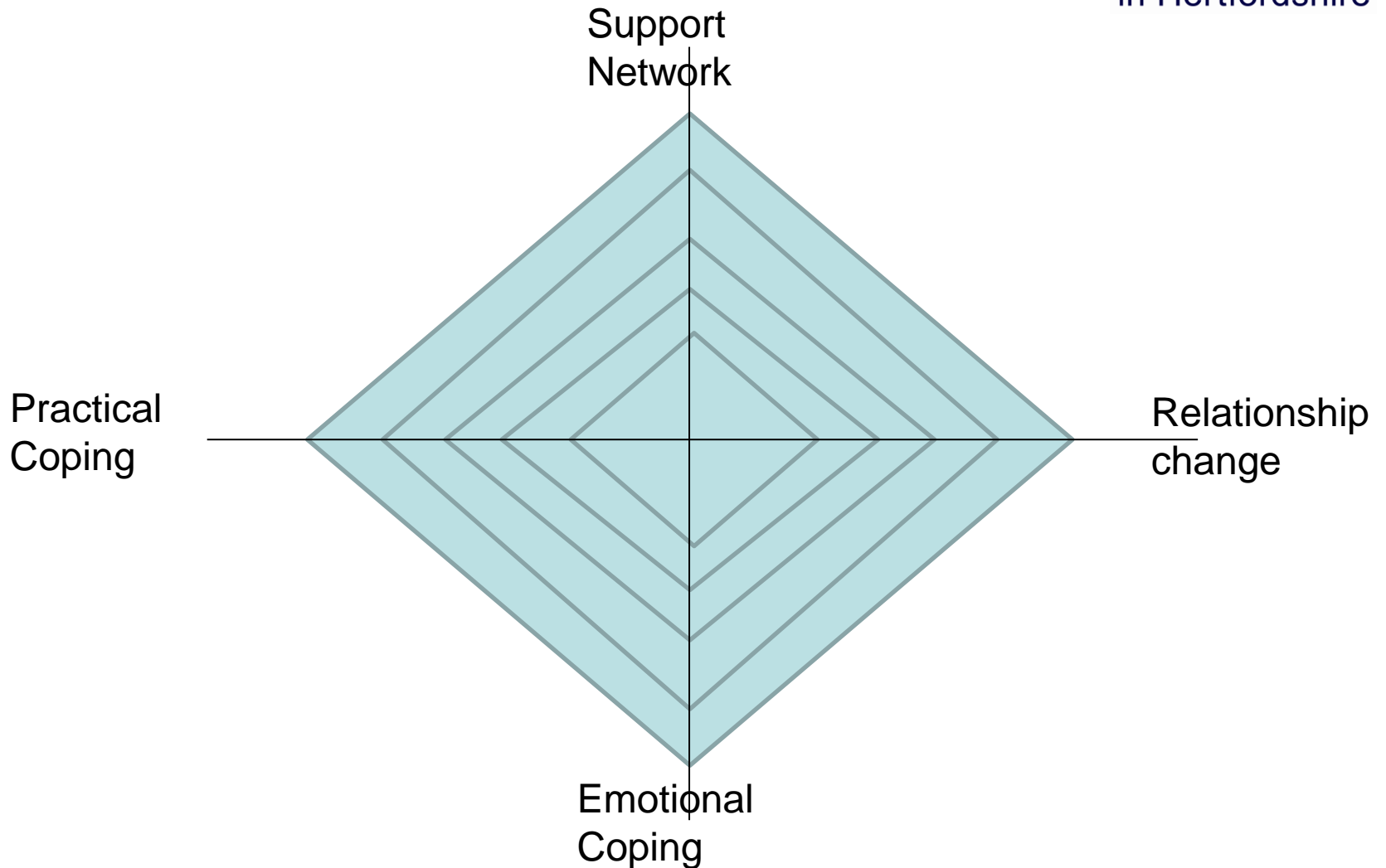
Changes to relationship



- Grief counselling – grief is the reaction to any form of loss (Kubler-Ross: Denial, Anger, Bargaining, Depression, Acceptance)
- Self-compassion, physical exercise, and strong social support can all contribute to alleviating some of the most challenging aspects of grief.
<http://www.goodtherapy.org/learn-about-therapy/issues/self-compassion>
- Breathing exercises
<http://www.goodtherapy.org/blog/breathing-lessons-0501124>
- Other?

Individual Action Plan

Centre is 0, outside is 10, mark where you are on the diagram



Who else can help or advise?



- Other Carers (consider mentoring?)
- Voluntary Organisations (care group specific, carer specific, social etc)
- Statutory Organisations – social workers, GPs
- HertsHelp
- Internet
- What else?.....

Today's Session



Do you now feel you:

- Understand the different areas that contribute to resilience
- Consider what might help within each area
- Know where to go to find out additional information
- Can apply knowledge to individual situations

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