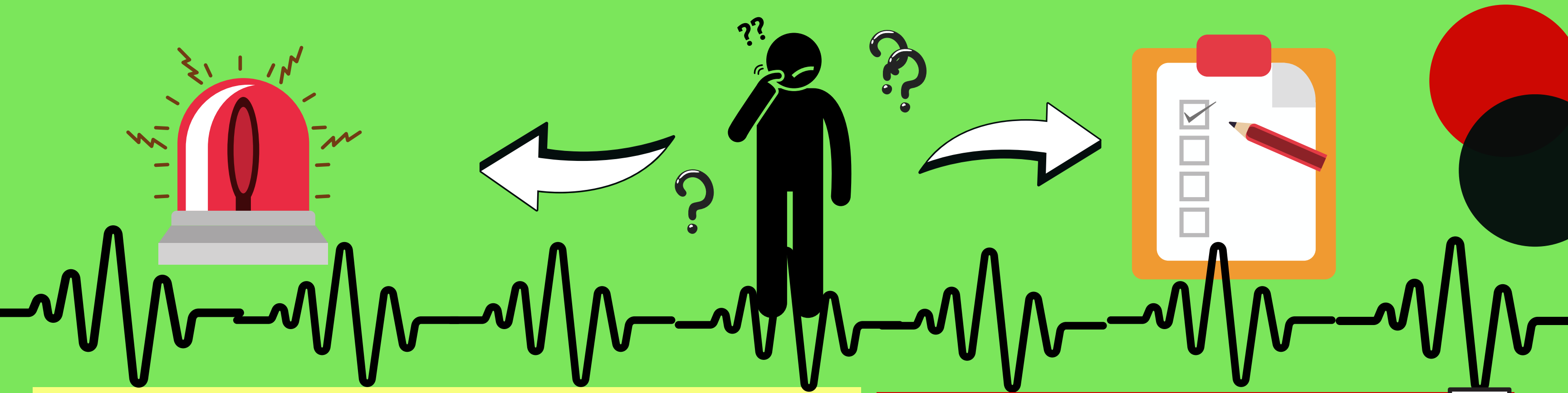




Emergency or priority: Understand the difference for yourself



The priority matrix- A tool for you

| | | |
|----------------------|-------------------------------|---------------------------------|
| | URGENT | NOT URGENT |
| IMPORTANT | 1. To do immediately | 2. To do soon |
| NOT IMPORTANT | 3. Do I really need to do it? | 4. Don't do it. Can I delegate? |

When you analyze situations:

Remember that you're doing it through your beliefs, your personality, your fatigue level, your health condition and the love you have for your relative.

When you make choices, there is always an error margin, it is inevitable. You do your best!

Emergency factor in caregiving situations:

Questions to ask in order to analyze and reassure ourselves:

- Is my relative safety compromised in this situation
- Is there an imminent threat for me, my relative or others?
- If I don't intervene right now, what will be the consequences
- Is the situation a result of a trigger. If so, what can be done to prevent this situation from happening again?

You are as important as your relative!!

To take care of yourself and be able to prioritize yourself there is one essential thing: accepting help and support for yourself.

A few strategies to choose yourself:

- Identify what you are feeling. Emotions, feelings and thoughts have a physical impact on your body
- Establish your limits regarding what support you can offer your relative
- Choosing the right resources will allow you to take time for yourself.
- Listen to your inner voice, have confidence in her. It is rarely wrong. It will guide you in the future.

You have the power to act. Your support and engagement is essential for the well-being of your relative but not to the cost of yours.

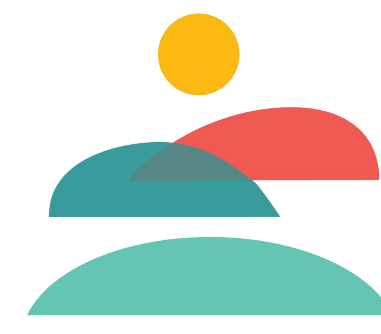


The entire team at
L'Antr'Aidant is there
for you.

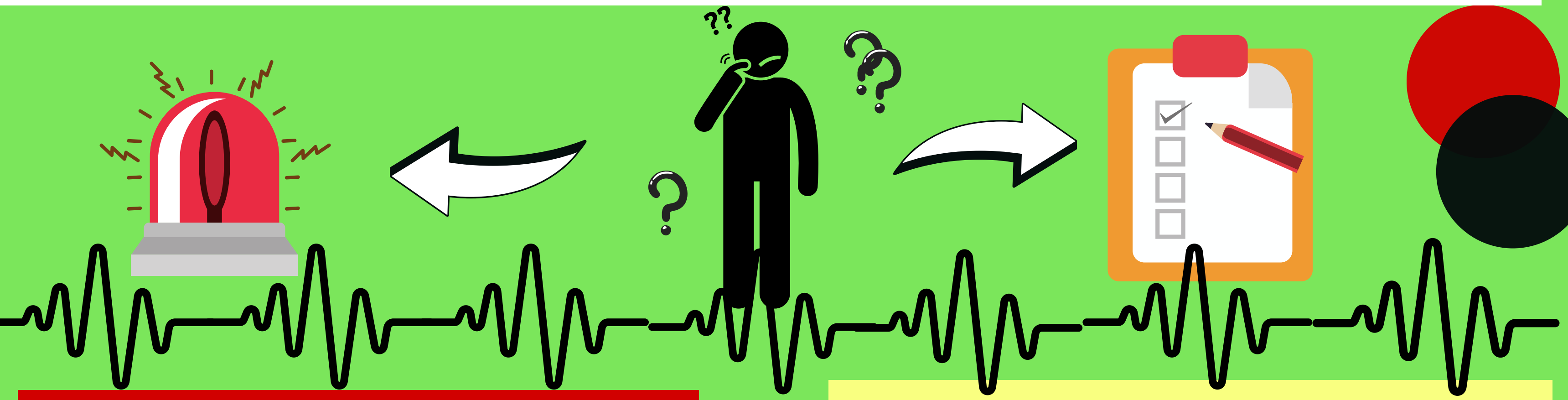
Reception line: 7/7 days
from 8:30 am to 4:30 pm.
579-888-0211

“Do not give the bottom of your well, only the water that runs out of the top” - Rumi

Emergency or priority: Understand the difference for yourself



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Priority management :

Between important and an emergency

The reality of caregivers puts them in situations where they face a lot of unknown. The unexpected is inevitable and priorities can get tangled. Caregivers are often solicited in various aspects and have different roles therefore it can be difficult for them to identify if it is an emergency or if it is to prioritize. All of the above in addition to:

- Feeling overwhelmed
- Feeling guilty
- Feeling unsatisfied
- Feeling inapte to make choices

The Antr'Aidant team is offering tools to help you differentiate an emergency and a priority. An essential exercise to improve your life conditions!

A few examples of daily situations - Introspection, an important step when making a choice

My relative has refused to wash himself for the past 2 days.

My relative dresses inappropriately. He wears underwear over his pants.

I need rest and time for myself. My relative refuses to go to summer camp.

My relative has stopped his rehabilitation follow-up.

My relative wants to go to the store alone, but he has trouble with his orientation.

Taking time to reflect is necessary to help you and to guide you to choose and prioritize your actions.



What is urgent:

An **emergency** is an event or a task that requires a fast, or immediate, reaction. It usually needs to be treated as soon as possible. If it is not treated, it can lead to detrimental consequences for you or your relative

An untreated emergency can quickly lead to irreversible consequences, which is why it is important to treat it as soon as possible. This said, what we believe to be an emergency is not always one. Taking a step back can help you see the situation more clearly.

What is important:

We often confuse what is important with what is urgent. The reason is simple. An event or task is considered important when they are related to your role and responsibilities towards your relative, as their caregiver.

Otherwise, what is important is defined by its impact on your lives, but also how it improves your life conditions.

Whether it is difficult or not for you to establish priorities, there is a limit to what one person can accomplish in one day. You will probably have doubts and dilemmas. You will have to juggle with the uncertainty and ambiguity of your decisions.

Learn to trust yourself. No one is perfect!