

The essence of a caregiver

How to identify a caregiver?

How do I know if I have become a caregiver? Are there specific characteristics that unite caregivers?

Here are some keys to identifying the specific characteristics of caregivers :

The involvement



Getting involved with a person who lives in a situation of vulnerability means that at one time or another a decision has been made. It is therefore a choice which, once assumed, can be modulated, revoked and shared.

"My son is now 45 years old and my health no longer allows me to keep him at home, I will have to take steps to relocate him to the best possible environment possible."

The mourning



The addition of continuous mourning, at every moment of imbalance, each time a change or a loss is noticed or a loss, the process of mourning (re)initiated.

"My sister's operation which was to allow her to regain the partial use of her legs is a failure, not only will she not be able to go to the day center with her friends, but, I will have to find someone to stay with her when I go to my classes at College."

The adaptation



The impact of the caregiver are sometimes felt at lightning speed, sometimes in an insidious way. Daily life revolves mainly around the challenges of care, the demands of the disease or the condition of the person being cared for...

"My cousin needs a variety of care, so our outings are restricted. It's a marathon every time, now we choose to go out for the essentials."

The expertise



In addition to knowing the details of the care to be given to of their loved one, the jolts of their health and the treatments to be given, the person becomes a specialist in his or her own reality. By seeking to respond to very specific needs such as being listened to, gathering information, to increase one's knowledge, find a supportive network, and know the right resources.

"I met a former co-worker who is taking care of his brother. When we talked together we understood each other. Finally, someone who doesn't tell me what to do with my nephew. I think I'm going to call him back and ask him some questions."

What prevents me from defining myself as a caregiver:

"I'm their mother, it's normal for me to take care of my children, even if they are different."

"If I admit to myself that I'm a caregiver, it will become too real."

"It's not that bad. When I compare myself, there are people who are in worse situations than mine."

The essence of a caregiver



Mon essence...

I was...
I am...
I will be...
A caregiver!



What are the benefits of recognizing me as a caregiver?

- To build an identity of one's own, to emerge from the shadow of the person being helped without overshadowing him or her and to assert oneself in one's limits, tastes, desires and abilities.
- Redefining one's daily commitment to the person being helped respecting their energy and health, by making conscious choices.
- (Re)building a network of helping allies who are supportive, and who understand the reality of being a caregiver and its multiple variations.
- Ask for help FOR YOURSELF, to feel less alone, to get through periods of imbalance AND TO optimize your sense of COMPETENCE.

