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Modern adversity techniques to prevent caregiver burnout and preserve client mental health dignity



May 4, 9:53 AM Grand Rapids Caregiver Examiner Clarice Cook

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Time and memory slip away causing frustration.

Training in new methods of dealing with the consequences of memory loss diseases, medication, and or disabilities can bring relief.

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Dealing with difficult people can add to caregiver burnout. People who are sick, aging, suffering from a dementia disease or disability can be especially harsh due to no fault of their personality or control. Chemical imbalances, medication, pain, confusion and illness processes can come between the caregiver and the client or family member.

The number one no, no in negotiation is taking what the other person is saying as personal, regardless of the relationship.

Detach the self from the anger and the frustration of the other person.

Listen and try to understand the meaning and/or pay attention to the body language.

Make eye contact and try to send a message of understanding and willingness to comply with their expectations.

Agree and accept an alternative to what was expected, but work back around toward a point as close to center as possible.

A breakdown in negotiation will happen if one or both parties are too rigid to compromise. In the case of a cared for client or family member, for the sake of mental health, it is the responsibility of the caregiver to step back and realize that whatever the confrontation, let it go.

People can only control themselves and some things are trivial. The important

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goal is the safety and well being of the client or family member. Allowing situations to become toxic is not safe for any member of the family or the professional caregiver.

Training for professional caregivers should include intervention techniques, such as those taught by the National Council of Certified Dementia Practitioners (NCCDP) and Dee Mayfield, CDP, TIPs of the Mayfield Health Care Seminars in a recent Michigan seminar for Comfort Keepers, In Home Care services.

Modern care givers realize that the old methods of "reality orientation" does not compute in the brain of someone with memory loss or dementia diseases. The time is now and the past is nothing and trying to make the person face truth about the passing away of loved ones or retirement serves to create frustration and confusion.

Techniques of dismissal of problems and fears verbalized by a person suffering with confusion, disorientation and anxiety has been updated in training. The NCCDP teaches professional caregivers how to give healthy assurance and validation to the aging patient.

Stress for the caregiver and the client or family member can be alleviated just by learning how to deal with adversity and agitation issues in difficult times.

Family caregivers can contact the Caregiver Resource Center through the Kalamazoo Senior Center at www.seniorservices1.org or email caregiver@seniorservices1.org, or call locally at 269-978-0085 or toll free to 866-200-8877.

[Caregiver Resource Center in Kalamazoo, Michigan](#)

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Volunteers and donations are needed for our agencies on aging issues groups.

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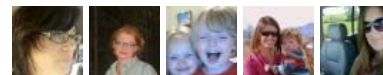


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