

Caregiver Matters



Basics 3: Coping Strategies

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Project Carer Matters is an initiative to build a training and support network for family caregivers of older adults.

For more information, contact us at:

9646 0357

carermatters@ttsh.com.sg

"Be determined to handle any challenge in a way that will make you grow."

Les Brown



In this booklet, you will find out more about:

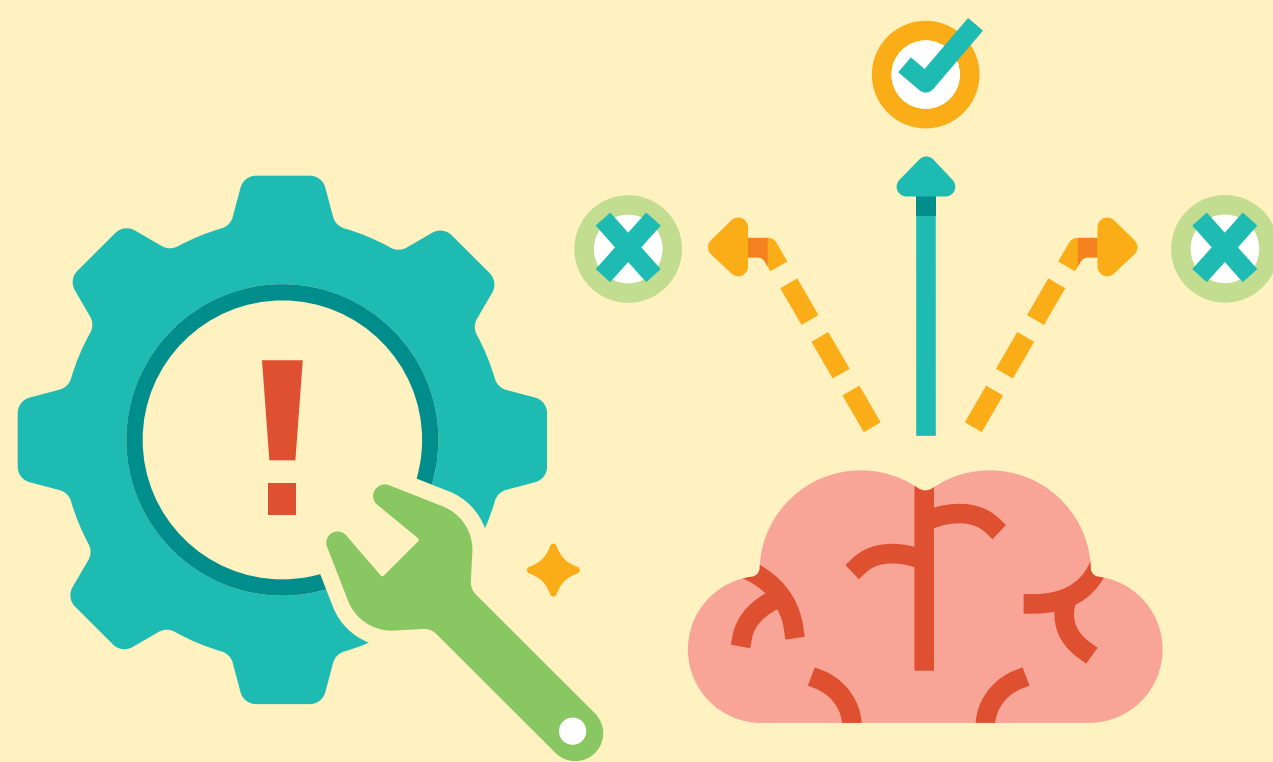
- Coping Strategies
- Self-care
- Caregiver Burnout

Source:

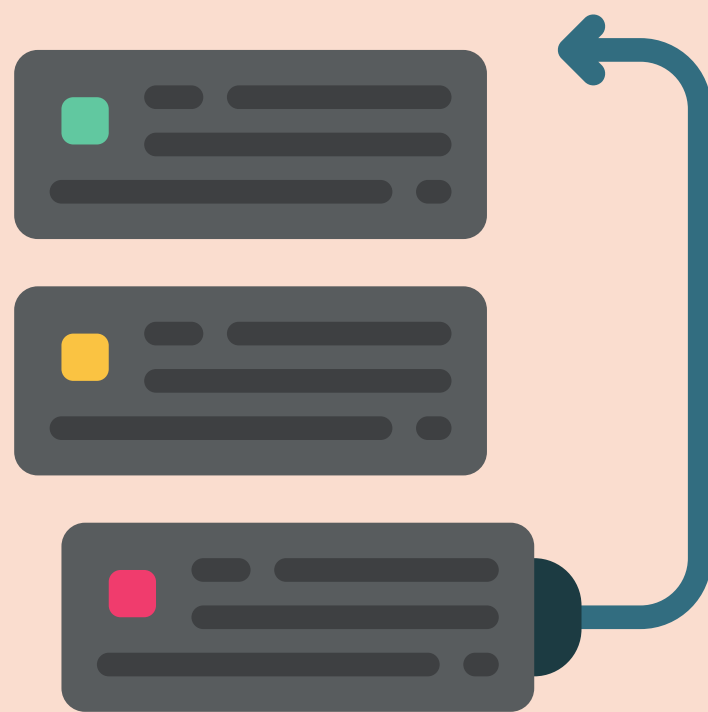
Menon, R. (2016, October 19). Stay strong 'coz you're worth it. *Mind and Life Matters*.
<https://mindandlifematters.wordpress.com/2016/10/19/stay-strong-coz-youre-worth-it/>

Coping Strategies

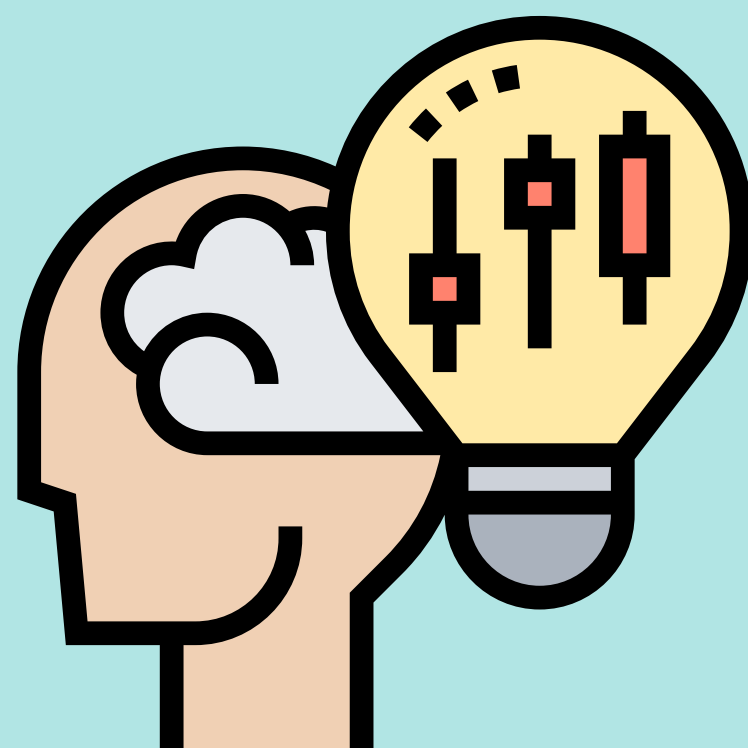
Coping strategies can greatly help you better tolerate or minimise stressful events. You might find these 3 strategies to be beneficial to you.



1. Problem-solving Techniques



2. Setting Priorities



3. Being Flexible

1. Problem-solving Techniques

Caregiving is not an easy journey, you will face challenging situations. A key strategy is to focus on practical solutions for the problem and not dwell on feelings of anger or stress.



Problem-solving Techniques

5 steps to help you problem solve during your caregiving journey.



1. Define the Problem

Identify the root problem



2. Brainstorm Solutions

Think of all possible solutions and write them down



3. Weigh Pros & Cons

List the benefits and drawbacks of each solution



4. Choose Solution and Action Plan

- Choose the solution with the most benefits and least drawbacks
- Plan out how you will carry out the solution



5. Evaluate Outcomes

Set a timeline to check if the solution is working

2. Setting Priorities

As a caregiver, you may feel like you have many things to complete in a day.

Setting priorities on the tasks that you need to perform will help you decide on what to do and when to do it.

You can achieve this through a “To-do” list.

To-do List

Prioritise Your To-do List


1. Write down all your tasks
2. Examine the importance and urgency of each task
3. Rank individual tasks based on importance and urgency and place them in order
4. Complete highest priority tasks first (i.e. urgent and important)




| | Urgent | Not urgent |
|---------------|--|---|
| Important | Do now | Decide when to do, schedule task |
| Not important | Delegate ask someone for help | Delete drop task |

2. Setting Priorities

Here is a blank "To-do" list template that you may use to help you:

To-do List 

| | Urgent & Important |
|--------------------------|-------------------------------|
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
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3. Being Flexible

It is extremely important that you remain flexible. This helps you to quickly adapt to changes that could happen to your care recipient.

Cultivating a Flexible Mindset

Acknowledge and Accept

Life is unpredictable

Be Open

Allow yourself to be open to whatever happens, even if it is not what you wanted

It is Ok

to have negative feelings when change happens

Re-evaluate

View changes and challenges as opportunities to re-evaluate your situation

Be Hopeful

Respond positively

Self-care

You should set aside time to pay attention to your own needs and 'recharge your batteries'. As a caregiver, it is also important that you care for yourself.

Recharge by Practising These Self-care Tips

Physical Care



Eat well and in moderation



Ensure sufficient time for rest, sleep and relaxation

Have a Respite Zone



A place where you can take a break alone

Practise Mindfulness



- Be present and engaged
- Be free from distractions and judgements
- Be aware of your thoughts and feelings

Caregiver Burnout

You may be experiencing caregiver burnout if you are physically, mentally and emotionally exhausted and are unconcerned about the needs of your care recipient.

If left unchecked, this can affect your overall well-being and the health of your care recipient.

Signs of Caregiver Burnout

Feeling constantly worried

Lacking in energy and interest in things

Having problems sleeping

Feeling hopeless

Lacking self-confidence

Neglecting own needs



Caregiver Burnout

You can reduce your risk of caregiver burnout by watching out for your own needs and ensuring you have sufficient time to recharge and recover.



Watch this video to learn more about preventing caregiver burnout:

<https://www.youtube.com/watch?v=ghCuXB6-tdc>

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Additional Resources:

How to avoid caregiver burnout:

<https://www.aic.sg/resources/Documents/Brochures/Caregiving%20Support/Caregiver%20Burnout%20Guide%20EN.pdf>

Project Carer Matters also conducts fully subsidised caregiver programmes.

Click [here](#) to find out more or contact us at:

9646 0357

carermatters@ttsh.com.sg