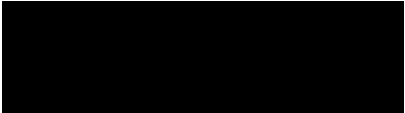


## Chapter 4 Reflections

### Establishing a Caregiving Relationship

This has been a firsthand experience of caregiving being that I am the one that needs caregiving. So, establishing a caregiving relationship is very important. How you feel as a caregiver is something totally different. Sally and her supervisor must figure out a way to best serve their client, Ms. Haverty. Sally's first concern is Louise's physical well-being. Sally needs to know the boundaries of confidentiality. Caregivers should always be ready to discuss confidentiality. The pastoral and spiritual care relationships based on religious organizations and are designed for caregivers. They are held accountable. For Christians these beliefs and practices concerning the meaning of life and death and the resurrection of Jesus Christ. Communications is of the most important skills of a caregiver. The relationship between the caregiver and the care-seeker should be based on trust. Trust doesn't come overnight. It takes time to establish the way the caregiver communicates with the care-seeker. It is crucial in the process. The main goal for a caregiver is the well-being of their care seeker and why they may always think you know what's best for them and insisting on always doing things your way is not productive when you are looking to gain their trust. They are people with their own preferences and this is an important part of getting them to trust you and to respect their wishes and needs and treat them with understanding and compassion. They are a person all by themselves. Whenever it is possible offer them choices, always keep promises and stay through agreements. Be reliable and be a good listener. Always be patient and show respect for the elderly and the experience and wisdom they possess whether they are offering you advice or telling stories from the past. Keep your eyes open. Not every person is equally open and honest about their needs to provide quality care. You need to make it a point to notice even things that aren't mentioned in conversation. Pay attention to your care-seekers' behavior. They will communicate not only with words but also with their body language and facial expressions. Some seniors might not want to share the things that affect them because they find it embarrassing or think of it as a sign of weakness. In those cases, you are likely to get a mixed message of verbal communication saying one thing but nonverbal cues telling a different story. It is important that you pay close attention to everything they are communicating so that you can ask for clarification when needed and take the necessary next steps to help your care-seeker. The caregiving relationship is a gift to each other. Depending on the needs of your loved one caregiving may take more than one person or a caregiving team. The tasks of caregiving are centered around the individual's needs. Every caregiver is capable of and comfortable with different tasks which is why having more than one caregiver is helpful. It is important for the primary caregiver to be able to delegate tasks to others when they need help. One person cannot do it all.

A caregiver is a person who takes care of another person. Caregivers manage the physical, emotional, spiritual, and practical needs of another person, all while managing their own life needs, family, and career. Caregiving can be exhausting, frustrating, anxiety-provoking stressful, and nerve wracking. Despite all this, caregiving is often a rewarding, bonding, cherished and important experience between caregivers and care seekers. Caregiving gives you the opportunity to connect, love, show affection, take care of, remember, and be compassionate and empathetic towards another person. Caregiving can be a rewarding, rich, and meaningful experience. It gives us a chance to love, support, bond, share, and be together. You know that the care-seeker is getting the best possible treatment and support because you are providing it. Caregivers have



many roles and responsibilities. The caregiver should be a good communicator. It's helpful to be able to multitask. You may be judging the physical, emotional, and practical needs of the person you are caring for while continuing to live your own life. You will often play the role of advocate-speaking up for the care-seeker when they can't. Caregiving requires a great deal of commitment, flexibility, respect, and compassion. You may get back gratitude, love, and respect from them. It is important for caregivers to take care of themselves. Caregivers who ignore their own needs can be at a higher risk for caregiver burnout as well as physical and mental health problems. It is ok to ask for help. Caregiving can be a rich rewarding experience that can also be stressful at times. It is good to try and maintain a balance between your own needs and the needs of others. This helps keep the caregiver going. A caregiver relationship is different than a personal relationship. Personal relationships involve two-way helping. A caregiver is scheduled for certain times.

Being a professional caregiver means having a positive attitude. A person's attitude is apparent from things they say, the way they say them, the way they behave, and the way they look. Having a professional, positive attitude means that you are caring and compassionate toward your care-seeker and their family and that you are committed to always doing your best. Professional boundaries are guidelines for caregivers that work. Staying within these boundaries will result in a better outcome for the care-seekers.

There are several qualities that caregivers should possess. Adaptable is the quality that is an essential element for living life in general. Adaptability implies the ability to change over time. Life changes all the time, but sometimes this change is huge and requires gathering the strength and fortitude to withstand what happens to us in the middle of change. Benevolent is another quality that means being kind-hearted and compassionate which allows for the creation of an environment and a general atmosphere where a care-seeker feels heard and understood. When it comes to being conscientious, relationships need constant attention, work, and tweaking. This implies the recognition that by being consistently attentive to the care-seeker and their life you are paving the way to accomplish their goals. Dedication is a quality that defines the commitment of the caregiver and the care-seeker. When they're fully committed and give of themselves, they're saying that they are putting all their energy and love behind whatever they feel is important to the future of the care seeker. Kindness is a quality that speaks for itself since this is a trait we need to be practicing in general with all people. Everyone deserves consideration and compassion, especially in those times when you may not understand what they are experiencing and when they're difficult to deal with. Then there is honesty. As much as you are able, you share your thoughts and feelings openly. You speak conscientiously from your heart, even if your honesty shakes things up, simply because sometimes that's what's needed.