



Title: Caregiving: Survive or Thrive?

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Introduction: Women comprise over one-half of all caregivers providing care to a chronically ill or disabled friend or family member. The demands associated with caregiving create stress and place carers at greater risk for poor emotional, physical, and mental health. Coaching caregivers to recognize the internal signals of stress and integrate coping strategies that build resilience can protect their health and well-being.

Aim:

- Participants will explore the eight phases of caregiving.
- Participants will identify signs of stress leading to physical and emotional depletion including isolation, fatigue, and overwhelm.
- Participants will learn coping strategies that reduce stress and build resilience.

Materials and Methods:

Studies have consistently shown that caregivers are at greater risk for poor emotional, physical, and mental health than non-caregivers. Caregivers are not prepared for their role and provide care with little or no support. As the patient's condition deteriorates, the demands on the caregiver intensify.

Prolonged periods of stress impact the well-being of the carer, weakening the immune system and leaving her vulnerable to health problems. Integrating skills and strategies that build resilience empower caregivers to take control of their health. Recognition and support for the caregiver allows them to be their best so that they can give their best care.

Conclusion:

Caregiving is reaching a tipping point as the population ages and people live longer. Addressing the needs of the caregiver is necessary for the health and well-being of the carer, and society, moving forward.

Key Words: caregivers, stress, health, women

Biography:

Denise Schaub is a retired Attorney, Certified Integrative Nutrition Coach, and founder of Caregiver Wellness, LLC. She has served on the Board of Directors for Family Council at Sandy Lake Rehabilitation and Care Facility as well as The Cottage School. Prior to the pandemic, she conducted a Resident Family Caregiver Wellness Workshop. Currently she is conducting online coaching programs on the topic of Caregiver Resilience. She was a family caregiver to her mother, who suffers from dementia, for 10 years. Denise is passionate about educating, coaching, and empowering caregivers to develop a healthy and sustainable lifestyle that moves them from surviving to thriving. As a writer, Denise chronicled her journey in Growing Through Dementia. The upcoming June 22 release of Chicken Soup For The Soul: Navigating Elder Care & Dementia will feature her story.