



# *The Forgotten Caregiver*

By Robyn Arab, BSW, CMC

How to Identify & Care  
for the Needs of Caregivers



# Surprise!

Caregivers are human!

- Caregiving is only 1 role!
  - Caregiving DOES NOT exist in a vacuum!
  - Layers of responsibilities
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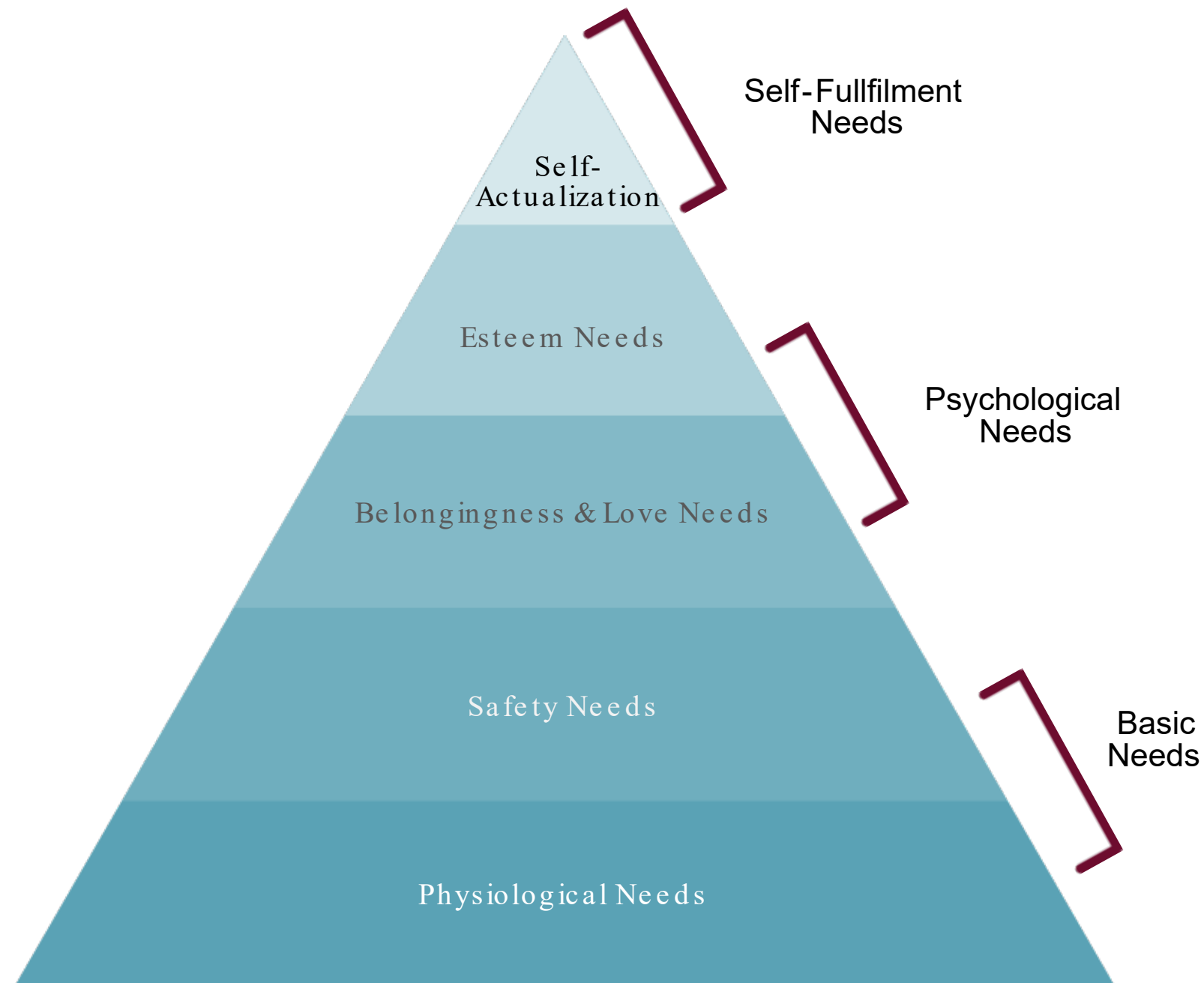


# Beware of the Pitfalls!

Caregivers can lose themselves and their identity to the role of caregiving.



# The Whole Caregiver



Maslow's hierarchy of needs shows us there are many levels and complexities to our needs. When it comes to supporting caregivers, we are often only addressing one aspect of the pyramid.

What is overlooked?

# Back to Basics

- Basic Needs: Food, Water, Warmth, Shelter, Health, & Rest
- Sense of control
- Caregivers focus on this need for their loved one above their needs.



Physiological Needs

# Safety & Security Needs

- Financial
- Needs met
- Fairness (Standards of care)
- Rights/Freedom of Choice
- Control



# Love & Belonging

"Humans are social creatures that crave interaction with others. This level of the hierarchy outlines the need for friendship, intimacy, family, and love.

Humans have the need to give and receive love; to feel like they belong in a group. When deprived of these needs, individuals may experience loneliness or depression."

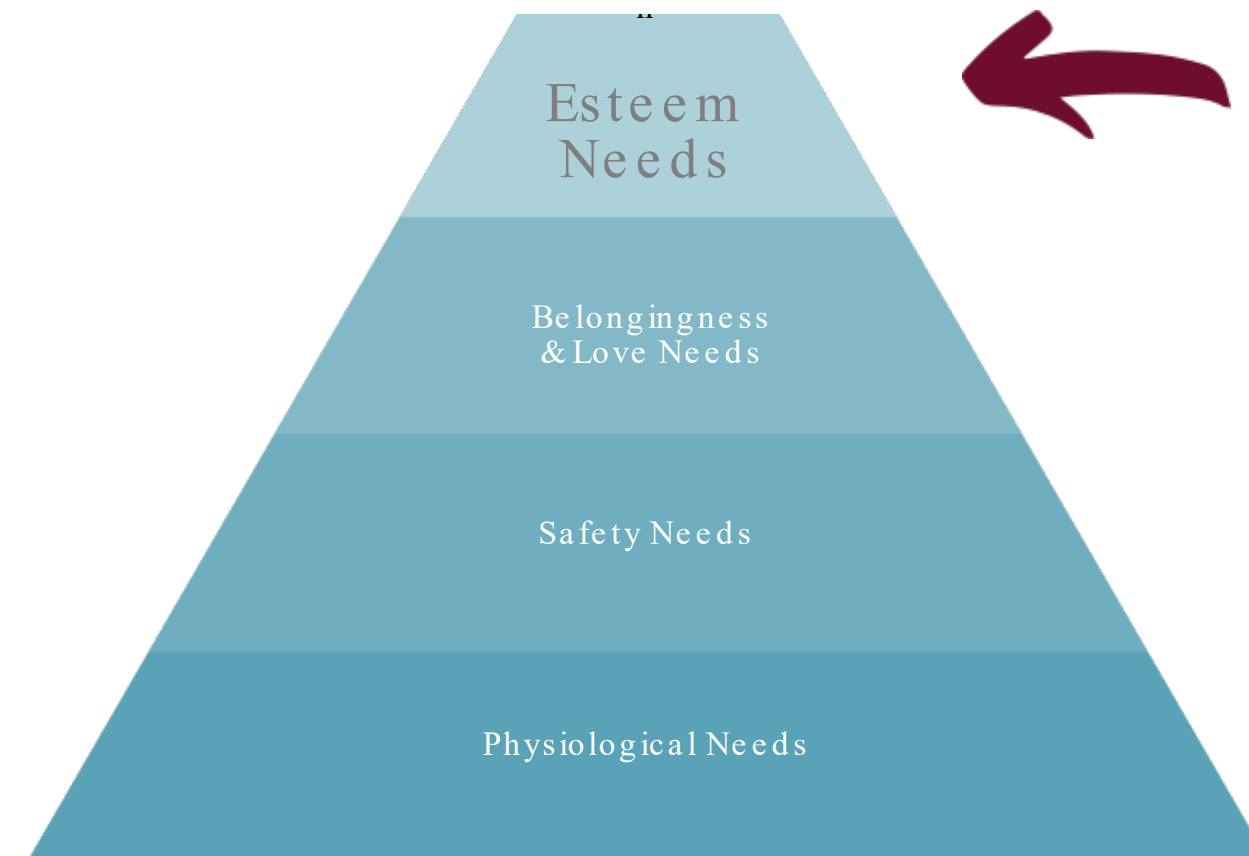
<https://corporatefinanceinstitute.com/resources/knowledge/other/maslows>

- hierarchy - of - needs/



# Esteem & Accomplishment

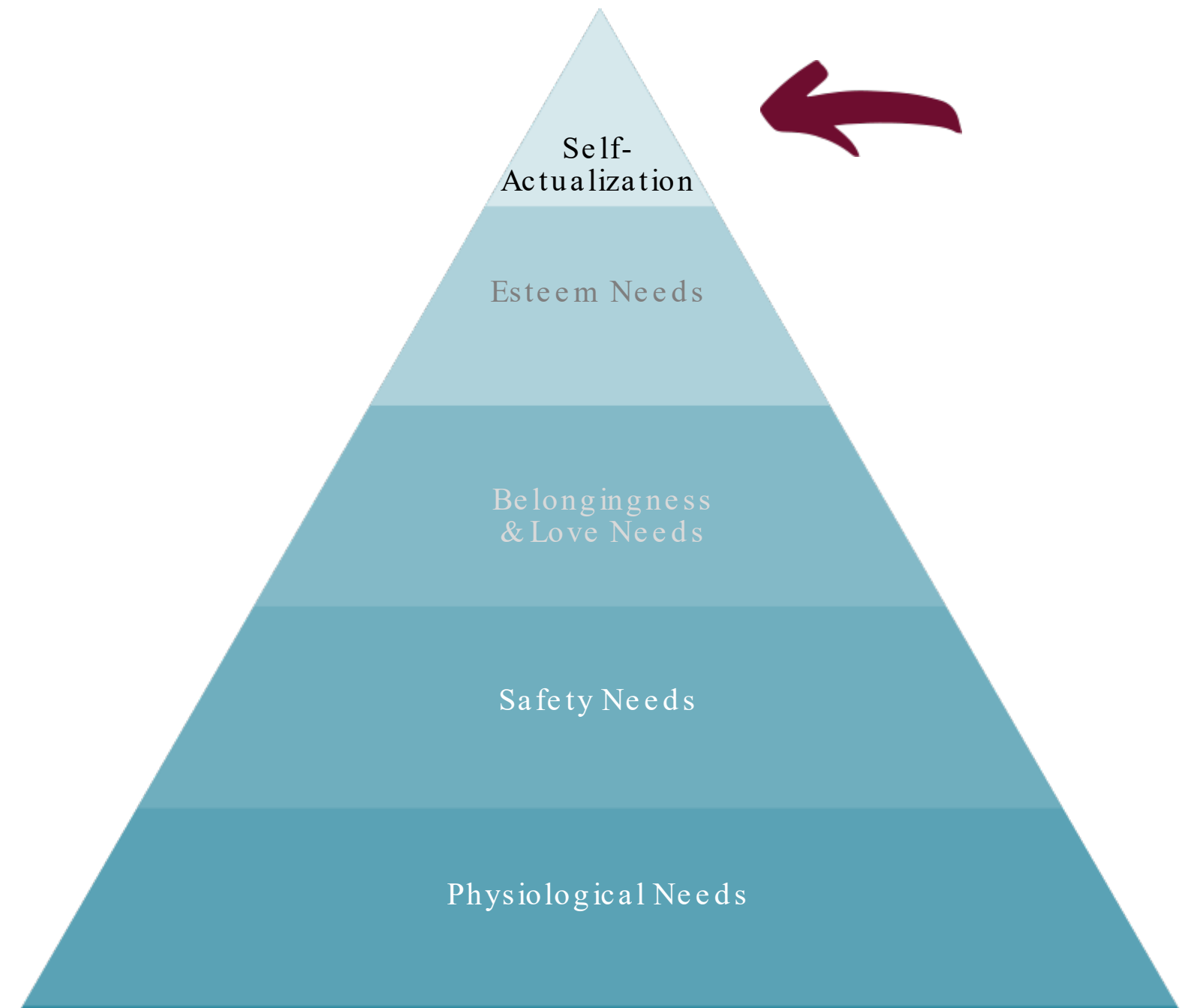
- Esteem =
  - I am loved because...
  - I have purpose because...
- It can be negatively impacted by humiliation, anger, abuse, or manipulation.
- People Pleasing can become a ends to approval and sabotage advocacy.





# Self Actualization

- Learning and evolving
- This is not worth based on how the others see you but based on your intrinsic worth and self - acceptance.
- Who you are MATTERS & the WHOLE you matters.
- This is you becoming the best person you can become.



# What it looks like

Where is the caregiver?



- I am so tired. (Basic Needs)
- Focused on finances. (Security Needs)
- Loneliness (Love & Belonging Needs)
- What do others think? (Esteem Needs)
- Honoring the Loved One (Self - Actualization)

# What's missing?

→ Love & Belonging

→ Esteem

→ Self - Actualization





# Why's it missing?

- Problem solving – Crisis Mode
- We don't know how
- Overwhelmed
- Time management



# What it looks like

For the professional Caregiver



- Professional triage
- Not enough time – Not our job?
- We don't care - due to operating on empty
- We aren't doing it for ourselves
- Often the professional is the caregiver



# Basic Needs and Safety

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# Rest!

A close second is the healthy intake of nutrients.



# Bust the Time Myth

- It's not about time it's about focus
- Wasting time/Do what you like
- Time is about choice & priorities





# Love and Belonging

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# Loneliness

- Ambiguous loss
- We do it to ourselves
- Don't allow ourselves to be happy
- Family discord
- Tension with loved one
- No one to talk to – Counseling!!



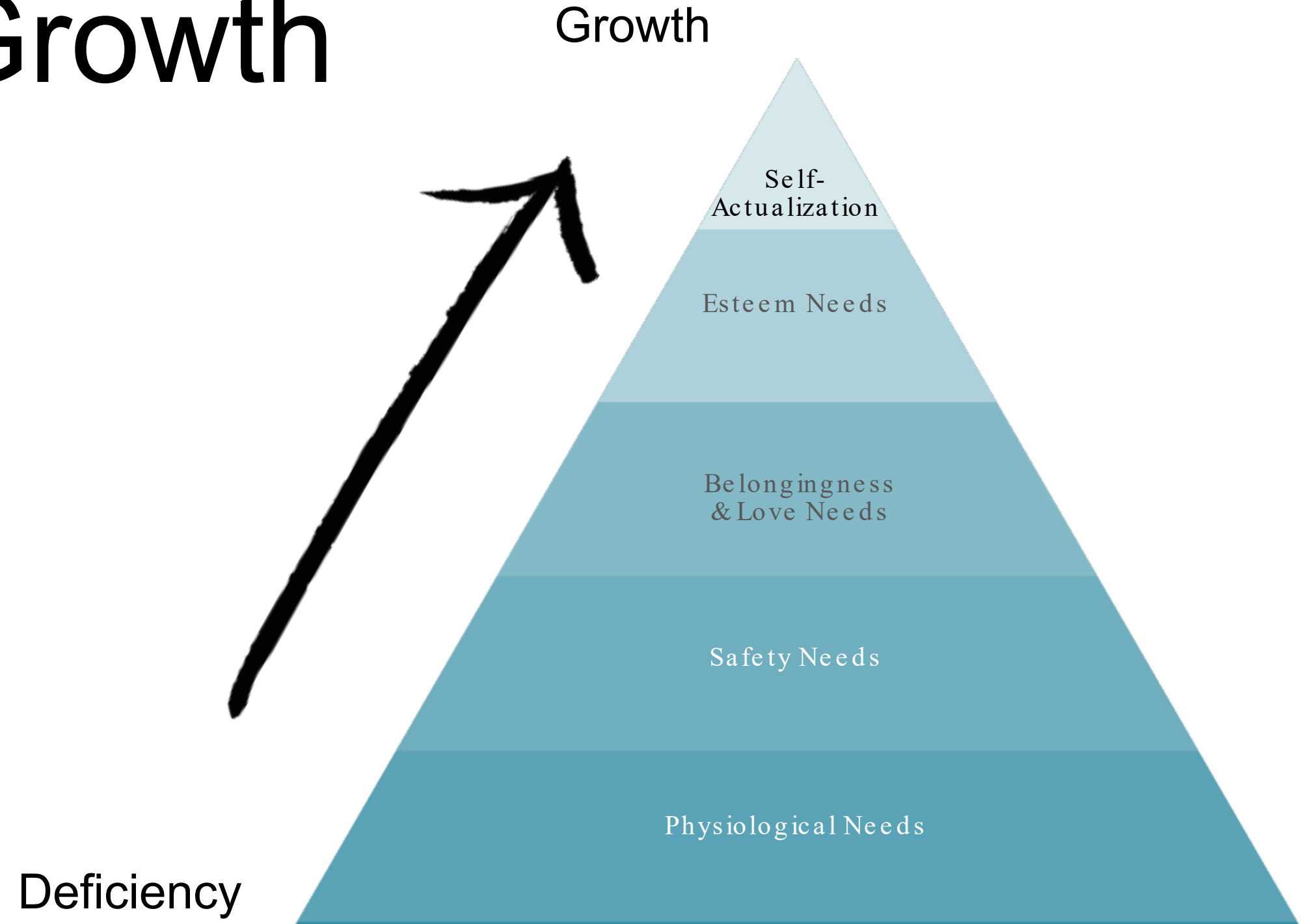
# Self Actualization

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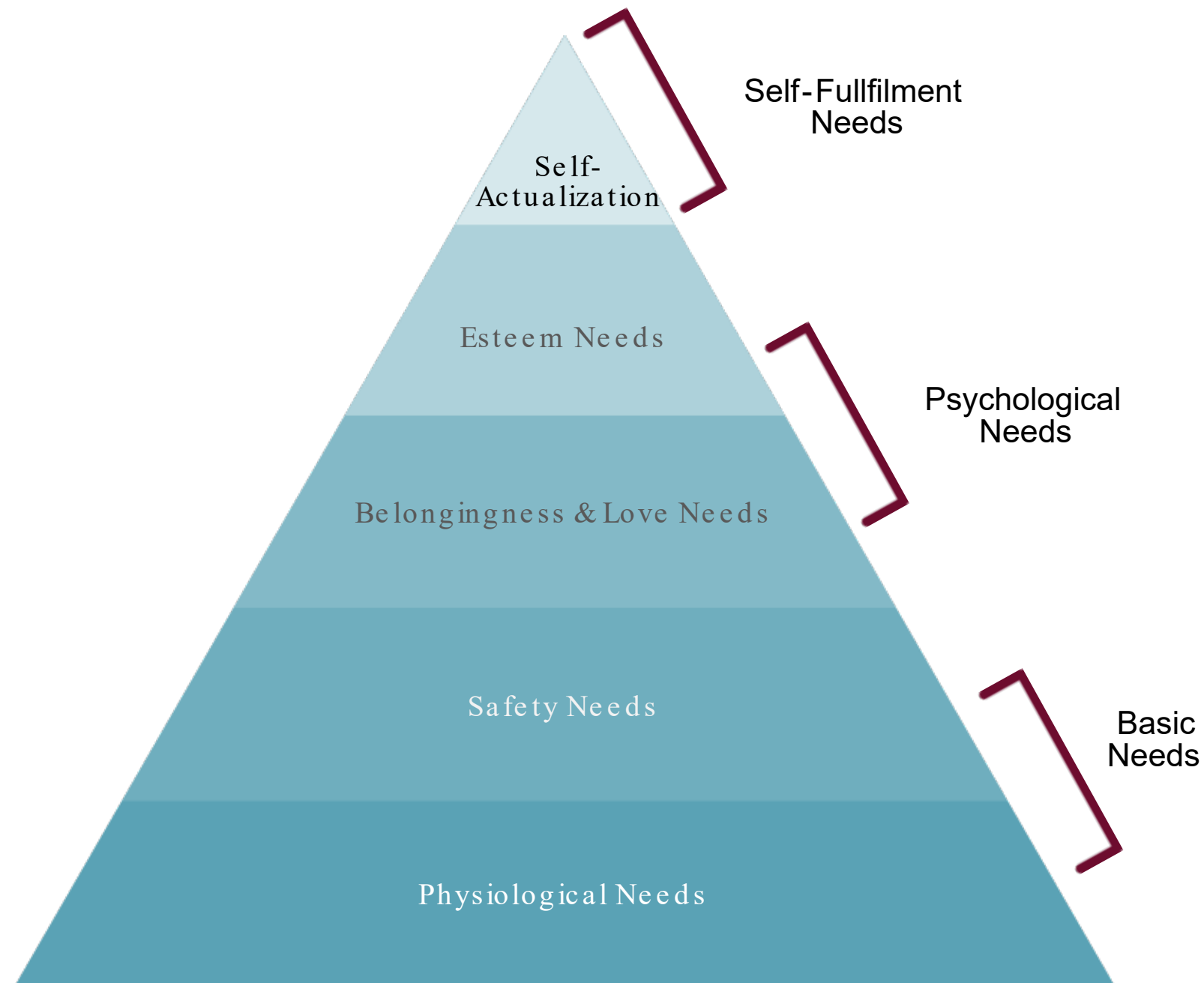
# Deficiency vs. Growth

- As you go up the pyramid, you are transitioning from deficiency into growth which is also control over oneself.
- Once you get to the higher levels, you may "grow" in the lower basic levels.
- Self - Actualization is all about expanding and creating.





# Mother Teresa Mindshift



- Self - Actualization is not about being pampered or privileged.
- Most compassionate people have the healthiest boundaries
- You don't have to set yourself on fire trying to keep other people warm.

# Possible for a Caregiver

- ☐ Heck yeah!
- ☐ Identify needs & Meet needs
- ☐ Build Your team
- ☐ Martyrs make poor caregivers





# How to Support These Needs

- Reframe Self - Care
- Keep doing the hard work of sharing resources - add resources specific to caregivers....build your team
- Ask about the wellbeing of the caregiver outside of caregiving.
- Affirm & Validate - Especially when caregivers are setting healthy boundaries.
- Practice what you preach.



# About Daughters on Fire



Balancing caregiving with ALL your other responsibilities can feel downright impossible! But it is possible, and there is a better way. Go from feeling burned out and burned up to calm and empowered.

The Daughters on Fire community is a place where you can learn inside tips to navigating healthcare & relationships, what to expect and how to prepare, where to find support and love, and most importantly how to prioritize your own needs in order to sustain the journey ahead.

**Podcast – Courses - Community**





# Contact information

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Thank you!