

Care Partner Breakout Session

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Presentation Outline

- **Defining the Care Partner Identity**
 - **Navigating Relationship Changes**
- **Communication & Connection**
- **Caregiver Stress & Burden**
 - **Finding Meaning in Caregiving**

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Panel Discussion

- **Care Partner Panel**
- **Peer Learning Session**

Care Partner Identity

**“Each person with Parkinson’s is unique,
and so is each care partner.”**

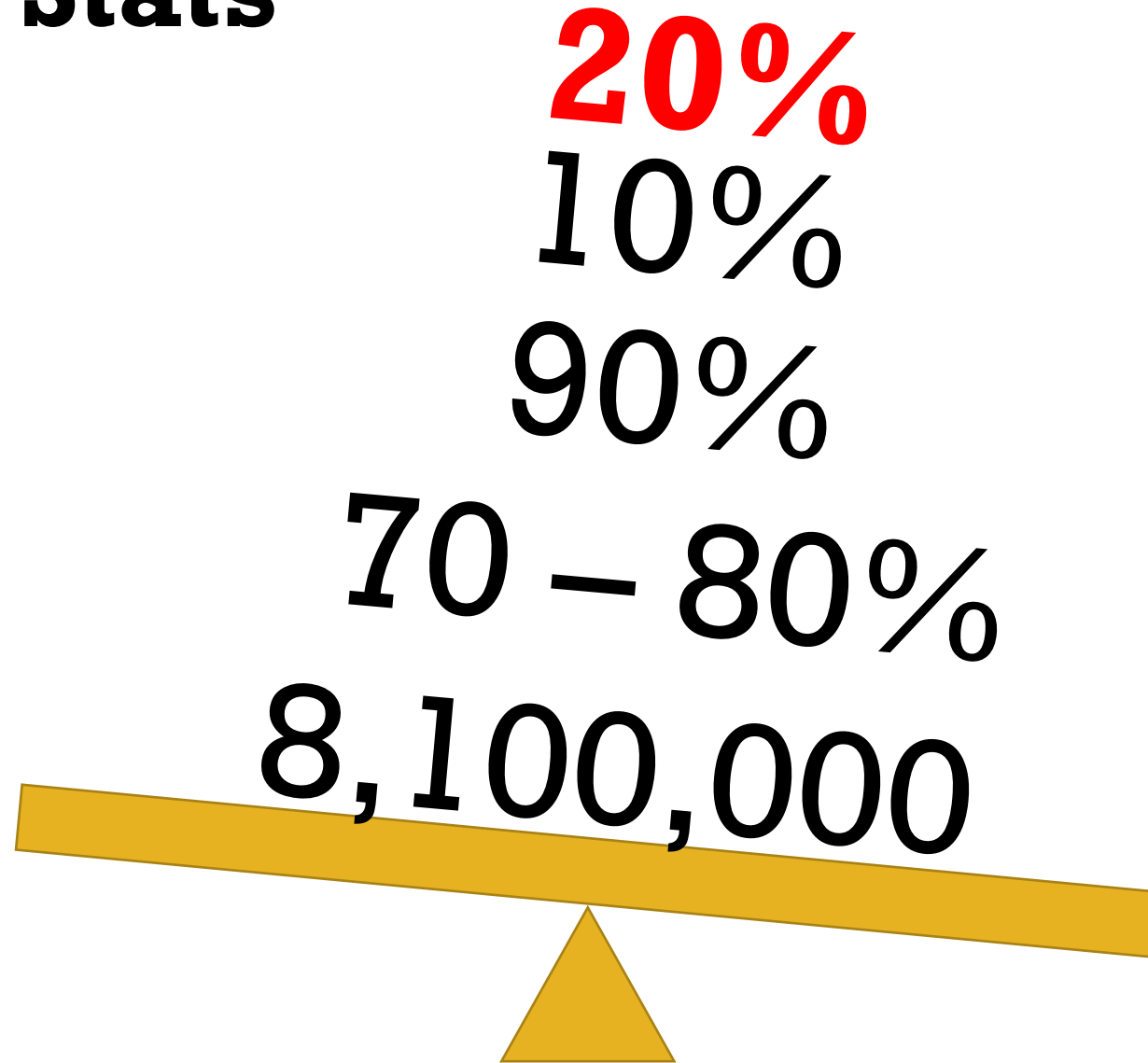
Care Partnering: Managing Parkinson’s Together

Care Partner

Caregiver



The Stats



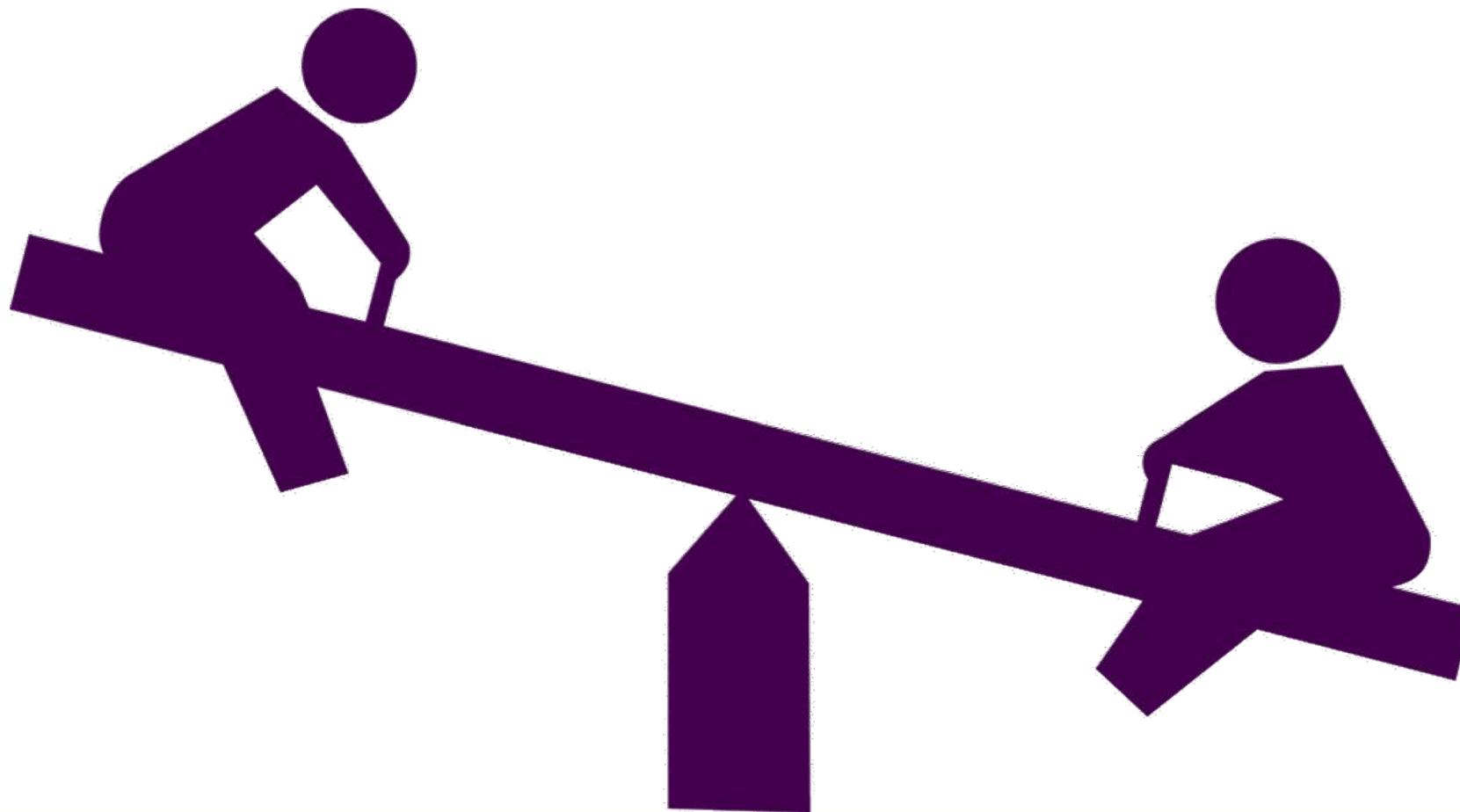
24 - 31 Billion

Relationship Changes

“Roles have changed and we have built a team, my wife and I. But some things remain the same. This includes doing things for me. You have to remember, you still have a life...”

John P. - Tiny, ON
Care Partner

Changes to Relationship Dynamics



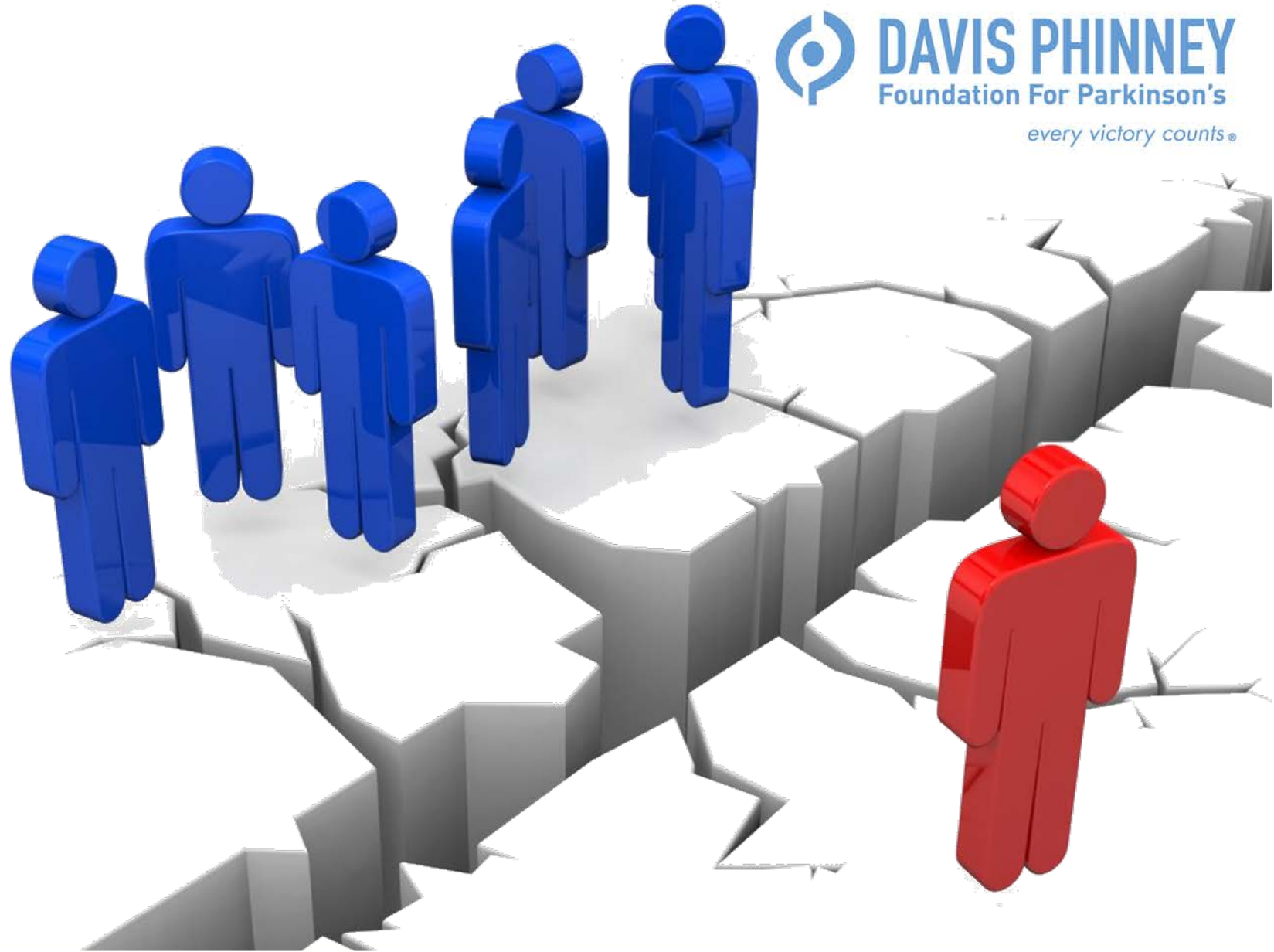
Communication & Connection

“Ask for help. Not because you are weak, but because you want to remain strong.”

Les Brown

Motivational Speaker

Social Isolation



To get what you want, you have to ask for it!

With Care Recipient

- Communicate Your Needs
- Don't Feel Guilty
- Help Yourself

With Friends & Family

- Don't Assume
- Ask for Assistance
- Be Specific



“

I have always tried to bring the
outside in, where we can control it
best and where he is most
comfortable.

”

- Connie Carpenter Phinney, *Every Victory Counts*

Care Partner Stress

“Caregivers are often the casualties, the hidden victims. No one sees the sacrifices they make.”

Judith L. London
Psychologist & Author

Signs of Caregiver Stress

- Depression
- Anxiety
- Irritability / over-reacting
- Feeling resentful
- Feeling rundown / exhausted
- Difficulty sleeping
- New or worsening health issues
- Trouble concentrating
- Addictions:
 - Smoking
 - Drinking
 - Eating more

Signs of Caregiver Burnout

Persistent symptoms of caregiver stress PLUS:

- Neglect of your own health and needs
- Feeling helpless and/or hopeless
- Isolation – feeling that life revolves around your caregiving
- Lack of enjoyment and satisfaction with things you once enjoyed



Some Tips

- Celebrate the small successes – because **every victory counts®**
- Hold on to your independence where you can – it's respite in another form
- Change only that which you have control over – and don't sweat the rest
- Connecting with other care partners
- Seek help (support groups, friends, resources through Parkinson Canada)

YOU ARE THE EXPERT!



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“ Preventative forgiveness. Living and loving with an open, compassionate heart. Knowing you did the best you could do and it was enough. ”

- Betty Clare Moffat, *The Caregiver's Companion*

Finding Meaning in Caregiving

**“Caregiving often calls us to lean into a love we didn’t
know possible.”**

Tia Walker

*The Inspired Caregiver: Finding joy while caring for those you
love*

7 Strengths of Care Partners

1. Patience
2. Compassion
3. Organization
4. Adaptability
5. Resilience
6. Positivity
7. Self-Assuredness



Resources:



<https://www.caregiver.org/caregiving>

