

# Who takes care of the care-giver?

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Care-giver



◆ We have no conflicts of interest to report.



# Objectives

- ◆ to identify the three main effects of care-giving on care-giver physical, psychological, and social well-being
- ◆ to identify the reasons that care-givers should incorporate self-care into their lives
- ◆ to discuss and review a framework for care-givers to cultivate physical, cognitive, and emotional health in their daily lives



# The care-giving role...

- ◆ An essential role in the recovery and rehabilitation process of an individual with brain injury
- ◆ Frequently all-encompassing role that can become an overwhelming source of stress for the family and the individual with a brain injury



# The impact of care-giving...

## ◆ Poorer psychological health

- Depression
- Anxiety
- Social adjustment difficulties

*\*\*\* The well-being of the care-giver affects his/her ability and willingness to care for the individual with a brain injury.*



# The impact of care-giving...

- ◆ Poorer physical health and faster aging secondary to poor health behaviors.
  - Less physical activity
  - Poor sleep
  - Poor rest (i.e., down-time, stress reduction)

*\*\*\*The strain of care-giving along with poor adherence to positive health behaviors may worsen or contribute to the onset of illnesses.*



# Why these outcomes

## ◆ Coping

- Emotion-focused: avoidance, distraction, emotional preoccupation
- Problem-focused: actively working on the problem, using humor to cope, using enjoyable activities to manage stress

***\*\*\*Your approach to coping will affect how well you are adjusting to your care-giving role and the changes in your life.***

Anson & Ponsford, 2006; Chronister & Chan, 2006;

Dawson et al., 2006; Gregório et al., 2011



# Why these outcomes

Life satisfaction  
of the care-giver



Perceived social  
support of the care-  
giver

Level of emotional distress  
of the individual with brain injury

*\*\*\*Your life satisfaction is important and may be not only negatively impacting you, but the very person you are caring for.*

Vangel et al., 2011



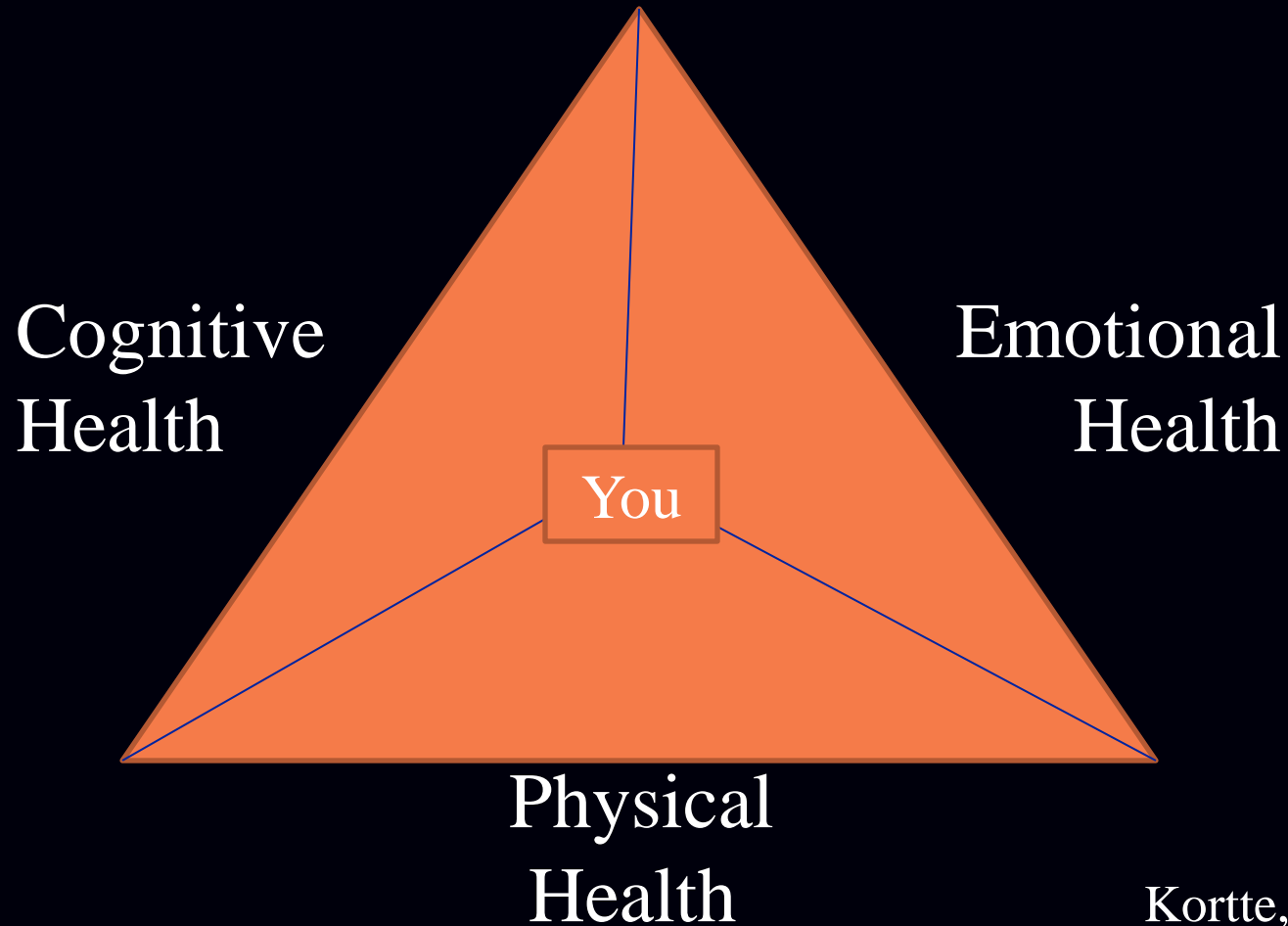


# What to do

- ◆ The most highly quoted piece of advice to care-givers is...



# Self-Care Health Framework



# Physical health and well-being



# Cognitive health and well-being



# Emotional/spiritual health and well-being)

## ◆ Sense of self



# Goal setting:

- ◆ Be realistic, but also optimistic
- ◆ Start with small time frames
- ◆ Each day do one activity from each of the three domains
- ◆ Partner with another person who could also benefit from focusing on him/herself more
- ◆ Tell your family members what you are doing and why you are doing it so they can support you in your efforts

