

Empowering the Caregiver
CML Horizons Conference
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Empowered Caregiver: A working definition

- **Caregiver:** if you are helping to care for a loved one with cancer, you are a “caregiver.”



- **Empowered:** made stronger and more confident, especially in controlling their life and claiming their rights.

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Support the Caregivers' Responsibilities

If you are helping to care for a loved one with cancer, you are a “caregiver.”



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Options for CAREGIVER to feel more empowered

- 1. Be realistic.**
- 2. Honesty is the best policy...acknowledge the feelings**
- 3. Educate self, family, friends, co-workers.**
- 4. Think creatively.**
- 5. Get plenty of rest.**
- 6. Take one day at a time.**
- 7. Arrange for help...ask for assistance!**
- 8. Be organized**
- 9. Find support**
- 10. Connect with healthcare team**

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7 Habits of Highly Effective Caregivers

“Without doubt, you have to leave the comfort zone of base camp and confront an entirely new and unknown wilderness.” -Stephen Covey

- **HABIT 1: Be Proactive – act in anticipation of future needs**
- **HABIT 2: Begin with the End in Mind**
- **HABIT 3: Put First Things First – prioritize day-to-day actions**
- **HABIT 4: Think Win-Win – for patient AND caregiver**
- **HABIT 5: Seek First to Understand, Then to Be Understood – learn to listen carefully**
- **HABIT 6: Creative Cooperation (“Synergize”)**
- **HABIT 7: Sharpen the Saw (no dull saws!) Renew yourself**

Thoughts on Being an Empowered Caregiver

“Passion, persistence, patience. Courage...a ‘we’ attitude, optimism, hope, trust. Ability to listen, collaborate, cajole, criticize (constructively), take criticism.”

“Perseverance, stand your ground, listen, don’t be afraid to ask questions or admit you don’t know something – remind others you want the same.”

“Passion, tenacity and balance (passion for what you are doing, tenacity because it is inevitable that someone will tell you ‘no’, and balance, because you need a life.”

“Passion, commitment, belief in what you are doing...a great communicator, good listener, resilience and determination”

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Final Thoughts and Thank you

Remember, it's a journey. You will learn a lot about yourself and likely be a somewhat changed person at the end of the cancer journey.



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