

Coaching Caregivers, LLC

Truths about Caregivers and Caregiver Coaching

By Jim Ferry

1. Some caregivers become avoidant when they feel overwhelmed. Caregiver avoidance often leads to an **unsafe and/or unhealthful crisis** situation for the person needing care.
2. When feeling overwhelmed or overburdened, caregivers may attempt to micro-manage aspects of a client's life or care plan. This micro-management can lead to stressful interactions and even an **alienation of resourceful members** of a client's care circle, including other family members, friends, paid caregivers and professionals.
3. For many reasons caregivers often choose to not hire a GCM even after being fully educated as to how a care manager can help. While these caregivers may be capable of managing and providing care, they may also benefit from having a **"supportive expert"** for whom they can rely on for guidance and ideas for solutions.
4. Through over functioning and/or over involvement with someone's care, **caregivers avoid taking action** that could lead to personal growth. Thus, "extreme caregiving" becomes a distraction or a way to avoid taking on challenges that could lead to personal growth.
5. Many caregivers become **overwhelmed and/or confused** with the information that they obtain about caregiving and long-term care. These caregivers would benefit from a knowledgeable professional who could provide **one-time or intermittent consultation** around these issues.
6. Caregivers who feel significantly burdened and alienated from personal achievement would greatly benefit from participating in an **ongoing caregiver coaching group** where members could learn and share new strategies for caregiving solutions and are supported and challenged in the areas of personal and professional achievement.
7. Caregivers may believe that multiple sources are contributing to their feelings of overwhelm. It is often discovered, however, that only **one or two issues underlie most of these feelings of overwhelm** and that these underlying issues are often interpersonal. Therefore, coaching caregivers around ameliorating these problems is a potent strategy.
8. Many caregivers benefit greatly from the support and assistance they receive from their GCM resulting in them being able **to resume pursuing personal projects and goals**. Caregiver coaching could greatly benefit these caregivers.

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