



Change and Uncertainty - That's Caregiving!
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Program Description

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Our current experience of COVID-19 highlights the fact that change is an inherent part of life. In fact, the only constant in life is change - a reality that family caregivers know all too well. When dealing with a serious, chronic, and/or terminal disease, caregivers and care receivers can be overwhelmed by a never-ending series of changes. As a result, many people experience change fatigue rooted in fear, anxiety, and uncertainty. So, what can we do to effectively deal with the changes encountered throughout the caregiving journey? First, recognize why we are typically resistant to change. Second, understand the process of change, loss, transition, grief, and mourning. Third, leverage the 3 Rs to effectively deal with change: resilience, response, and ritual.

Biographical Information

Jane W. Barton, author of *Caregiving for the GENIUS*, is a passionate speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As a Local Aging Expert working with AARP Colorado (2014-2021), she offers educational programs for personal and professional caregivers throughout the state of Colorado.

Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

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Learning Objectives

1. Highlight the changes prompted by COVID-19
2. Recognize why we are typically resistant to change
3. Explore the process of change
4. Discuss the 3 Rs to Deal with Change and Uncertainty

Quotes

Lifequake - A Massive Change or Pileup of Changes Resulting in Aftershocks for Years
Bruce Feiler

The 3 Rs to Deal with Change and Uncertainty

1. Resilience
2. Response
3. Ritual

RESILIENCE is the process of adapting well in the face of adversity. It means "bouncing back" from difficult experiences.

American Psychological Association

Transformative Resilience

"The difference between those who fold and those who flourish...is the ability to learn, grow, and spring forward."

Marston 2018

Barriers to Transformative Resilience

1. Resisting to change
2. Avoiding uncertainty
3. Assuming there is only 1 solution for every issue
4. Discounting the importance of grit (unwavering determination)

"He who has a WHY to live can bear with almost any how."

Frankl, 1984

"People can stand the most incredible hardships when convinced that they make sense. It is the role of religion (spirituality and/or foundational beliefs) to give meaning to life."

Carl Jung, Man and His Symbols, 1964

"Faith is a place of mystery, where we find the courage to believe what we cannot see and the strength to let go of our fear of uncertainty."

Brene Brown

“Transformational Resilience provides the framework and skills that enable us to use adversity, change, and life’s challenges as opportunities for innovation, creativity, growth, and transformation.”

Marston

Resilience Factors (essential ingredients)

- Fostering optimism
- Facing fear
- Knowing and honoring your “True North”
- Engaging in religious and spiritual practices
- Accepting and giving social support
- Imitating resilient role models
- Maintaining physical health
- Practicing mindfulness (emotional and mental well-being)
- Enhancing cognitive and emotional flexibility
- Finding meaning, purpose, and growth

Southwick, Steven M.; Charney, Dennis S. (2012-07-23). Resilience (p. 171). Cambridge University Press. Kindle Edition.

Ways To Build Resilience

- Maintain Good Relationships with Family and Friends
- Avoid Seeing Crises as Insurmountable Problems
- Accept that Change is a Part of Living
- Develop Realistic Goals and Move Toward Your Goals
- Take Decisive Actions in Adverse Situations
- Look for Opportunities of Self-Discovery After a Struggle or Loss
- Nurture a Positive View of Yourself - Develop Self-Confidence
- Keep a Long Term Perspective - See the Struggle in a Broader Context
- Maintain a Hopeful Outlook
- Take Care of Yourself (physically and emotionally) - Visualize What is Wished
- Additional Ideas - Meditation, Journalling, and Spiritual Practices

The Road to Resilience American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

“Although we may not be able to control our external circumstance, one of the magnificent things about human beings is that we can always choose our attitudes.”

Marston

“I now think the rampant individualism of our current culture is a catastrophe. The emphasis on self is a catastrophe.”

Brooks 2019

“We are intensely social creatures, deeply interconnected with one another, and the idea of the lone individual rationally and willfully steering his own life course is often an illusion.”

Brooks 2008

Choose to believe that the greatest invitations come through Life's biggest interruptions!

Invitation by Mary Oliver

Oh do you have time
to linger
for just a little while
out of your busy
and very important day
for the goldfinches
that have gathered
in a field of thistles
for a musical battle,
to see who can sing
the highest note,
or the lowest,
or the most expressive of mirth,
or the most tender?
Their strong, blunt beaks
drink the air
as they strive
melodiously
not for your sake
and not for mine
and not for the sake of winning
but for sheer delight and gratitude -
believe us, they say,
it is a serious thing
just to be alive
on this fresh morning
in the broken world.
I beg of you,
do not walk by
without pausing
to attend to this
rather ridiculous performance.
It could mean something.
It could mean everything.
It could be what Rilke meant, when he wrote:
You must change your life.

Resources

AARP Caregiving Resource Center: www.aarp.org/home-family/caregiving

Ad Council Public Service Announcements Regarding Caregiving Issues: <https://www.psacentral.org/campaign/caregiver-assistance>

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Cardinal, LLC: www.Cardinallife.com

Cardinal Notes (Jane's Blog): www.janebartonblog.com

CAREConnection: <https://careconnection.aarp.org/en/home.html>

Care-FULL Conversations Podcasts: <https://soundcloud.com/user-891724681>

- iTunes Podcast store for Apple iPhone, iPad and Mac users
- Google Music store for Android OS users
- SoundCloud.com or SoundCloud mobile app for both iPhone and Android
- TuneIn which also has an iPhone and Android app

Care-FULL Conversations Videos: <https://states.aarp.org/care-full-conversation-resources/>

Caregiver's Cairn (Jane's Blog on Caregiving): <https://states.aarp.org/janes-caregiving-cairn/>

Carrot, Egg, or Coffee Bean? <https://lessonslearnedinlife.com/grandmother-says-carrots-eggs-or-coffee-which-are-you-4/>

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Colorado Respite Coalition: <http://www.coloradospitecoalition.org/>

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Preferred Care at Home Blog (Written by Jane W. Barton): <https://preferhome.com/author/jane-barton/>

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