

# Balancing Work and Caregiving Strategies for Employed Caregivers

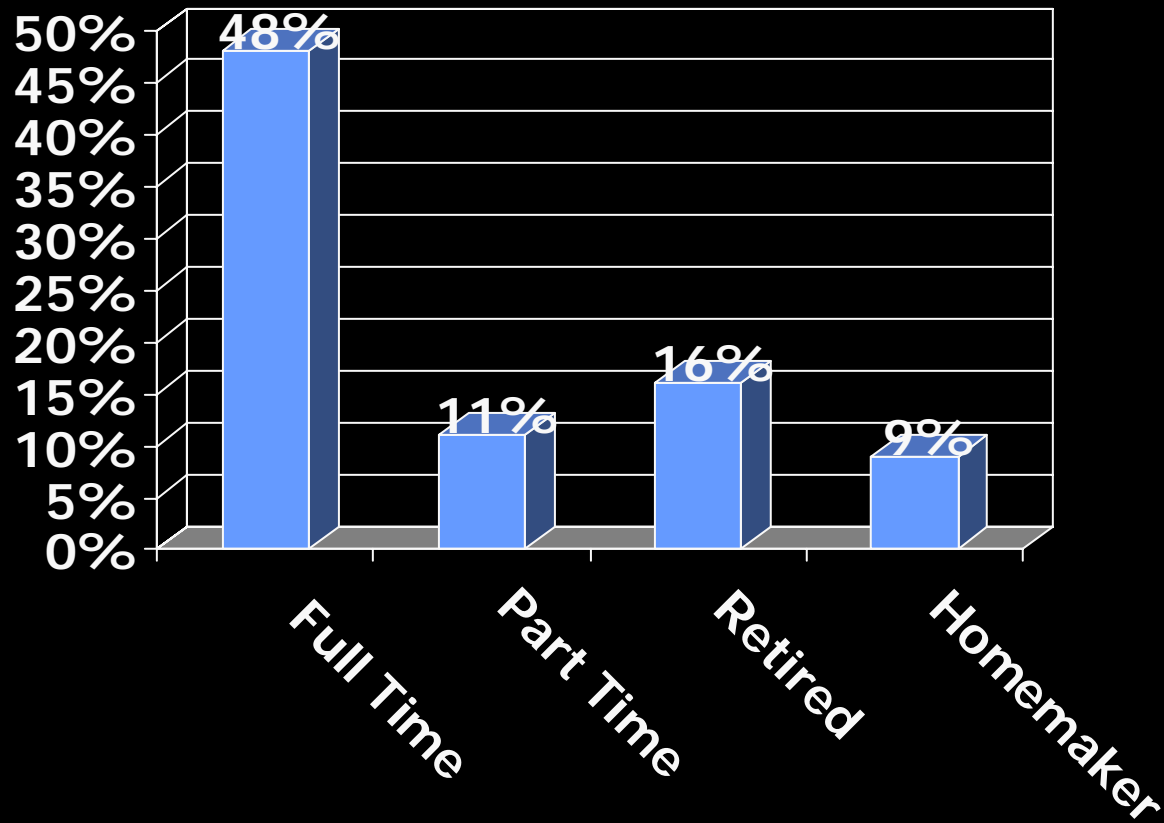


# “Definitions” of Caregiver...

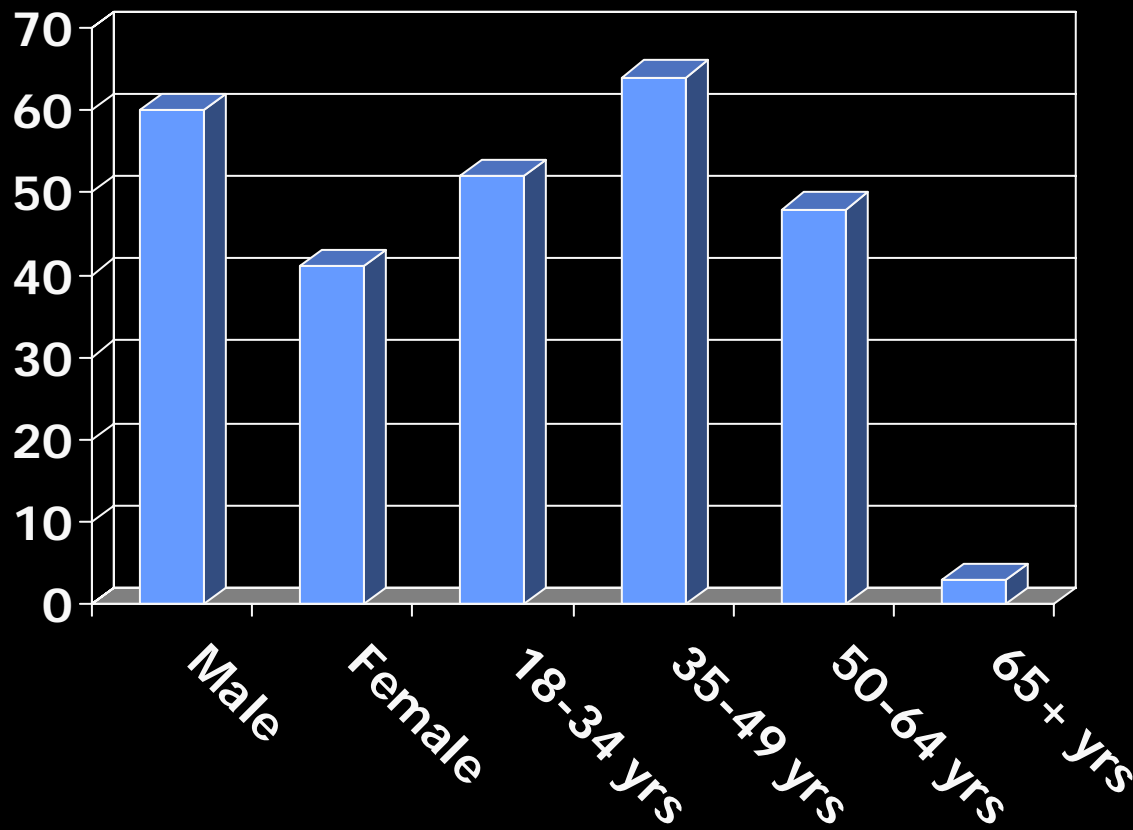
<sup>1</sup>caregiver...“middle aged woman who can juggle personal, professional, and family responsibilities often under stressful and burdensome conditions”



# Employment Status of Caregivers



# Full-Time Employed Caregivers



# Talk to Your Employer

- Openly and honestly describe situation before it becomes a problem
- Express commitment to job
- Explain your needs (money, benefits)
- Identify possible solutions
  - Ask for flexible work hours
  - Tele-commuting
  - Job-sharing



# Family and Medical Leave Act (FMLA)

- Know what is possible
- Know your rights



## Employed Caregivers Can...

- Talk openly with employer
- Set limits on phone calls –when & why
- Schedule separate time for children and care receiver.
- Wait-don't jump...get help.
- Determine your priorities
- Avoid teaching helplessness
- Contact agencies for help

# When your care receiver refuses help.

Is my care receiver...

- Concerned about cost?
- Convinced there is not a problem?
- Viewing agency help as welfare?
- Fearful of strangers in the house?
- Expecting YOU to do it?
- Afraid of losing control?
- Overwhelmed by the application process?



# Manage Caregiver Stress

- Set goals and expectations
- Establish limits
- Ask for help
- Accept help
- Take care of you
- Involve others



# Communicate, Communicate, Communicate

## TALK TO YOUR...

- employer
- family
- friends
- care-receiver
- co-workers
- spiritual leader
- self



# Credits

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