

Balancing Work and Caregiving Strategies for Employed Caregivers

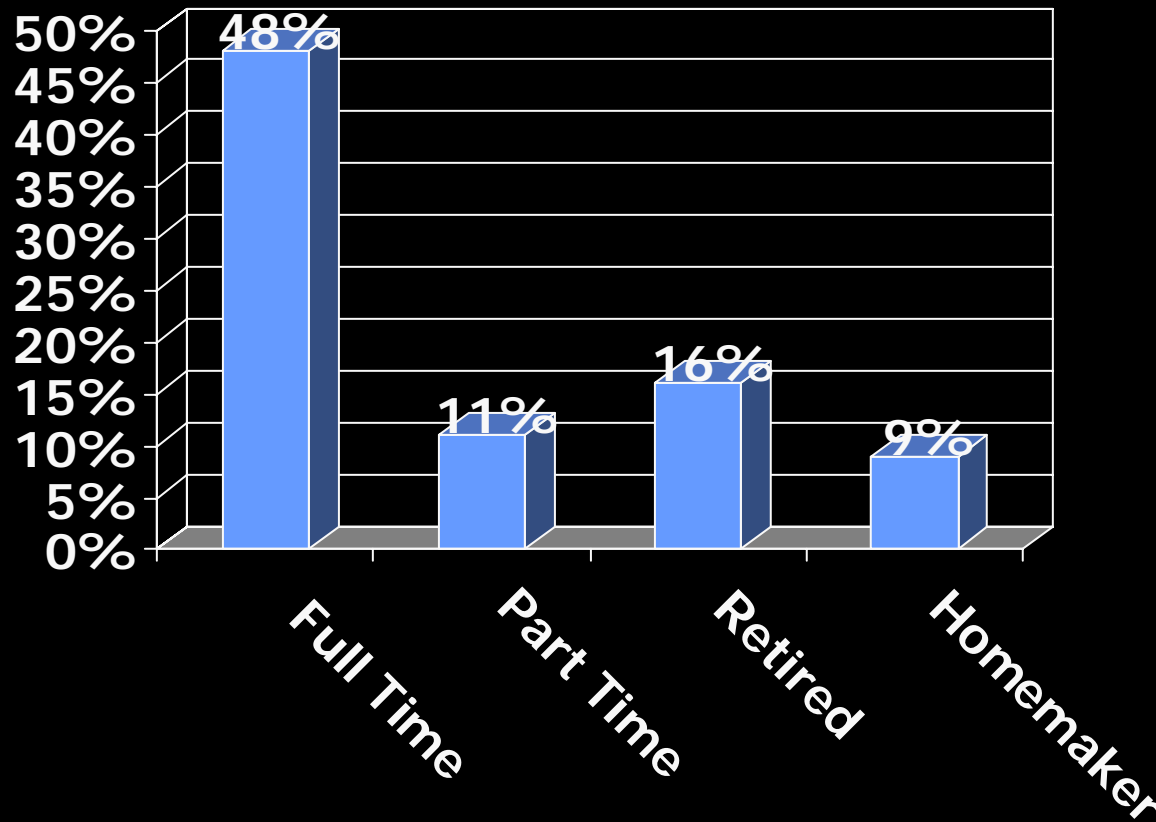


“Definitions” of Caregiver...

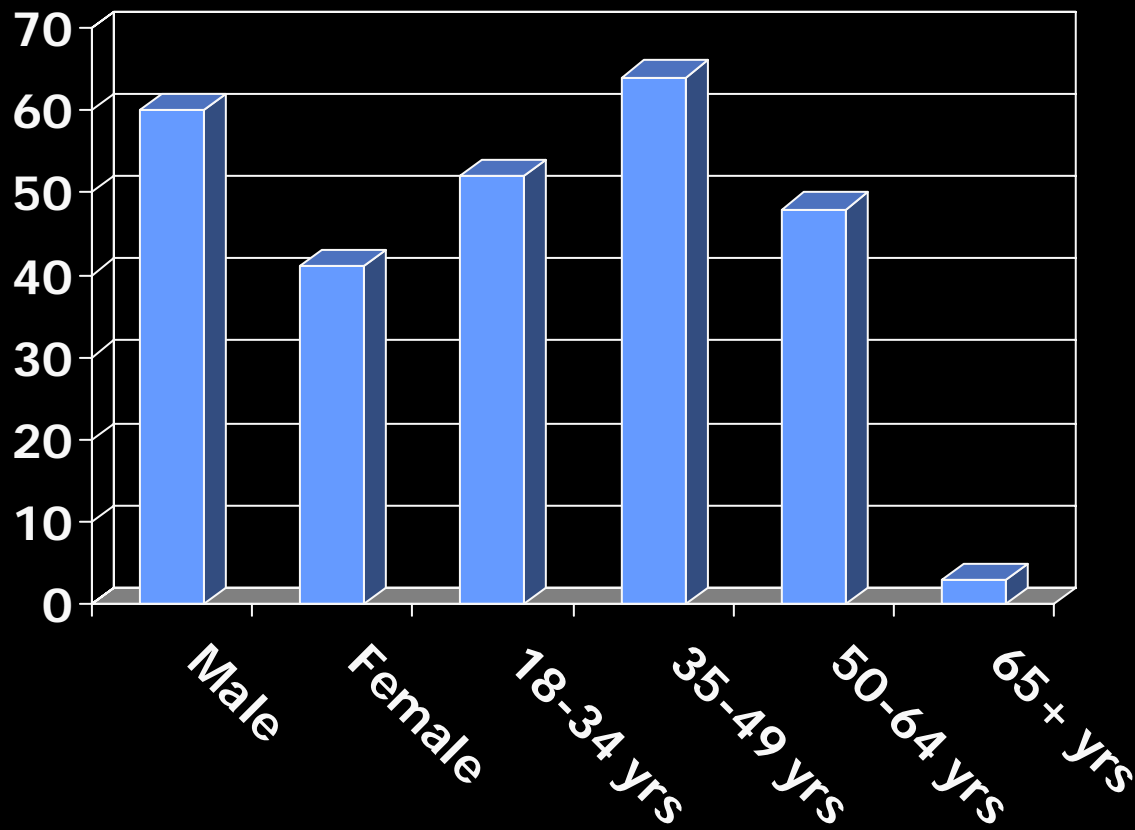
¹caregiver... “middle aged woman who can juggle personal, professional, and family responsibilities often under stressful and burdensome conditions”



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 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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