

CAREGIVING OVER COFFEE: GIVING YOURSELF GRACE



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1

WELCOMING REMARKS

Caregiving Over Coffee: Giving Yourself Grace



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2


2

WELCOMING REMARKS
Caregiving Over Coffee: Giving Yourself Grace

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3




3

PRESENTATION
Caregiving Over Coffee: Giving Yourself Grace



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4



4

WHAT IS A CAREGIVER?

- **Caregivers** provide emotional, physical, and practical support care
- **Informal Caregiver** – Usually a family member, friends, neighbor(s) who cares for a patient without formal training or compensation
 - Can receive compensation through Medicaid, Veteran, or Family Caregiver support programs
- **Formal Caregiver** – Professionally hired to provide care. Often trained in medical or nursing care. May have legal and ethical obligations as a part of their professional role. Compensated for their services

5



5

CAREGIVER ROLES

- **Helping with personal needs** – Bathroom, bathing, mobility assistance
- **Assistance with day-to-day activities** – Transportation needs, food prep, housekeeping, managing bills
- **Support in the management of care** – Medications, care planning and coordination, managing side effects, reporting complications in care
- **Emotional and/or spiritual support** – Spend time with patient and listen to them, pray together, respect their decisions

6



6

BENEFITS AND IMPACT OF BEING A CAREGIVER

- **Emotional Rewards** – Deepening relationships, personal growth and fulfillment
- **Positive Impact on Patients** – Improve treatment adherence, increase emotional support, and better healthcare outcomes
- **Social and Community Impact** – Build awareness and advocacy, community development

7



7

CHALLENGES FACED BY CAREGIVERS

- **Emotional and Physical Stress** – Anxiety and depression emotional stress, grief and loss, exhaustion, neglect of personal health, chronic health conditions
- **Balancing Caregiving with Personal Life and Work** – Isolation, relationship strain, career impact
- **Potential Financial Strain** – Costs of caregiving, loss of income

8



8

RECOGNIZING CAREGIVER BURNOUT

- **Caregiver Burnout** – A state of physical, emotional, and mental exhaustion that can occur when caregivers don't get the help they need or try to do more than they're able to
- **Signs of Caregiver Burnout** – Physical signs, emotional signs, behavioral signs
- **Causes of Burnout** – Unrealistic expectations, lack of control, role confusion
- **The Impact of Burnout** – On caregivers and on patients

9



9

STRATEGIES FOR MANAGING CAREGIVER STRESS

- **Self-care Practices** – Sufficient rest, balanced nutrition, regular exercise and/or physical activity, hobbies, time for fun and enjoyment
- **Seeking Support** – Support groups, or supportive network of loved ones, counseling, psychotherapy, spiritual support
- **Time Management** – Setting priorities, delegating tasks, organizing daily schedules
- **Education** – Learn more to better understand and manage medical aspects of cancer care

10



10

WILLINGNESS TO PRACTICE ACCEPTANCE

- When we feel a loss of personal control, we tend to hold on tighter
- Acceptance ≠ giving up, giving in or passive resignation
- Acceptance = recognizing the reality of the situation and finding ways to live a rich, fulfilling life despite challenges.
- TIPS
 - Acknowledge and make room for difficult feelings, thoughts, symptoms or circumstances without judgment
 - Practice staying present and grounding exercises
 - Shift your perspective
 - Expressive activities – journaling, talking it through etc...

11



11



VALUES AND MEANING MAKING



- **Values** = compass (e.g., connection, love, generosity)
 - Personal, can change with time, direction not outcomes, cannot be achieved or accomplished
- **Goals** = road maps (e.g., spent 1 hr/wk connecting with a friend via phone)
 - Can be influenced by values, has an end goal, short- or long-term
- What are my values at this moment in time?
- Why are these values important to me?

12



12

VALUES COMMITTED ACTION

- Taking steps that are in line with one's values
- Setting small achievable goals that slowly move you towards what is important right now
- Example:
 - Values = **Wellness**
 - Why = "To stay mentally and physically connected with myself during these trial times"
 - Goal = To go on a walk 3x/wk for 30 minutes
- Identify barriers and find ways to modify goal to make it realistic and achievable

13



13

WHEN TO ASK FOR EXTERNAL SUPPORT

- Significant changes in the frequency and intensity of mood
 - **Sadness, anxiety, irritability, anger, hopelessness**
- Significant changes in health behaviors
 - **Poor quality of sleep, changes in appetite, decrease pleasure or interest in activities once enjoyed, inactivity, substance use, isolation**
- Mental and emotional changes causes a disruptions in important areas of life
 - **Relationships, work, day-to-day tasks etc...**

14



14


ASK A QUESTION
Caregiving Over Coffee: Giving Yourself Grace

Ask a question by phone:
 Press star (*) 1 on your keypad to ask a question
 To remove your question press star (*) 2 on your keypad

Ask a question by web:
 Type your question in the "Ask a question" box under the speaker video window

Due to time constraints, we can only take one question per person.
 Once you've asked your question, the operator will transfer you back into the audience line.

15



LLS EDUCATION & SUPPORT RESOURCES



HOW TO CONTACT US:

To contact an **Information Specialist** about disease, treatment and support information, resources and clinical trials:

Call: (800) 955-4572
 Monday to Friday, 9 a.m. to 9 p.m. ET

Chat live online: www.LLS.org/InformationSpecialist
 Monday to Friday, 10 a.m. to 7 p.m. ET

Email: www.LLS.org/ContactUs

CLINICAL TRIAL SUPPORT CENTER
 Work one-on-one with an LLS Clinical Trial Nurse Navigator who will help you find clinical trials and personally assist you throughout the entire clinical-trial process.
www.LLS.org/Navigation



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www.LLSNutrition.org

16

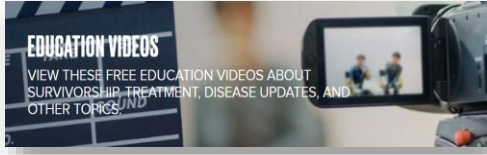


LLS EDUCATION & SUPPORT RESOURCES



Online Chats

Online Chats are free, live sessions, moderated by oncology social workers. To register for one of the chats below, or for more information, please visit www.LLS.org/Chat.



Education Videos

View our free education videos on disease, treatment, and survivorship. To view all patient videos, please visit www.LLS.org/EducationVideos.



Patient Podcast

The Bloodline with LLS is here to remind you that after a diagnosis comes hope. To listen to an episode, please visit www.TheBloodline.org.

17



17

LLS EDUCATION & SUPPORT RESOURCES

LEUKEMIA & LYMPHOMA SOCIETY™ 877.557.2672

Help With Finances

The Leukemia & Lymphoma Society (LLS) offers financial assistance* to help individuals with blood cancer.

The **LLS Patient Aid** Program provides financial assistance to blood cancer patients in active treatment. Eligible patients will receive a \$100 stipend. Visit www.LLS.org/PatientAid

The **Urgent Need** Program, established in partnership with Maggie's Love, helps pediatric and young adult blood cancer patients, or adult blood cancer patients who are enrolled in clinical trials, with acute financial need. The program provides a \$500 grant to assist with non-medical expenses, including utilities, rent, mortgage, food, lodging, dental care, child care, elder care, and other essential needs. Visit www.LLS.org/UrgentNeed

The **Susan Lang Pay-It-Forward Patient Travel Assistance** Program provides blood cancer patients a \$500 grant to assist with transportation and lodging-related expenses. Visit www.LLS.org/Travel

The **Co-Pay Assistance** Program offers financial support toward the cost of insurance co-payments and/or insurance premiums for prescription drugs. Visit www.LLS.org/Copay

*Funding for LLS's Co-pay Assistance Program is provided by pharmaceutical companies. Funding for other LLS financial assistance programs is provided by donations from individual donors, companies, and LLS campaigns.

The Leukemia & Lymphoma Society (LLS) offers the following financial assistance programs to help individuals with blood cancers: www.LLS.org/Finances



To order free materials: www.LLS.org/Booklets

18



18



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Please complete our program evaluation



We have one goal: A world without blood cancers

