

Discovering an Easier Path of Caregiving:

Finding Acceptance
to Change Your Perspective



Introductions:

▣ **Karen Tennyson, MSW, LCSW, CDP**
▣ Dementia Care Specialist for Rock
County, WI

▣ **Janet Wiegel, CDP**
▣ Dementia Care Specialist for
Marquette County, WI

**The Weight
Of The Glass**



□ What things did you learn?



"Being willing to accept the situation as it is, and focusing on the present"

an ongoing process and a journey

There is no "right" approach- every journey is individual

It includes open communication

a release of expectations

Acceptance means:

Being Educated About the Disease

- It affects both the care receiver and the caregiver
- They are different than they were before-physically they may look the same, but they are not
- Their reality is not your reality, you must go into their reality
- Understanding the changes happening, physically, emotionally and spiritually to both partners
- "It takes a village" to make it through this journey- support systems
- You must take care of yourself



Willingness

- To have flexibility and patience
- To learn the process
- To allow yourself time to process changes
- To help the person with the diagnosis
- To accept all the emotions that come with the journey



Right Point in the Journey

- If you are able
- If you are willing
- If your perspective can change

Down the Road



Bumps and Signals

Bump

We have our
life route set to
be what we
planned.

Turn Signal

Our partner,
sibling, parent
gets a
diagnosis of
dementia.

Bumps and Signals

Bump

I can do this
on my own.

Turn Signal

We cannot
do it alone.

Bumps and Signals

Bump

I have no
options.

Turn Signal

I have to find
& build my
caregiver
village.

Bumps and Signals

Bump

I feel guilt
about my
choices.

Turn Signal

My intentions
are what I feel
is best for my
loved one.

Bumps and Signals

Bump

I can control
this & change
the trajectory
of our lives.

Turn Signal

My loved one
has a brain
disorder that I
cannot fix.

Bumps and Signals

Bump

My loved one
can't do that.

Turn Signal

I can change
how I see my
loved one
and our lives.

FILLING THE DAY
WITH **MEANING**

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Karen Tennyson MSW, LCSW, CDP
DCS of Rock County
608/921-7165



Janet Wiegel CDP
DCS of Marquette County
608-297-3148


