

# WAIMEA CAREGIVER CONNECTION

## ARE WE HAVING FUN YET???

Keeping things joyful when caring for an older adult.



If you are caring for someone special to you life is likely to be hectic, regardless of how organized and emotionally balanced you are. When the leadership dynamic between loved ones shifts, here are some tips on maintaining peace within your home and heart:

1) *Enjoy the fantasy rather than getting caught up in the facts.* Sometimes an older mind is taken to a new space and time. This can be frustrating

and frightening for your loved one. Lighten up and take the ride with them, so everyone can have a better experience.

2) *Try something new and unexpected, especially when caught in an emotional struggle.*

This not only relieves the tension, it can create a positive memory for you in your caregiving experience. Make a funny face, do some jumping jacks, have some trivia or jokes on hand to pull

out, or just bring up a childhood memory that may lead to a pleasant moment of joy and connectedness.

3) *Be the child again.* If your loved one knew you when you were young, doing a little role-playing could be especially helpful. Ask for help in solving a problem, ask a simple question so they can give you the answer, or just ask for a hug. The power of giving can be very healing!

### ~Caregiver Conversations beginning in April at Tutu's House!~

Come join us the 3rd Wednesday of the month, from 1:00 - 2:30 p.m., to discuss our experiences of adult caregiving. Whether you are paid in love or it is your profession...ALL CAREGIVERS ARE WELCOME.

April 17th/May 15th/June 19th/Specific topic descriptions: [www.tutushouse.org/Ho'oNani](http://www.tutushouse.org/Ho'oNani)  
Place can arrange care for your loved one.