CREATING A CULTURE OF HOPE: A FOCUS ON THE CAREGIVER

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OBJECTIVES

Participants will be able to:

- Identify why hope is important in recovery after trauma.
- Describe three ways you can instill hope in caregivers.
- Discuss two ways you can incorporate strength-based practice into your current treatment approach.
DISCLOSURES

- No financial or nonfinancial relationships to disclose
Due to recent cutbacks and until further notice, the light at the end of the tunnel has been turned off.

PictureQuotes.com
What Is Hope?
WHY IS HOPE IMPORTANT?

- Generally speaking...

- Specific to rehab patients and their caregivers...

Hope...
Sometimes that’s all you have when you have nothing else. If you have it, you have everything.
Importance of Addressing Psychosocial Issues

- Focus is on tangible – Physical Issues
  - Can limit participation in rehabilitation
    - Depression
    - Anxiety
  - Family members not caring for themselves
    - Emotionally
    - Physically
DISPOSITION

- Not caring for patients and families emotional wellbeing can lead to changes in disposition.
IMPORTANCE OF ADDRESSING PSYCHOSOCIAL ISSUES

- TBI
  - Early stages of recovery
    - the focus of addressing the psychosocial issues is with the family.
  - Family members not caring for themselves
    - Emotionally
    - Physically

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Questions/Expectations of Family

- During Rehabilitation
  - When are you going to start working on...
  - When will they...remove trach; get out cath.; etc..
  - Who is the treating team
  - Regular communication/contact by treating team
STAFF-CAREGIVER RELATIONSHIPS

- Building Rapport and Trust
  - Psychological Trauma to both Patient and Family
    - Don’t assume how someone should/will respond
  - Communication
    - Always keep lines of communication open
    - Education
      - Allows for increased insight/awareness
STAFF-CAREGIVER RELATIONSHIPS

Communication

- Individuals will hear, see, speak what they want; are ready for
STAFF-CAREGIVER RELATIONSHIPS

- Ways to build rapport – trust
  - Extend yourself – go the extra mile
  - Introduce yourself
  - Ask how the patient/family are doing
  - Be human
INDEPENDENCE, FREEDOM, CONTROL

- Recognizing loss for Family
  - Respecting Family as human beings
  - Restoring Independence, Freedom, and Control
    - Provide choices
    - Provide opportunities to be involved in the therapy process
RESILIENCE
“ABILITY TO RECOVER QUICKLY FROM SETBACKS”
ADAPTING, COPING, BOUNCING BACK FROM TRAUMA

Factors in Resilience

- Support
- Communicate your Feelings
- Problem Solve and Plan (Realistic and Attainable Goals)
- Positive Self-Image
INSTILLING HOPE IN CAREGIVERS

- Empathy
- Normalization
- Education
- Goal-setting
- Giving back control
- Urging caregivers to seek out relationships with other hopeful people and environments
- Challenging negative thoughts
- Focusing on strengths

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What is the Strength-Based Perspective?

- Minimizing weaknesses and maximizing strengths
STRENGTH-BASED PRACTICE

- Identifying strengths
  - Assessing
  - Communicating
  - Observing
  - Investigating

- Putting those strengths to work
  - Use a team approach
  - Get creative

Success is achieved by developing our strengths, not by eliminating our weaknesses.

Marilyn vos Savant
BALANCING HOPE AND REALITY

- Prepare for Today
- Work for Tomorrow
- Hope for Tomorrow
- Pray for Tomorrow
- Be Realistic, but don’t take away hope
- Be Truthful
MAGEE’S CULTURE OF HOPE

- Physicians
- Case Manager
- Nurse
- Rec, Art and Horticultural Therapists
- Psychologist
- PT, OT, Speech Therapists
- Patient and Caregiver(s)
ROLE OF THE PSYCHOLOGIST

- All patients assigned individual psychologist/neuropsychologist

Address:
- Psychological Adjustment
- Behavioral Interventions
- Drug and Alcohol Issues
- Transition to home/family/work
- Consult with physician regarding medications
Role of the Case Manager

- Discharge planning
- Home and community based resource management
- Emotional support
- Point of contact for family
- Advocacy
- Lifetime follow-up in our outpatient clinic
FAMILY TEAM MEETINGS

- Addressing present status
- Stating gains
- Beginning to discuss discharge

"When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

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MAGEE
REHABILITATION
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Coping Over Time

- Life Long Process
  - Initially address dealing with injury
  - Changing Roles in Life
  - Work, School, Family
- Time of Injury (15 – 30 y.o.)
- Impact of Insurance
REFERENCES


QUESTIONS???