

Caregiving 101 Tips

Autonomy & Self-Esteem: Part One

One of the dangers of aging and becoming dependent on others for care is that a person may lose his or her sense of autonomy and self-esteem. After all, our sense of self is generally based on the idea that we can take care of ourselves. When that gradually disappears, what is left?

Caregivers, too, can lose a sense of themselves as autonomous individuals. They live their lives continually for another person, and they may suffer from loneliness, depression and anxiety as a result of their loss of self.

Care receiving and caregiving both involve a dance between dependency and control. It takes a lot of work to walk the fine line between these two extremes and maintain a healthy relationship for everyone involved. Since they are ultimately responsible for the outcome of the situation, caregivers in particular must know their limits—to protect their sense of self while protecting the care recipient's sense of self as well.

More information on this topic is in our web site: <http://www.lcsnw.org>.

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Tacoma 253-272-8433

Bremerton 360-377-5511