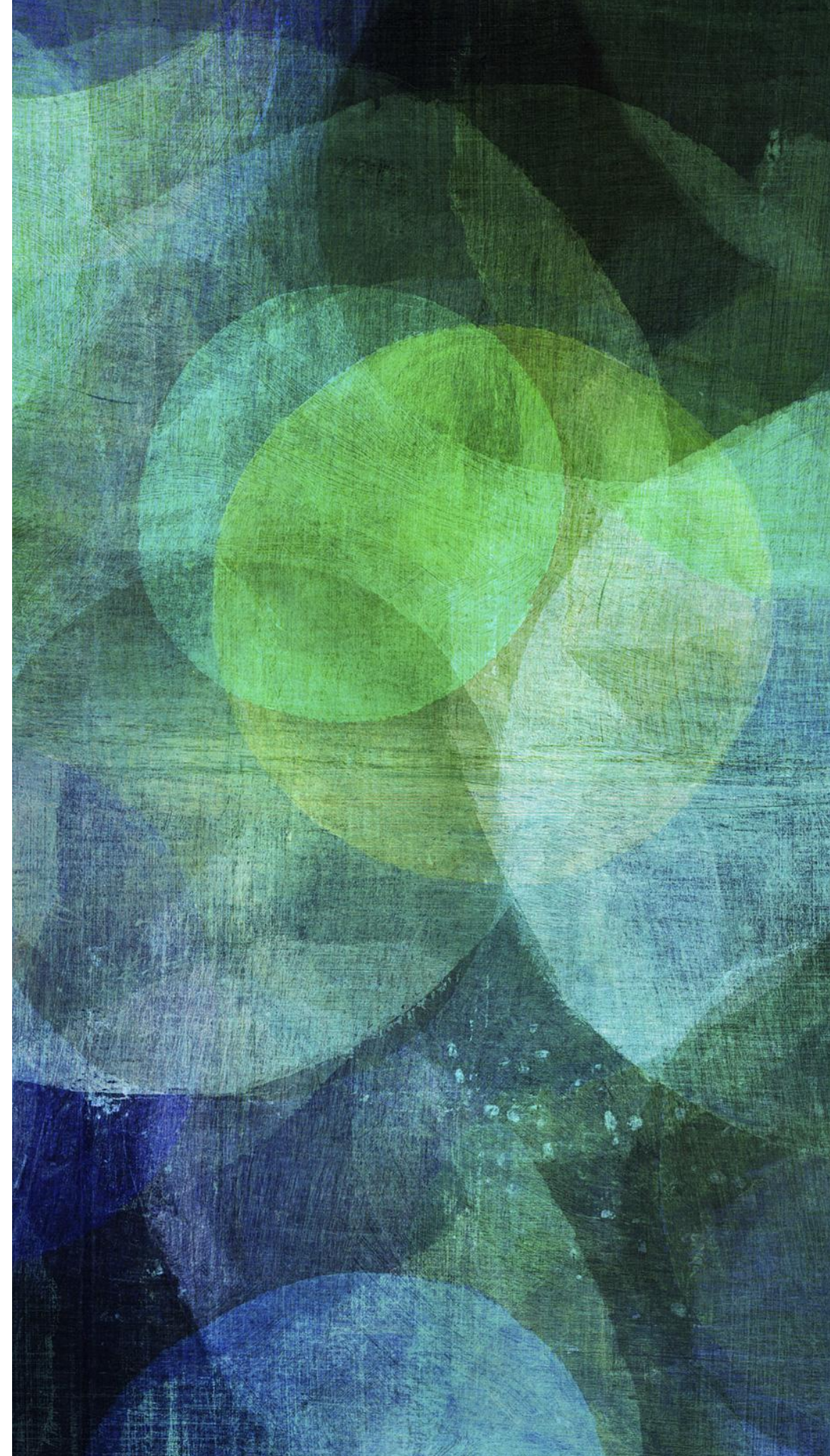




# Caregivers of Depression

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# FACTS about Caregivers of Depression

- **Depression** is a common disorder, affecting almost one in five people of all age groups and both genders at any time. This means that even if you never to suffer from it yourself, at some stage and to some extent you may need to care for someone with depression.
- Whether as a Friend, Spouse/Partner, Parent, Adult Child, Ministry Worker



# Caregivers of Depression

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This workshop will explore the needs of caregivers and ministry workers as they seek to care for the children, spouses, and seniors who suffer from depression.

- Caregivers/Ministry Workers for children/teens

(Colleen)



- Caregivers/Ministry Workers for adults/spouses & seniors/elderly (Alex)



- Interactive Discussion

# Caregivers of Depressed Children/Teens

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**Balance**

**Self Care**

Caring for Self- key to caring for others.(airplane/O2)

# Caregivers of Depressed Children/Teens

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Mark 12:30-31 (NASB)

AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART,

AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH

ALL YOUR STRENGTH. The second is this, ‘**You SHALL LOVE**

**YOUR NEIGHBOR AS YOURSELF.** *There is no other*

*commandment greater than these.*”

# Caregivers of Depressed Children/Teens

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## Galatians 6:1-5 (NASB)

### Bear One Another's Burdens

6 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. **2 *Bear one another's burdens, and thereby fulfill the law of Christ.*** 3 For if anyone thinks he is something when he is nothing, he deceives himself. **4** But each one must examine his own work, and then he will have *reason for* boasting in regard to himself alone, and not in regard to another. **5 *For each one will bear his own load.***

# Caregivers of Depressed Children/Teens

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**Balance**

**Self Care**

Caregiving is physically and emotionally stressful. In an effort to provide the best care possible, you might put your loved one's needs before your own. In turn, you could develop feelings of sadness, anger and loneliness. Sometimes, these emotions can trigger caregiver depression

# The Balanced Caregiver

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Parents/Children's Ministry Workers/Teachers

- Why is self care **ESSENTIAL** to caregiving?
  - Caring for a depressed child/teen is a often challenging and thankless task, requiring patience and perseverance. (especially since children/teens may not have the development to express themselves)





# The Balanced Caregiver

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Why is self care ESSENTIAL to caregiving?

- Caring =arduous/taxing. Depression sufferers rarely seek or welcome support, as they may feel guilt, worthlessness, poor self-esteem and apathy. They may also resist someone getting close to them and want a lot of time alone. Their state of mind can be very hard to engage with, so initially offers of help/support may not be accepted.



# The Balanced Caregiver

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# The Balanced Caregiver

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Parents/Children's Ministry Workers/Teachers

- Self Care Tips:
  - Take a step back: delegate support to avoid exhaustion.
  - Get enough time to rest and **sleep**, maintain usual exercise routine.
  - Relaxation, deep breathing and prayer/mindfulness - aids perspective/self-awareness



# The Balanced Caregiver

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Parents/Children's Ministry Workers/Teachers

- Self Care Tips:
  - **Hobbies** and creativity to help enjoy life — try not to neglect them when the pressure is on.
  - **Music** is closely tied to emotions. Use it to calm down, or for a burst of energy.
  - **Humor** can seem insensitive or unimportant in the context of depression, but it can be a useful way to release tension.





# The Balanced Caregiver

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## Self Care Tips (Continued):

- **Good nutrition** is especially important -caregiving drains your resources
- Plan ahead, **set goals** and time management achieve daily targets and get through difficult times such as visits to the doctor.



# The Balanced Caregiver

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## Self Care Tips (Continued):

- Getting **support** from friends, workmates and family can be essential; some things cannot be dealt with on your own. Having your own counseling and getting other professional support or advice might be necessary.

- It can be very useful to talk to other carers, **Support Groups**: NAMI : local chapter/groups

<https://www.nami.org/> or start one!

# The Balanced Caregiver

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## Self Care Tips (Continued):

- **Accepting What Can't Be Changed**
  - Find the strength to accept reality.
  - Courage to accept our lack of control over the lives of people we care about, Trying to control can also increase the pressure.
  - Do your best -you are doing a difficult job and no one can ever be perfect!!

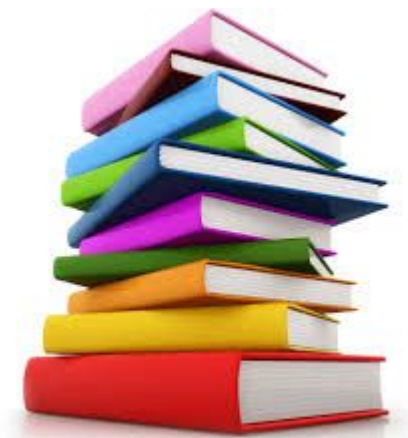


# Practical Needs of the Caregiver

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Parents/Children's Ministry Workers/Teachers:

- Learn all you can about Depression
- Collaboration





# Practical Needs of the Caregiver

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- **Parents: talk with school**
  - Check to be sure that your child is receiving appropriate care and services at school.
  - Children with mental health conditions may struggle in school without assistance, leading to frustration and stress.
  - Law requires that schools provide special services and accommodations to children with mental health conditions that interfere with their education.

# Practical Needs

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Parents/Children's Ministry Workers/Teachers

- **Work with the Child/Teen**



- Remain respectful and understanding of the depressed child's feelings even if everything seems to be working against you.
- Avoid getting angry at them for behaviors that are not under their control. Doesn't mean you can't set limits or impose discipline.

# Caregivers of Depression

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- Caregivers of children and teens with depression
- Move onto caregiver of adults/spouses/elderly

# Challenges to Caregiving for a Spouse



- Another change to your perception of your spouse (ex “leader”, “supporter”)
- Both spouses will need to adjust to new roles
- Possibly multi-generational caregiving demands
- Handling gender role expectations
- Handling “Christian Expectations”
- Handling cultural expectations
- No longer aging “in sync”



# Challenges to Caring for a Senior/Parent

- Role reversal from different perspectives:
  - Parents accepting that they are no longer the protector and provider but the recipient of help
  - Adult child stepping up to a caregiving role:
    - feeling pressured into this role
    - not equipped
    - feeling guilty for wanting to avoid the responsibility to show expected filial piety
    - anxious about meeting the demands



# Challenges to Caring for Someone with Depression

- Frustration when I feel the depressed person is not pulling his/her weight or not following through, moving too slow, or pushing me away, ...
- Anger that the depressed person seems to function out of the home but then experience symptoms more acutely at home
- It is confusing to understand the depressed person's limitations



# Challenges to Caring for Someone with Depression

- The person is withdrawn so he/she is not responding or giving feedback to my care
- I'm anxious about how long he/she will continue to be depressed and need my help
- I blame myself that he/she is depressed
- Depression has made this person even harder to deal with



# Challenges to Caring for Someone with Depression

- I feel I must make up for everything that is not getting done by the depressed person
- I feel I cannot attend to any other relationships or interests
- I am very sad seeing my spouse/parent depressed and not improving

# Challenges to Caring for Someone with Depression

- I feel depressed myself due to fatigue, the endless demands, sadness, anger, loneliness
- I'm stressed due to juggling work and caregiving
- I can't get time off work to properly care for someone

# The Caregiver's Job Description

- Psychotherapist
- Nurse/Doctor/Paramedic
- Pharmacist
- Infection control specialist
- Researcher to keep up with the latest treatments
- All around Event Planner/Coordinator/Referee
- Carpenter, Plumber, Gardener
- Physical Therapist
- Cleaning Service
- Chauffer
- Chef/Nutritionist





# Obstacles for Caregivers to Get Help for Themselves

- Asking for help is not needed since no one can do the job as well as I can
- Caring for others gives me my purpose and sense of importance
- Asking others is imposing too much
- Needing help = “I’ve failed” or “I’m incompetent”
- I’m too embarrassed to seek help for myself

# Obstacles for Caregivers to Get Help for Themselves

- My spouse is only happy if I'm the one giving care and won't accept help from others
- I want to ensure my parent's favor over my siblings
- I must be the caregiver because of my cultural/gender-defined duty: (wife/daughter/son/woman/oldest child)
- I feel guilty if I don't take care of him/her

# Obstacles for Caregivers to Get Help for Themselves

- My faith asks that I completely sacrifice myself and my own interests for my spouse

Philipians 2:3-4 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, *but also* for the interests of others. (NASB)

# Gender Differences in Caregivers

## Male Caregivers:

- less likely to admit to depression themselves
- more often “self treat” their depressive symptoms of anger, irritability or powerlessness with alcohol or overwork.
- tend to be more willing than female caregivers to hire outside help for assistance with home care duties
- tend to have fewer friends to confide in or positive activities outside the home.
- greater tendency to assume that depressive symptoms are a sign of weakness can make it especially difficult for men to seek help.

# State of the Union: How are we doing?

(Adapted from *The Caregiving Wife's Handbook*)

1. I'm angry with myself about...
2. I'm angry at my spouse/parent for ...
3. I am angry or frustrated about my spouse/parent's depression because ...
4. One thing I need to know about depression is ...
5. I'm afraid that ...



# State of the Union: How are we doing?

- 6. I feel guilty about ...
- 7. I want to do these things for my spouse/parent...
- 8. I don't want to do these things for my spouse/parent ...
- 9. Why does my spouse/parent...
- 10. What do I do when ...





# State of the Union: How are we doing?

- 11. What do I say to others about ...
- 12. I don't expect anything to change about this, but I want my spouse/parent to know ...
- 13. What I really need to say to my spouse/parent is ...
- 14. When others try to help, I ...
- 15. I am angry at God about ...



# Sort your answers into 4 categories:

- A. Things I want to say but don't expect a response to.
- B. Things I want to say but won't, because it won't make a difference.
- C. Things I want to say but should only share with God, a friend, a therapist, ...
- D. Things I really need to talk about, know about, have resolved, or make a decision about.



# Tools: 1. Encourage your spouse to say more

- a. Use reflection.
- b. Try hard to understand the other person's point of view. Use a common scale.
- b. Can include feelings: "I feel \_\_\_\_\_ when I \_\_\_\_\_."

Ex "I feel I'm failing as a spouse when I can't try to help you see the positive side of things."



# **Tools: 2. Keep your viewpoint while your spouse/parent also keep theirs.**

- We aren't obligated to change our point of view to please someone else.
- Create an Understanding or Compromise so that your life will work.
  - a. Can agree to disagree
  - b. Can understand the other point of view but still not agree.



# Tools: 3. Change a Person's behavior whether or not they change their opinion

- It isn't necessary for your spouse/parent to be proved wrong for you to get your way.

“I realize (repeat words), however\_\_\_\_\_.”

Ex. I realize you don't have the energy to exercise, however the Doctor said this will help with your depression.”

- You may continue to press this matter
- Consider agreeing to disagree and relinquish your responsibility.
- You get to stop wasting your energy and reduce arguments
- Consider “giving in and allowing the depressed person to fail.”





# **Tools: 4. Changing your behavior may make it unnecessary for other people to change theirs.**

a. “I realize you think/you say \_\_\_\_\_, however I’m concerned that \_\_\_\_\_, so I will/won’t \_\_\_\_\_.”

Ex. “I realize you think you’re worthless because of your injury and will just feel worse going to the party, however I’m concerned that if you don’t try to keep up your friendships, you will feel even more isolated and depressed. So I’ve decided to go out with our friends without you.





# Resources

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- National Alliance on Mental Illness: <https://www.nami.org>
- University of Michigan Depression Center, For Family and Friends  
<http://www.depressiontoolkit.org/family-friends-caregivers/>
- Helping a depressed person is a strain on the caregiver that can imperil health  
[http://www.cleveland.com/healthfit/index.ssf/2010/01/helping\\_a\\_depressed\\_person\\_is.html](http://www.cleveland.com/healthfit/index.ssf/2010/01/helping_a_depressed_person_is.html)
- Treat Me not my age A Doctor's Guide to Getting The Best Care as You or a Loved One Gets Older, Mark Lachs, (2010) Penguin Group, NY, NY 10014
- The Caregiving Wife's Handbook, Diana Denholm, (2012), Hunter House Inc., Alameda, CA 94501

# Interactive Discussion

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**Q and A?**

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