


**Welcome to the
Military Families Learning Network Webinar**

**Caregiver Identity Discrepancy &
Implications for Practice**


Please share your email address with us!
We'd like to send you a link to this webinar's recording and resources, and notifications for future webinars.

Provide feedback and earn CE Credit with one link:
We will provide this link at the end of the webinar

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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award Numbers 2010-48869-20685 and 2012-48755-20306.

**Welcome to the
Military Families Learning Network**

Research and evidenced-based
professional development
through engaged online communities.
eXtension.org/militaryfamilies





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POLL

How would you best describe your current employer?

Military Families Learning Network Military Caregiving



To receive notifications of future webinars and other learning opportunities from the Military Families Learning Network, sign up for the Military Families Learning Network Email Mailing list at: <http://bit.ly/MFLNlist>

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Available Resources



<https://learn.extension.org/events/1631>

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Evaluation & CE Credit Process

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Caregiver Identity Change Theory



Tailored Care Enterprises, LLC © 2014



Dr. Rhonda JV Montgomery


**Founder and Chief Scientific Officer
Tailored Care Enterprises, LLC**



To learn more about our care management program that incorporates the key concepts discussed today, please visit www.tailoredcare.com or call 262-643-4740.

Theory Helps Us Understand

- Sources of caregiver distress
- Differences in the way that caregivers experience this distress
- Reasons that caregivers use or do not use services
- Strategies for helping caregivers
- Differences among caregivers in the types of support needed




Basic Premises About Caregiving Journey

- There is no single, generic caregiver role
 - Caregiving role emerges as an extension of a prior role relationship
 - Role is influenced by the unique values, beliefs and circumstances



Basic Facts about the Caregiving Journey

- Caregiving is a dynamic process that unfolds over time
- The length of the journey varies




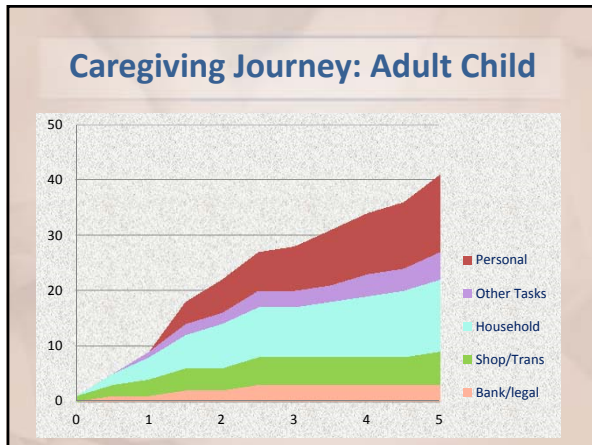
The Caregiver Journey

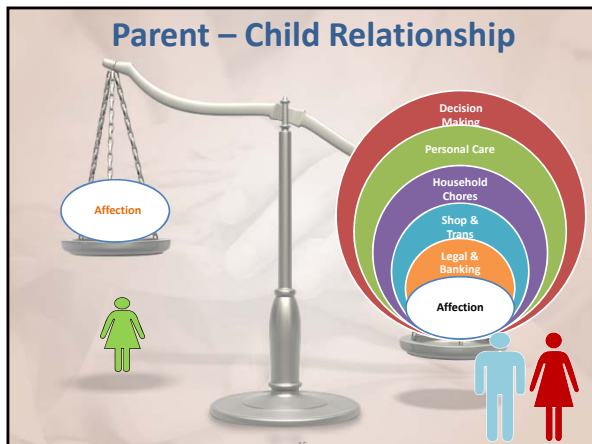


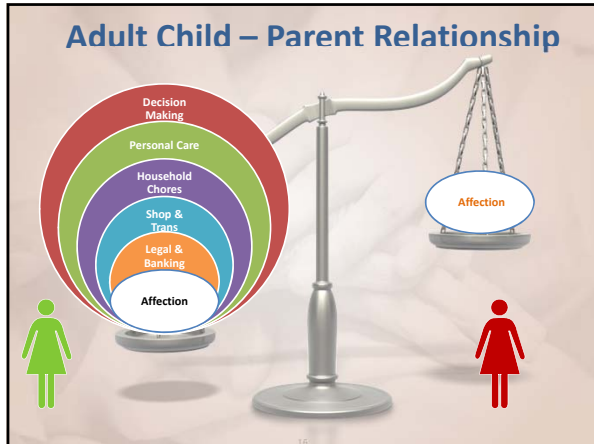
Caregiving Journey: Systematic Change Process

- Change in *activities*
- Change in *relationship* with care receiver
- Change in *identity* of caregiver









Relationship Rules

My Rules for a "Good" Daughter

My Rules for a "Good" CAREGIVER

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Relationship Identities

- Mother/Father
- Sister/Brother
- Spouse/Partner
- Parent
- Employer
- Many more

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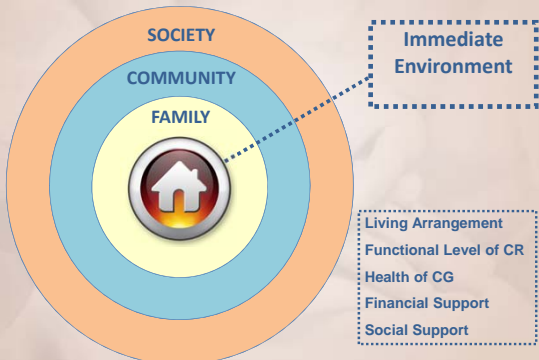
Rules for How We Act (Identity Standards)

We know how to act
because we follow
our internalized rules



TAILOREDCARE
Stronger Families. Better Outcomes.

Where do we get our rules?



Immediate Environment

- Living Arrangement
- Functional Level of CR
- Health of CG
- Financial Support
- Social Support

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Rules Change Over Time

- We develop new rules
- We throw out old rules
 - rules that don't work anymore
- We tweak existing rules

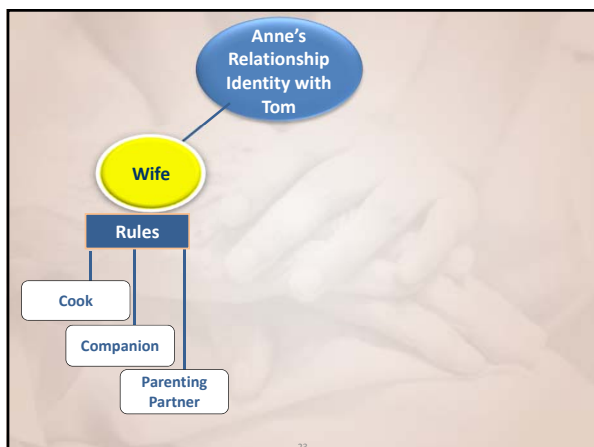
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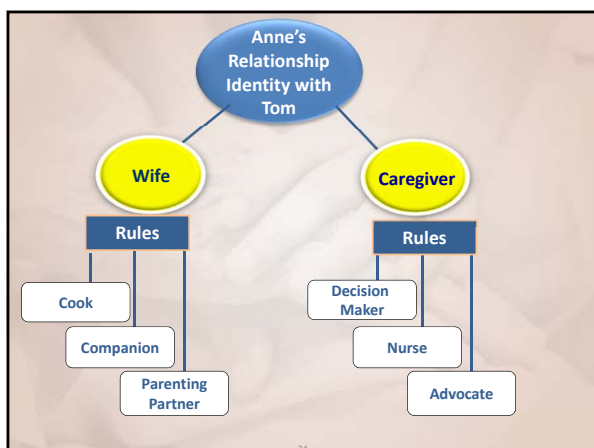
Reasons that Rules Change

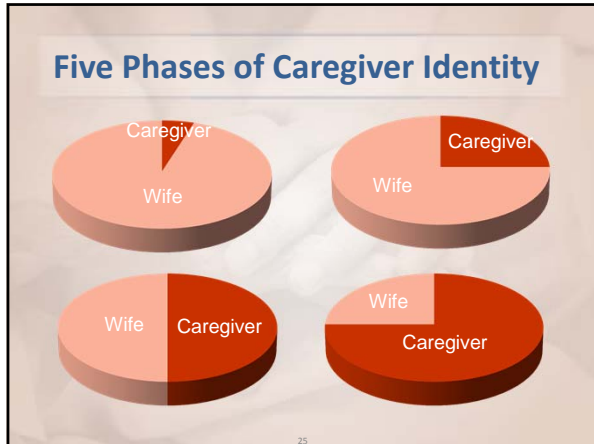
- Family demands
- Work obligations
- Our health
- Health of other family members
- Economics of situation
- Acceptance of situation

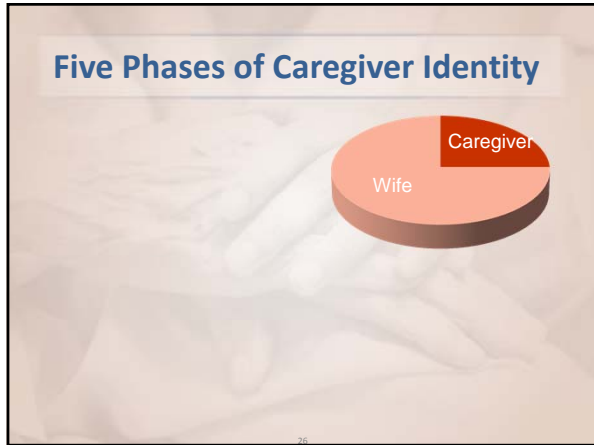


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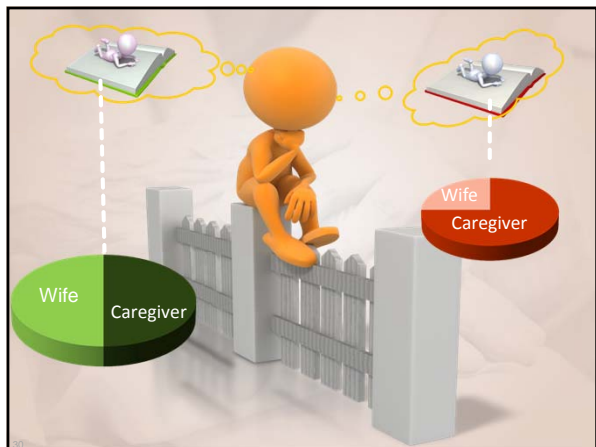
When we think about it....

Change in roles leads to change in relationship identity

At the bottom of the slide, there is a banner with the logo for 'TAILOREDCARE' and the tagline 'Stronger Families. Better Outcomes.' The logo features a stylized mountain range. To the left of the logo is a small 3D white figure holding its head in its hand. To the right of the logo are several small images of people in various settings.







 **Identity Discrepancy**



- My actions don't match my expectations
- My responsibilities don't match my rules



Identity Discrepancy: Source of Stress

Stress comes when ...

What we are doing does not match **what** we think we should be doing.




Types of Caregiver Stress

- Relationship Stress
- Workload Stress
- Emotional Stress




Workload Stress

Caregiving responsibilities and/or tasks are interfering with other parts of a caregiver's life



Caregivers feel like they do not have the time or energy for ...

- Their daily chores
- Other family members
- Their job and work responsibilities
- Friends
- Themselves



Relationship Stress

Tension or strain in the relationship between the caregiver and the care recipient




- Feeling that wounded/ill service member:
 - Expects too much from them
 - Is taking advantage of them
 - Does not appreciate their help
 - Is difficult to get along with
 - Criticizes what the caregiver is doing
 - Does not communicate with them




Emotional Stress


When caregiving responsibilities make the caregiver...




- anxious or nervous
- worry or fret
- emotionally upset



Matching rules and tasks



Relief comes when ...
Caregivers change what they are doing to match their expectations
OR
Caregivers change their rules (expectations) to match what they are doing



First Step Toward Getting Help



- Set a realistic goal
- Is it best for the caregiver to
 - Let go? (reduce caregiver responsibilities)
 - Continue in similar manner? (maintain)
 - Get comfortable assuming necessary tasks? (embrace)

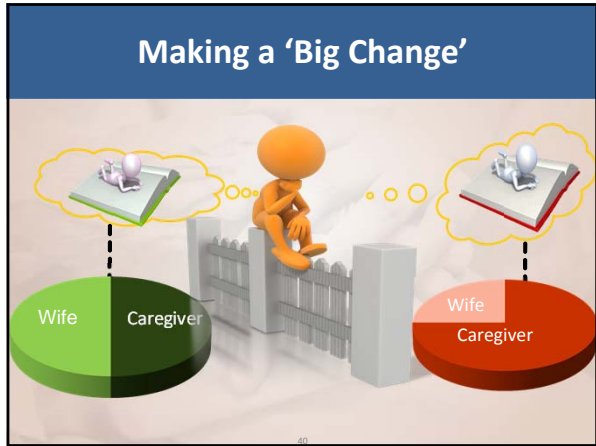


Remove Identity Discrepancy



- Changing behavior
- Changing rules












Maintain Current Identity

- Small Change: (Maintain Current Identity)
 - Change (tweak) rules
 - Change behaviors (actions)
 - Change self-appraisal




How to Reduce Identity Discrepancy

- Big Change: Change identity and rules
 - Embrace larger caregiver identity
 - Reduce caregiver identity
- Small Change: Maintain Current Identity
 - Change (tweak) rules
 - Change behaviors (actions)
 - Change self-appraisal



Take-away Points

- Caregiving involves an **identity change** process.
- Change often involves a lag time when there is a misfit between what a caregiver is doing and what the caregiver thinks she/he should be doing.
- That lag is called **identity discrepancy** and it causes distress.
- To support caregivers, we must identify the best strategy to bring their personal rules in line with their responsibilities and tasks.



Questions or Comments?







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Military Caregiving Upcoming Event...

Caregiver Compassion Fatigue

Date: August 20, 2014

Time: 11:00 a.m. Eastern

Location: <https://learn.extension.org/events/1604>

For more information on MFLN--Military Caregiving go to:
<http://www.extension.org/pages/60576>

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Find all upcoming and recorded webinars covering:

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- Military Caregiving
- Personal Finance
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<http://www.extension.org/62581>

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