

# THE PARADOX OF CARE IN HOMECARE

## A PERSON'S RIGHT TO CARE

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PROJET « NAVIGATEURS » DES PROCHES-AIDANTS  
CAREGIVER NAVIGATOR PROJECT



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« Most of the time, I feel as though I am not doing enough ».



« When you get married, you promise that it will be for better or for worse. I guess this is the worse. I still don't think I signed up for this ».

« Everything is just SO unpredictable ».

# " STILL KATHRYN "



"I don't think anyone put it on me, I think I took on a lot because I didn't trust other people". Kathryn Fudurich, *Interview Thursday October 7, 2016- CBC Radio*

# RESPITE SERVICES

## In-home (homecare)

- Respite blocks (3hrs)
- In-home stimulation
- Homecare services (public, versus private help)
- ...



# RESPITE SERVICES

## Community

- Day Centers
- Drop-in Centers
- Outings (volunteers)



## Institutional

- '*hébergement temporaire*' – temporary stay
- Hospital admission - (urgent/crisis)
- *Urgence Sociale* – urgent placement due to sudden change in caregiver's ability to continue care
- ...



‘It kind of just got to a stage when it was too overwhelming and too stressful and not serving me in my own personal development ’ – Kathryn Fudurich

# PRESERVING PERSONHOOD IN CAREGIVING

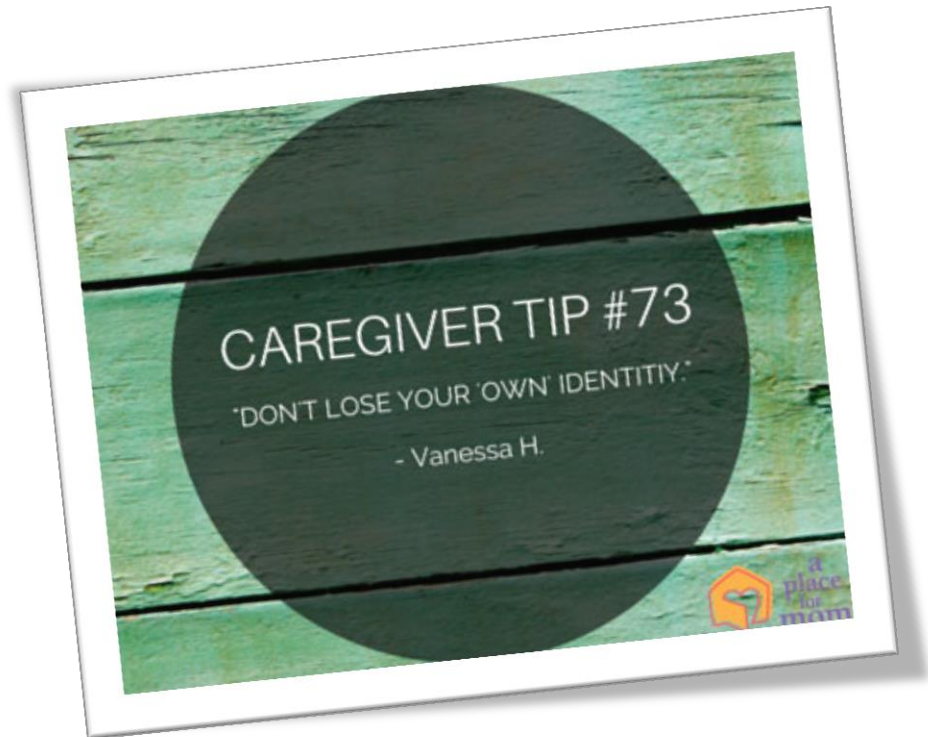
## ROLE ENGULFMENT

- Loss of sense of self

## FEELING ALONE

- in the decision-making
- In the evenings

## ENMESHMENT



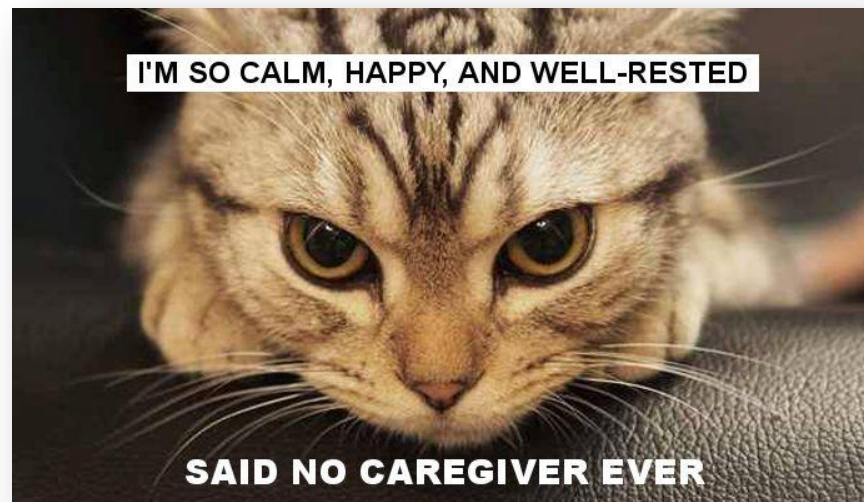
“In some ways, I assumed the role of parent, not because it felt right or was comfortable in any way, but because I had no other choice”.



# DOES A CRISIS NEED TO HAPPEN?

**In other words, is prevention possible?**

"I was always thinking, no matter where you go, that I could be helping mom right now."





If you want to  
know what I  
think...

Why don't  
you ...

Let me know  
if you need  
anything.

You're not  
taking care of  
yourself.



# “SELF-CARE”

**How do we encourage ‘self-care’ in individuals who**

- habitually resist prioritizing their needs,
- are emotionally & physically exhausted and
- do not feel they have the time or energy to consider learning new techniques



**theguardian**

Mindfulness is all about self-help. It does nothing to change an unjust world

Suzanne Moore

Why are we trying to think less when we need to think more? The neutered, apolitical approach of mindfulness ignores the structural difficulties we live with

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“Doctors diagnose, nurses heal, and caregivers  
make sense of it all.”

— [Brett H. Lewis](#), [Family Caregiving](#)

**Thank you!**



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