

Caring for Your Aging Parents

Class 3 – The Cost of Caregiving

David San Filippo, Ph.D.

Lynn San Filippo, BSM, CM

Caring For Your Aging Parents



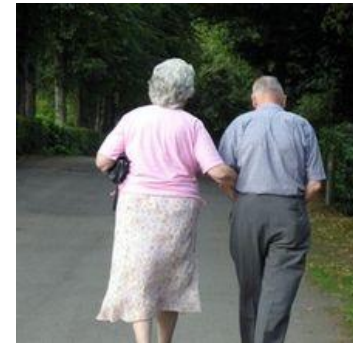
When Love Is Not
Enough

Barbara Deane

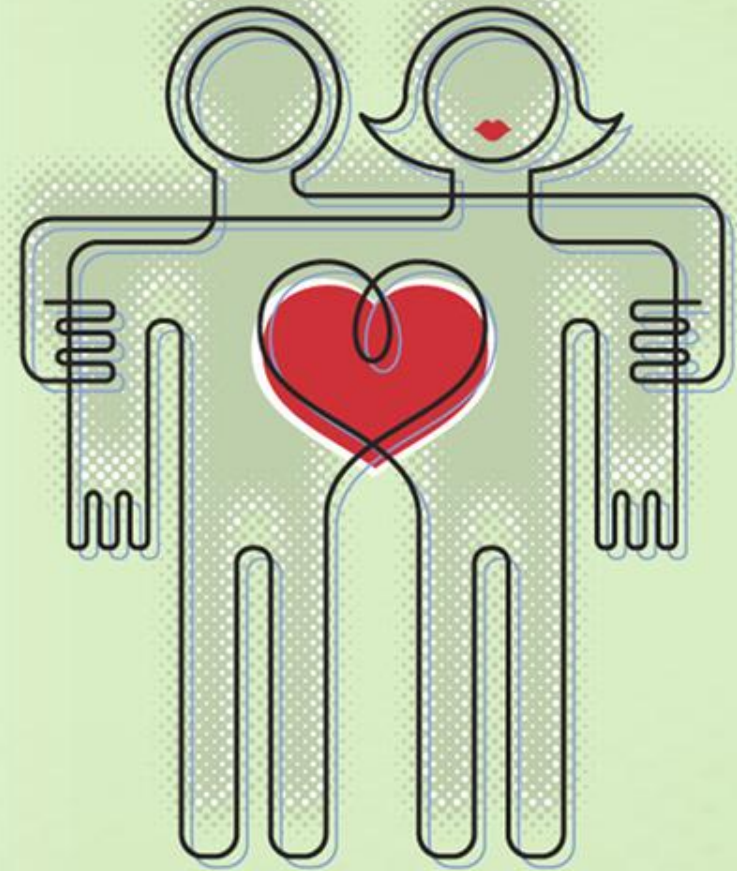
Co-founder, *Christian Caregivers*

Class Schedule

- Week 1 (10/23/11) Caring for Aging Parents
- **Week 2 (10/30/11) Communication**
- (11/06/11) **NO CLASS**
- Week 3 (11/13/11) The Cost of Caregiving
- Week 4 (11/20/11) The End Years



A Review of Last week and to finish off the topic



Active Loving

Active Loving Skills

- Active Listening
- Nonverbals
- Positive Reinforcement

Active Listening

- Acknowledge feelings
- Listen for real meaning(s)
- Never give an overly quick reply.
- Listen deeply by asking questions.
- Avoid being baited

Important Don'ts

- Don't correct
- Don't attempt to argue your parent out her/his feelings
- Don't judge
- Don't feel that you need to solve the problem
- Don't give advise
- Don't try to cheer up
- Don't use phrase: "I know just how you feel."

Nonverbals

- Touching parent
- Body Language
- Proximity
- Appearance
- Attitude
- Priorities



**“One can see without being seen;
hear without being heard,
but no one can touch without being
touched.”**

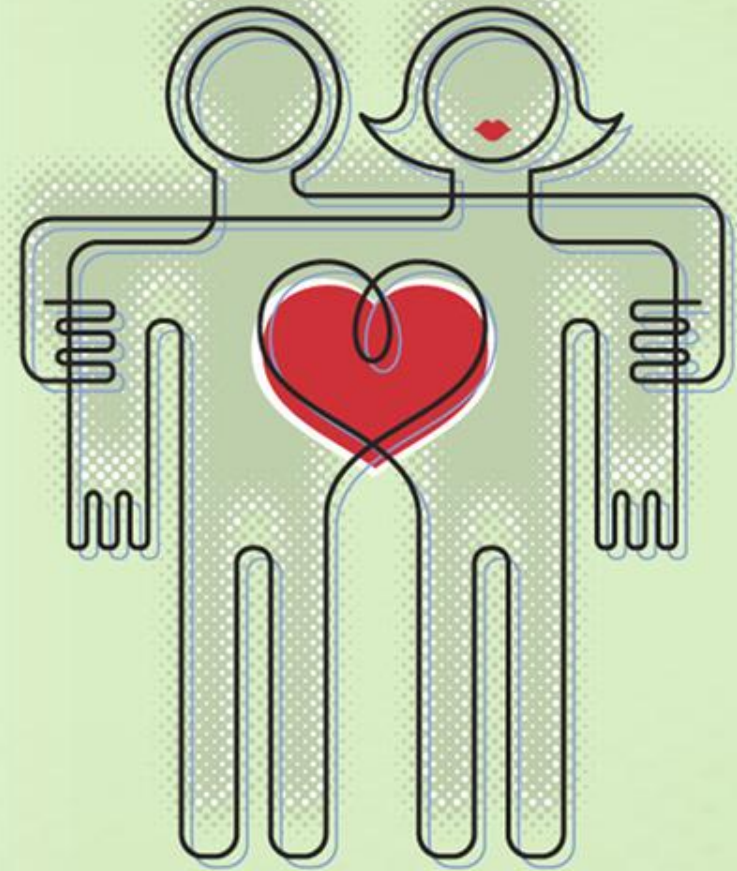
An American Indian Proverb

Hot Buttons

Button Parent is Pushing	Your Reaction
Disapproving look – Disapproval Button	Give in: “I must have approval.”
Critical statement – Criticism Button	Anger: Your parent scored a hit.
Verbal put-down – Self-esteem Button	Feel worthless – Parent controls my feelings of self-worth.
Guilt statement – Guilt Button	Guilt – Must atone by doing what parent wants.

Positive Reinforcement

- Allow parent to Give as Well as Receive
- Show Your Parent She is Valued
- Allow Them to Give Memories
- Capture Your Parent's Voice &/or Image
- Capture Your Parent's Stories



The Cost of Caregiving

Focus Verses for this Week:

- “Therefore a man leaves his father and mother and is united to his wife, and they become one flesh.
Genesis 2:24
- “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?” Luke 14:28
-

God's Priorities

- God
- Spouse
- Children
- Everything else

How to Manage Conflicting Responsibilities

- Plan alone time with your spouse
- Plan time for your children
- Plan time for others in your family
- Plan time for yourself

References

- Deane, Barbara (1989). Caring for Your Aging Parents – When Love is Not Enough. Colorado Springs: NavPress.
- Holy Bible – New International Version

Thank you for Sharing Your Time with Us



**It is our hope & prayer
that your marriage will
be full of grace & love.**

David & Lynn Sax Filippo

