

Watching for Stumbling Blocks: Too Much Help

From Personal Safety Nets® Getting Ready for Life's Inevitable Challenges and Changes" by Dr. John W. Gibson and Judy Pigott.



www.PersonalSafetyNets.com or 206-659-0665

Through our hands-on experience giving and sharing care, we have learned to identify many common "helping strategies" that actually complicate the situation or cause problems. Many of these attitudes and behaviors, while well-meaning, may cause a care partner to become weaker or more dependent upon you:

- Solving a problem for her because it's faster or easier for you to do it.
- Giving help before it is requested or without asking if it is wanted.
- Providing more care than is good for you, and thereby risking feeling overwhelmed or stressed.
- Not allowing her, if she wishes, the opportunity to try something where she may fail.
- Speaking for her.
- Needing her to need you.
- Not being honest about what you need or want.
- Overly protecting her from honest feedback about her words and actions.
- Trying to cover up or hide the reality of her situation.