



Personal Safety Nets® e-Newsletter



Chapter 7: Watch for Stumbling Blocks

August 2011, Issue 42

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Chapter 7 Review

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Get Better Prepared

Call it a care-share team, a care team, a network, a support group - having an organized team to assist you through times of change or challenge is a good thing. People being human and life being somewhat fragile and mysterious, problems will predictably pop up. Prepare yourself!

WE NEED



YOU!

By June 2012 Personal Safety Nets® wants to put 5,000 copies of our book, which focuses upon forming community, into the hands of people who care. 5,000 more people will help spread the word that security and connection go hand-in-hand - and are way better than isolation or insularity.

Are you thinking you're just one person, so how could you help?

Here are some ideas:

- invite PSN to be the presenter at your group event.
- ask us to conduct a training for your staff or

Most of the problems - or "stumbling blocks" as they're called in Chapter 7 of our book - can be resolved IF you surround yourself with people who've had a broad range of experiences. Then you can ask about their challenges and learn from them. When you do, you'll be better prepared to avoid and effectively deal with whatever life tosses your way.

To help you deal well with these predictable, unpredictable events, we're going to review some of the stumbling blocks that frequently cause problems for care-share teams.

- **Emotional Traps:** People typically love to be needed, yet hate to be in need. "Needy" has such negative connotations...that ...we act as though having life under control means doing it all ourselves, or paying for help, but rarely asking for assistance. **Individuals and helpers must find a balance that includes learning to ask and to give.** Other traps you're likely to encounter will be **jealousy, guilt, fear, anger, and the pushing of many "hot buttons."**



- **Too Many Needs:** A care partner (someone in need) may have infinite needs, wants or preferences. And while he should feel free to express these desires, **you and the care team may not be able to meet each and every one of them.** The team should attempt to fulfill only the needs and wants that can be comfortably and reliably managed...The team should feel

perfectly comfortable seeking community resources to tackle the tasks they cannot. **This is where group vision setting and prioritizing comes in handy.**

- **Mix-ups:** Not every team works perfectly; **not everything goes smoothly.** A team member may drop the ball, forget a task or disappoint your care partner. This is just life! **The best thing the team can do when someone "goofs" is to not assign blame but to learn, improve or make changes.** Don't sweep problems under the rug - address them!



- team
- schedule PSN to talk to your administrative team about using us as part of their training program.
- arrange a meeting with us to discuss other ideas you have or would like us to investigate.

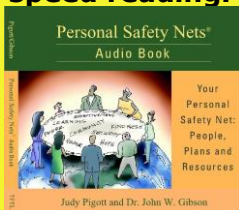
It's even easier knowing that all presentations are FREE from now until June 2012, and include a book for every participant.



So help us reach our goal this year and be part of the PSN team.

Speed Reading

Don't have time to sit down and read the entire Personal Safety Nets® book? No problem! These past few months we've been cutting things down to size with our own chapter reviews. Here's your chance to do some speed reading.



"In the Beginning" (Chapter 1 - January)



goal! Being a member of a team has components of responsibility, while also demanding the relinquishing of control. **It is the care partner who will end up living with whatever evolves,** team members can leave if they wish...so "softly" treading matters.

- **A Crabby Care Partner:** From time to time a care partner may feel emotional, fearful or crabby. **One way to deflect negativity and criticism is to prepare responses, such as, "I hear how hard this is for you" or "I can only imagine how it seems from your perspective."** Practicing and getting help with responses is your best path. Sometimes, though, whatever the situation it may be too much for you. When you're feeling overwhelmed, after making sure the care partner is safe, take a break and rejuvenate yourself. (see chapter 5)



• **Fears:** It is perfectly normal and understandable to have some of your own fears when asked to help someone with illness, injury, or the unknown. The care partner has her own and **discussing your fears, gaining knowledge and understanding your fears will help you avoid the kind of distancing behavior that can keep you from being a good care-share team member.** Here's a **Cool Free Download** that care partners and team members can review in order to deal with and conquer their fears.

- **Depression:** While grief is often confused with depression, the two are not the same. Grief is a normal response to an event or situation experienced as loss, depression is an abnormal psychiatric disorder. Depression is usually marked by persistent feeling of hopelessness and dejection, and sometimes by suicidal tendencies. **If you think you or your care partner is experiencing depression, seek help from a trained mental health specialist.** If you're not sure how to recognize depression a good place to start is this **Cool Free Download** compiled by the U.S. Department of Health and Human Services.



- **Loss of Control:** If your values and beliefs differ from your care partner's, personality conflicts may arise. Should you call a doctor when signs of a fever arise or a cough begins, or only when she cannot take a breath? Should a care partner dress himself even if it's laborious? In these and hundreds of others scenarios, there's the



**"I Need You & You
Need Me"
(Chapter 2 - February)**

**"Your Internal
Muscles" (Chapter 3 -
March)**

**"Putting a Team
Together"
(Chapter 4 - April)**

**"Keeping Your Team
Going"
(Chapter 5 - June)**

**"Know What to Expect"
(Chapter 6 - July)**

***Remember, you can
order the whole book
(\$10 - for a limited
time only)***

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facebook

possibility for the care partner to either maintain or lose control to some degree. There's also an opportunity **for dialogue, compassion, and increased understanding. Once again, it's important to remember that the care partner is the one who ultimately will live with the situation, and is the one who has the last word!** If, after discussion, you and other team members, or your care partner disagrees, consider a brainstorming session or bringing the issue to a neutral the party, perhaps a trusted family friend or trained counselor.

- ***Too Much Help:*** There are many "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. One such "problem behavior" could be solving a problem for her because it's faster or easier for you to just



do it. Here's a **Cool Free Download** to help you identify and avoid others. **You can learn to tell the difference between these and** certain attitudes and behaviors, they allow care receivers to develop and use their strength, flexibility and resourcefulness. It's explained in this **Cool Free Download. Editorial Footnote:** The first and most important stumbling block to getting the help we need is that, as a group, we're NOT very good at asking for help. We beat around the bush. We demand. We whine. We procrastinate. We think that going solo shows strength. **At PSN, we beg to differ! - So come to or offer a training session to help get over this hump.**

News & In the News



Coming to YouTube . . . soon!

We're working on making a variety of Personal Safety Net® videos and personal stories available on-line through our own YouTube channel. Our first test is up now - it's Judy explaining the safety net created upon her arrival at college.

Now we're looking for more personal safety net stories from YOU! If you'd like to tell us your story and have it saved on video and uploaded to our YouTube channel, please call us or send us your video recording. If your phone has video, this is an easy choice! As always, we're ready with prizes for those who help . . . Call or email us.

New WALLET CARDS - 2.0

They've arrived! The PSN Wallet Card 2.0 - new and improved - is now available for free from our office. If you have your wallet card, simply send us a self-stamped addressed envelope and tell us how many of the new ones to send to you. Yes, we said they are FREE and the very best way to gather needed information and prepare yourself for an immediate emergency.