

# THE C.A.R.E. TEAM CARES!

*The New England C.A.R.E. (Cholangiocarcinoma, Advocacy, Research, and Education) Team acknowledges all the hard work, love, and commitment it takes to be a caregiver.*

## Quick Caregiver Quality of Life Scale

*Respond Yes or No to the Following Statements:*

I keep up with my hobbies and interests.

I have a positive outlook on life.

My spirituality has increased.

I get support from my friends and family.

I have developed a closer relationship to the person I am caring for.

If you answer NO to 3 or more the statements, you may be experiencing burnout. Take a moment to go over coping skills and self-care methods to relieve burnout.

Statements influenced by THE “Caregiver Quality of Life Index-Cancer (CQOLC) Scale”. Find full version, at

<https://www.midss.org/content/caregiver-quality-life-index-cancer-cqole-scale>

## Caregiver Tips

- Keep yourself a priority as well as your loved one.
  - Try Cholangiocarcinoma Foundation’s *CholangioConnect* Program and find a fellow caregiver to talk to.
- Ask questions- don’t be afraid to talk to the healthcare team for advice on providing care, or any questions you might have.
- Know your worth- you are providing a priceless gift to your loved one by being a caregiver.

*Full Reference List Available Upon Request*

## What is burnout?

Providing care to others can take a toll on an individual. Burnout is characterized by emotional exhaustion and by chronic negative responses to stressful conditions (Morse, Salyers, Rollins, Monroe-DeVita, & Pfahler, 2012). Individuals are likely to develop symptoms of burnout if they do not take a moment to refuel and regenerate.

## Easy Coping Skills & Self-Care Methods to Try Today

- Make sure you are drinking water, not just coffee.
  - Your health and wellness is a priority too.
- Practice Gratitude: write down 3 things you are grateful for.
- Do 15-minutes of physical activity... walk, run, dance, stretch- just be active!
- Try progressive muscle relaxation (PMR): Squeeze fist tight, count to 5, then let go.
  - Search online for full steps on how to complete PMR throughout your entire body.
- Make a playlist of your favorite music.
- Deep Breathing: breath in, hold it for 5 seconds, and exhale. Repeat 3x.
- Imagine your favorite place: What do you Smell? Hear? See? Feel?
  - YouTube (free) and the “Calm” app offer similar guided imagery meditations.
- Schedule a period of time during the week where someone can take over your caregiver duties. Use this time to do something for YOU.