



# A highlight of ideation sessions

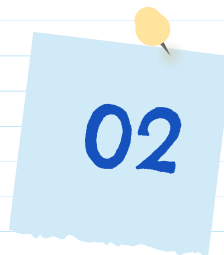
Teresa Lawrence, PhD, PMP, CSM  
teresa@internationaldeliverables.com  
716.536.4848

## Ideation Sessions



Care givers  
What they said

+



Providers  
What you bring

=



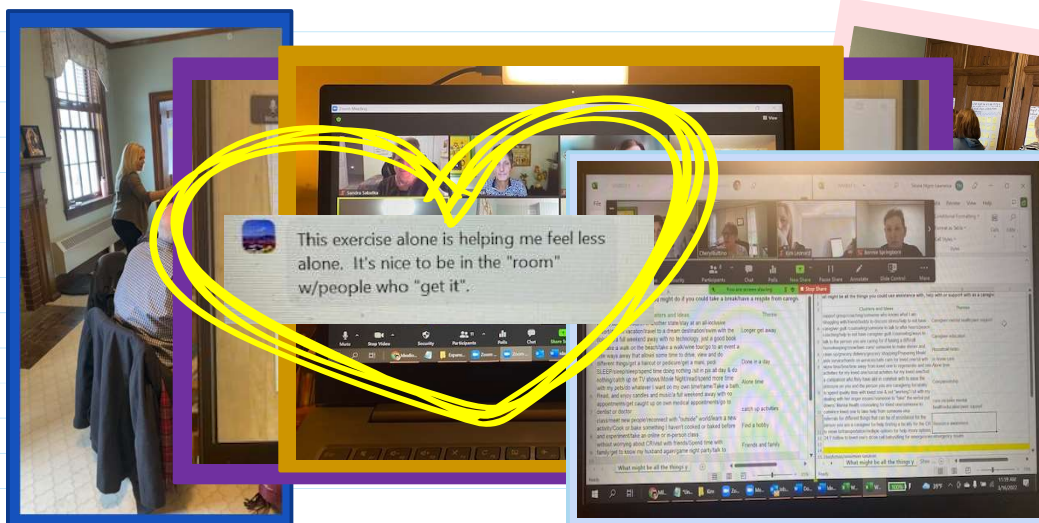
Novel + useful  
Creative!

## Ideation Sessions



- Providers/Caregivers/Providers and Caregivers : Virtual and in person
- Creative questions with caregivers:
  - What might be all the things you need support with/help with/assistance with?
  - What might be all the things you would do if you had a period of respite?
  - What might be all the things inhibiting you from taking a respite?
- Creative questions with providers:
  - In what ways might you collaborate with other providers?
  - What might be all the **improvements** or **new** respite services or programs you might provide?!

## Giving Care Givers Voice



## WMBAT things you might do...?

### Go out/connect with others

Go out with my friends, see my friends, talk to people, meet with a friend, spend time with my friend just laughing, meet new people, reconnect with "outside" world, social connections are so important - activities - brain engagement

### Reconnect with friends and family

Go out for a meal/have dinner as a family or with friends again, time with friends without worrying about CR, spend time with family, get to know my husband again, game night party, talk to friends on the phone, have coffee with my sister, have a glass of wine with my friends

## WMBAT things you might do...?

### Take "one dayers"

Go on a day trip, attend a concert, relax by the water, eat a hot dinner, go out to listen to music, go to the movies, casino visit, volunteer, dog therapy visitations, go out to lunch *and not worry what he was doing*, go shopping *without feeling guilty*, jump out an airplane with a parachute

### Take MORE "one dayers"

Spa day and recoup, go on a day trip, take a walk on the beach, sit on the beach, take a walk, wine tour, go to an event a little ways away that allows some time to drive and view and do different things, get outdoors, ride a horse, do some gardening

## WMBAT things you might do...?

### Travel/longer get aways

Travel, weekend away, go on vacation, go on a cruise, stay at an all-inclusive resort, dream vacation, travel to a dream destination, swim with the dolphins, a full weekend away with no technology, go to Hawaii, hide in the mountain cabin

### Make visits

Visit with my grandchildren, spend time with my children, go to a play with my kids, visit daughter in NYC, go see my children in another state, spend time with my granddaughter

## WMBAT things you might do...?

### Self-care activities/Me time

Sleep, sit by the lake, do nothing, mani and a pedi, yardwork, just sit and relax, take a nap, watch a movie, go for a walk, go for a long bike ride, go to the gym, learn to sew with a sewing machine, just a good book, schedule my own medical appointments

### MORE self-care activities/Me time

Exercise, take a walk or hike or bike ride, a garden center, get outside, exercise class, get a massage, get a haircut, watch a sunrise/sunset, just be me and not a caregiver, visit the Chelsea Senior Center, crank up the volume on the stereo to the max and shake up the house

## WMBAT things you might do...?

### EVEN MORE self-care activities/Me time

Spend time doing nothing, sit in pjs all day & do nothing, catch up on TV shows, Movie Night, spend more time with my pets, do whatever I want on my own timeframe, take a bath, enjoy candles and music, relax, have a nice quiet drink of wine, no responsibilities

## WMBAT things you might do...?

### Get support

It would be GREAT to have a focus group for caregivers - a support group, I would talk with someone with whom I could vent my frustration, do anything that takes my mind off me and cancer, have discussions with other caregivers/cry with a family member/friend

### Find a hobby

Join a garden club, yoga class, dance class, learn a new activity, cook or bake something I haven't cooked or baked before and experiment, take an online or in-person class

### Take time for faith

Pray, go to church

## WMBAT barriers inhibiting a respite:

### How to/where to start

Resource/program awareness, navigator, logistics, paperwork, options, schedule, coordination

### Practical barriers

Cost, transportation, mobility challenges (CG/CR), CG obligations - household chores/work/family, time management, emergencies

**Barriers**

### Caregiver emotions

Guilt, fear, worry, anxiety, vows/promises, overwhelmed by the planning/organizing, need for emotional support, lack of trust - "stranger", dealing with the aftermath

### Care receiver response

Anger, fear, mood, resistance to change in routine, refusal of help but for/from CG

## Providers - The Three Take Aways



### Access to Caregivers

Organizations who easily/as part of their work access/convene caregivers.



### Established Programs

Organizations who have services or programs in place.

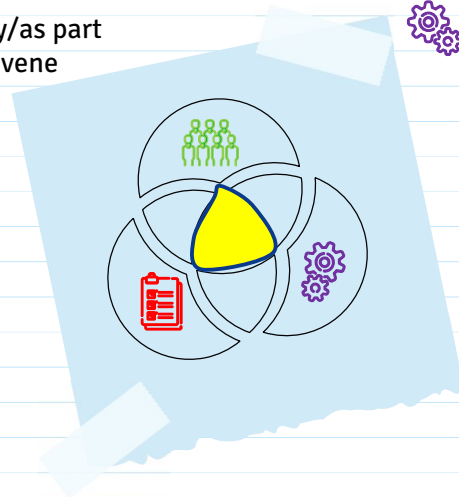
- Trainings
- Services



### Refined Logistics

Organizations who have "nuts and bolts" figured out.

- Space/location
- Transportation
- Technology
- Volunteers



**Novel + useful**

**“New” respite programs!**

- Improvements to existing respite services or programs
- New respite services or programs
- Increase the supply, range of, and access to respite opportunities for family caregivers
- Small **is** OK!  
Size of project AND collaboration

**exhale**  
THE FAMILY CAREGIVER INITIATIVE

**Reactions or questions?**

