

## Providing Compassion and Patience

Caregiving is a role that you may take on at some point, which impacts your lifestyle, schedule, and even your relationship with the care recipient. What are some ways to help you maintain compassion and patience as you go along your caregiving journey?

### 1. Know your limitations (self-awareness)

- The goal for caregiving is not to be perfect. Always know that there will be a limit to what you can do alone. The first step to providing good care for your care recipient is acknowledging this.

### 2. Take breaks (self-care)

- Even a five-minute break can allow you to reset and recharge. Breaks do not have to be an hour and should refresh you before going back to your caregiving role. Whether it's 15 minutes spent reading a new book, engaging in a weekly exercise class with friends, or exploring hobbies, it is important to make self-care a priority.



### 3. Seek help

- **Enryo can sometimes be harmful** – While many of us may be hesitant to ask for help, not doing so and fear of being a burden can cause additional stress as well.
- **Be aware of decision fatigue** – Having to make, or at least feeling like you have to make, the majority of decisions for your care recipient can become exhausting. Consider asking family or friends to help with certain decisions, such as meal planning or activities.

### 4. View the situation from your care recipient's perspective

- This may help you understand how they may be feeling or why they are acting a certain way. Rather than assuming you know, regularly ask about your care recipient's preferences and thoughts.
- **Anticipate their needs and feelings** – It may not always be possible to ask in advance, or your care recipient may not respond. Use your past experiences and look for non-verbal cues to help guide your decisions and actions.



For the full version, visit [keiro.org/patience-compassion](https://keiro.org/patience-compassion).