



BOUNDARIES AND CAREGIVING

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Caregiver Trainer for Visiting Angels



WORKING ASSUMPTIONS

- You chose this profession because you want to help and you want to make a difference.
- It is the mindful, compassionate caregiver, such as yourself, that will likely struggle with finding a balance between serving the needs of your family member/ clients, while still being mindful of your own needs, limitations. **This is not always easy to define.**





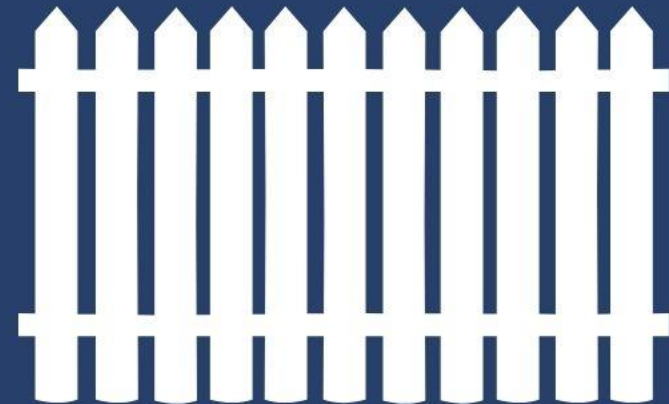
DEFINITION OF TERMS

BOUNDARIES

Boundaries is the term we give to the process of navigating where *my needs and interests end and another's begin*.

Boundaries relate to a sense of self. They are a tangible expression of how we define ourselves.

Boundaries are a metaphorical fence.





OBJECTIVES

- Recognize when your boundaries have been breached.
- Understand the benefit of setting boundaries.
- Create a picture of what boundaries look like.
- Steps you can take to establish healthy boundaries that serve you and the person you're caring for.
- Offer insight when you find yourself dealing with a "broken fence."

BOUNDARY BREACHES

Internal Breaches:

- Guilt
- Burnout and Exhaustion

External Breaches:

- Feeling offended and angry
- Resentment



BOUNDARY EXAMPLES

External Boundaries: boundaries that involve saying "no" to others.

Setting boundaries serve the primary purpose of mitigating the negative effects (i.e. guilt, anger, resentment) of poor or absent boundaries so that you can continue to support your client from a position of strength and integrity.

When we fail to set boundaries...

"we will privately endure the pain of someone's irresponsibility instead of telling them how their behavior affects us and other loved ones, information that would be helpful to their (the client's or family members) soul"

-pg. 103 "Boundaries," by Dr. H. Cloud and Dr. J. Townsend



BOUNDARY EXAMPLES CONT.

Internal Boundaries: boundaries that involve saying "no" to yourself.

If you find yourself crossing or tempted to compromise clear agency standards—this is a time for self-reflection; this is a time to ask:

What is getting in the way of me setting this limit?





SIMPLE STEPS TO ESTABLISH AND MAINTAIN HEALTHY BOUNDARIES

- Establish boundaries on day one
- Blame the Agency
- Learn to be objective
 - Is what I am doing secretive?
 - When I enter my notes at the end of my shift, is there anything I did or said that I am not comfortable disclosing?
 - If my supervisor, employer, client's family member, or my pastor could hear my conversation or see my actions, would they approve?
 - Is what I am doing causing me worry, guilt, or stress?
 - Has someone already commented on my behavior or suggested I stop?
- Develop communication skills
 - *"I feel... when... I would ask that you... (the limitation you are asking them to exercise)"*

REBUILDING THE FENCES

Take responsibility for your feelings and actions

The anger and resentment you feel for actions taken or not taken, words said or not said, by your client or family member, might be attributed to the challenges you had in not setting appropriate boundaries.

Forgive

Forgiveness involves letting go of the debt you believe you are owed (“they should say they are sorry”, “I am owed an apology”). Once you surrender this expectation, you are no longer bound to them. To choose not to forgive, is, basically, to keep yourself emotionally hostage to the resentment you are harboring against them for behaviors they are unwilling or unable to acknowledge and take responsibility for.



CLOSING COMMENTS

Thank you for attending.

Please feel free to reach out to me at Visiting Angels if you have any additional questions, would like to take one of my other classes, or would like to inquire about our services.

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