Navigating the Caregiver Journey
Krisie Baron LSW Caregiver Specialist
Speaker, Trainer, Coach, Consultant, Care Partner

Getting to know each other
Coffee or Tea
Social or alone time
Indoors or outdoors
Early bird or Night owl
Structure or no structure
I find comfort by/in...
My biggest pet peeve is...
When I am upset I need you to...
The #1 thing in my morning routine...
The scariest thing I have experienced is...
Give yourself a break
Finding Balance

guilt

triggers
Self Deception

Book of Rules

Rubber Band Theory
Wife   Caregiver

Wife   Caregiver

Ambiguous Loss...

One of the hardest things you will ever have to do, my dear, is to grieve the loss of a person who is still alive.

Word Porn
Pause...Breathe...Proceed
Breathe
Breathe

How we start... dictates where we end...

~Krisie Barron LSW Caregiver Specialist
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