



The Caregiver Toolkit

Setting Boundaries as a Caregiver

Meeting Objectives

- 1 Understand the definition of boundaries
- 2 Discuss signs to set boundaries
- 3 Discuss the benefits of setting boundaries
- 4 Understand the barriers to setting boundaries
- 5 Review steps to setting boundaries

Defining Boundaries

- ❖ “Something that indicates or fixes a limit or extent” - Merriam Webster Dictionary
- Example: “No trespassing” sign indicates that we should not go past a certain point for our own safety
- Personal boundaries, like our traffic guidelines, are meant to protect our well-being





You feel resentful



You feel exhausted



You feel obligated

Signs to Set Boundaries



You feel anxious

Reflect

- ❖ How do you want to be treated?
- ❖ What you are willing to do? What are you not willing to do?
- ❖ How do you want others to behave around you?

Benefits of Boundaries



- ❖ Boundaries allow us to:
 - Retain our identity
 - Prevent others from taking advantage of us
 - Promote healthy relationships
 - Allow us to be appropriately assertive
 - Empower us to strive for personal goals
 - Improve self-respect and self-esteem
 - Establish empathy for others
 - Promote self-care

Barriers to Setting Boundaries

**CAREGIVER
IDENTITY**

FEAR

GUILT

**LACK OF
AWARENESS**

**LOW SELF-
ESTEEM**



Reflect

- ❖ Share about a time when you could have benefited from setting a boundary but did not.
- ❖ What prevented you from setting the boundary?
- ❖ What was the outcome?

Steps to Setting Boundaries

1. Identify personal barriers
2. Seek solutions
3. Know your limits and recognize your needs
4. Trust your intuition
5. Slow down and take time to think about requests before responding
6. Communicate clearly and effectively





Examples

- ❖ “I need 20 minutes, three times a day, to eat in silence. I love to chat with you, but I can’t give you my all without some quiet meal times.”
- ❖ “Can we get all of your nighttime needs met by 9pm, so I have an hour to journal and wind down before sleep?”
- ❖ “I will be going on a morning walk after your morning routine on days I feel up to it. I wanted to let you know that’s on my schedule, and you’re welcome to join me whenever.”

Reflect

- ❖ Share one new boundary that you would like to establish that would improve your overall well-being.



Activity Time!



AFFIRMATIONS FOR SELF ESTEEM

POSITIVE MAGAZINE



Questions?

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References

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