## 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 obligated

#### Signs to Set Boundaries



You feel exhausted



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**



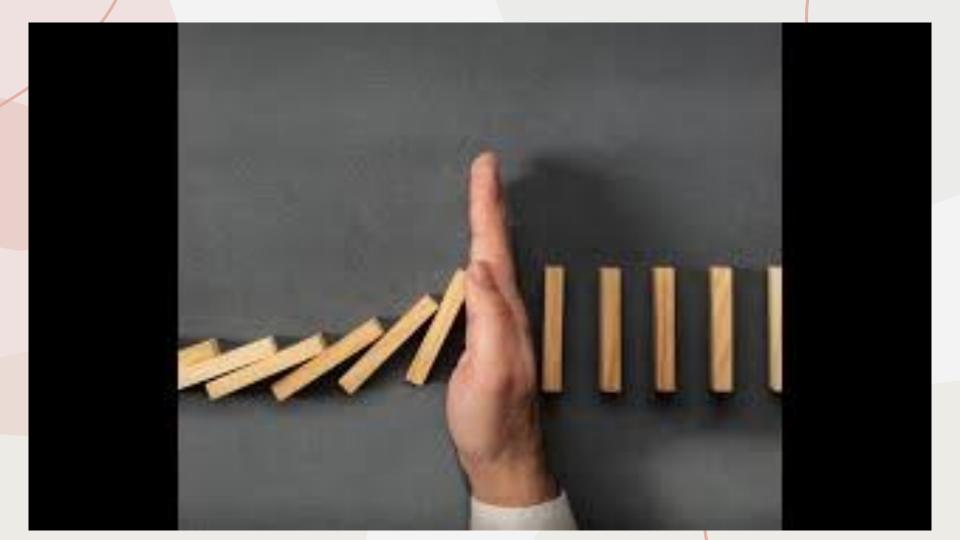
## Reflect

- 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!



## Questions?

# Satisfaction Survey

#### Please scan the QR code to fill out



## References

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