

Forgiving The 19 Caregiving Systems

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Forgiveness

About Me

- Supporting family caregivers since 1990.
- Helped my dad who died in July 2023; cared for my mom until her death in August 2022. My brother died in August 2021.

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Forgiveness

Caring for ourselves can include
the process of forgiveness.

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Forgiveness

"My working definition is just to replace ill will toward the offender with good will. Forgiveness is not forgetting the action or pretending it didn't happen; it's not excusing or condoning the action, and it's not the same as reconciling or forgoing justice. One can forgive while still pursuing a just outcome."

~Tyler VanderWeele, the director of the Human Flourishing Program at Harvard

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Forgiveness

A few notes about forgiveness:

- It's good for us
- It's also hard for us
 - Takes time and energy
 - Can be an exhausting process

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Forgiveness: A Process

- How does the injustice feel?
 - Betrayal | Heartache | Unfairness | Awful | Embarrassment
- How could forgiveness feel?
 - Peaceful | Accepting | Hopeful | Empowering | Sans
- What's a just outcome?
 - What's just for you? For your caree? For others who were and could be impacted?

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Forgiveness

I believe we will forgive when it's right for us.

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Forgiveness

Forgiveness during a caregiving experience can be complicated because of all the systems we manage.

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Climate	Nervous
Community	Payer
Education	Provider
Family	Relationship
Financial	Self
Health Care	Social
Home	Spiritual
Legal	Technology
Medical	Workplace
Narcissism	

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Climate

Bad weather can lead to power outages, delays in service and inability to access services, help and support.

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Community

Organizations and businesses can sometimes make our experience harder than it has to be.

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Education

Helping others understand a disease process can be challenging.

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Climate | Community | Education

What does a just outcome look like
for experiences within these systems?

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Family

We manage relationships with our carees, our
immediate family members, our siblings and
others.

We also navigate denial, resistance,
changing dynamics and unsolicited advice.

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Financial

We may feel the pressure to do a lot with not
enough.

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Health Care

Our health care system can feel really broken.

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Home

We manage our caree's home and our home. We may need to fit caregiving equipment, supplies, products and help into our home or our caree's home. We also give up our privacy in our home to visits from home health aides and other health professionals. We may need to look for a new home for our caree, like assisted living, memory care or a facility, when care needs at home become too great.

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Family | Financial | Health Care | Home

What does a just outcome look like
for these systems?

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Legal

What if our legal system doesn't protect our caree? Ourselves?

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Medical

Making decisions about treatments and care plans can be overwhelming.

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Narcissism

For me, narcissism is about a lack of empathy and service to self/system above all else.

Providers, family members, friends, colleagues and systems can have narcissistic qualities.

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Nervous

We try to stay calm and patient while also trying to keep our caree calm.
When our nervous system feels out of control, we also feel out of control.

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Payer

What if the payer doesn't pay for services we need?

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Legal | Medical | Narcissism

Nervous | Payer

What does a just outcome look like for these systems?

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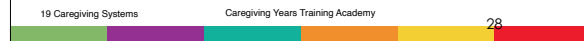
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Provider

What if we can't trust our providers to be reliable?



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Relationship

We have relationships that may drain us.



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Self

You are also a system. You are the only system that interacts with the other 18 systems.



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Social

What if our social system (friendships, colleagues) disappear?

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Spiritual

How do we keep the faith?

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Technology

Technology can be our frenemy.

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Workplace

How do we ensure we stay connected to our work which gives us purpose? How do we create a workspace for our caregiving role?

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Provider | Relationship | Self | Social |
Spiritual Technology | Workplace

What does a just outcome look like
for these systems?

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Which outside influencers impact the systems?

- Holidays
- Seasons
- Resources
- Stress
- Energy
- Crisis

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What does a just outcome look like
for these situations?

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How can we be just with ourselves?

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