

## Caregiving 101 Tips

### ***Autonomy & Self-Esteem: Part 3-Control***

In response to the dependency issues on both sides of this relationship, both the care recipient and the caregiver may attempt to control the other.

Care recipients may time their demands and needs in such a way that they conflict with important events and other duties of the caregiver. They may refuse to cooperate with their own care—not taking medications, failing to exercise or not eating. They may also try to manipulate the caregiver with guilt.

Caregivers, on the other hand, may become so overworked and manipulated that they take out their frustrations on the care recipient—becoming emotionally or physically abusive in an attempt to regain control of themselves and their situation. Caregivers can create dependency and care receivers can develop dependence as a selffulfilling prophecy. Often, caregivers refuse outside help, making autonomy difficult. This is especially problematic during the last few weeks of life, when hospice care can be an important and critical support system.

More information on this topic is in our web site:  
<http://www.lcsnw.org>.

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