

Caregiving 101 Tips

Autonomy & Self-Esteem: Part 4

Rebuilding Self-Esteem: Care Recipients

To counteract the unhealthy extremes of dependency and control, it is important that both the care recipient and the caregiver have the opportunity to build their self-esteem.

Care recipients must be treated with respect and dignity at all times. To allow their personalities and self-esteem to flourish, encourage them to engage in activities that they enjoy. This will also help them to stay more mentally alert. Support activities such as: ■ listening to music or books on tape ■ dancing ■ creating art ■ interacting with friends, old and new—form and reinforce social relationships outside the relationship with the caregiver ■ attending church ■ joining a dance class ■ sitting outside and enjoying the seasons ■ spending time with a pet ■ joining an exercise class.

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

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