

What is Caregiving?

A caregiver is defined as a person who regularly looks after a child, sick person, elderly person, or disabled person.

This includes physical care, emotional care (listening, talking, giving reassurance), and service to help meet the needs of another individual.



CHANGES
COUNSELING &
CONSULTATION

More Information :



(801) 542-7060



info@changescounseling.org



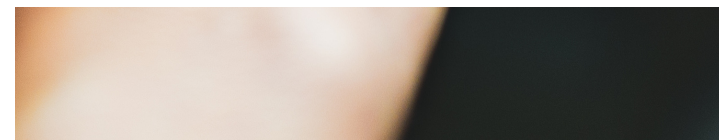
8221 S 700 E, Sandy, UT 84070



<https://www.changescounseling.org/>



Caring for
Others



Generational Impacts

Substance Use

Rates of substance use and domestic violence are increased for individuals whose parents modeled the behavior. Being a frequent witness to misconduct normalizes the actions as appropriate coping mechanisms

Domestic Violence

Viewing parental discourse leading to domestic violence results in developmental deficits for the children involved. These deficits include but are not limited to social, behavioral, and emotional skills required for daily function.

Poor skill development leaves these children without the abilities to navigate conflict and develop appropriate relationships. This perpetuates the act of domestic violence across generations.

Teaching Conflict Resolution

- Substance use results in diminished executive functioning skills: reasoning, emotional regulation, impulse control
 - Revisit conflict when sober
- Use effective communication skills
 - Passive language: Typically apologetic in nature, fails to fully express concerns
 - Ex: “We” statements
 - Assertive language: Found to be most effective in conflict resolution
 - Ex: “I/You” statements
 - Aggressive language: Found to decrease conflict resolution, leads to defensiveness
 - Ex: “Why, I, You, & But” statements



Positive Approach to Behaviors

Ensure basic needs are met: Are they hungry, thirsty, tired, or need to use the restroom?

Catch desirable behavior and reward it with specific praise.

Identify the underlying function of the behavior to redirect it: Attention, Escape, Access to tangibles, or Sensory input