

SWEEP IT UNDER THE RUG

no one will know & no one will care



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I feel like we are so much more comfortable sweeping things under the rug and putting on a brave face, and to me, sweeping under the rug is a coward move, not a brave move at all. I want to get out there and have a conversation.

Annalynne Mccord



When I think back to who
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I was just a few years ago,
I realize, proudly, how much
my challenges have
empowered me to grow.

Karen Salmonohn

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Learning Objectives

Participants will be able to....

1. Recognize the importance of keeping the caregiver in the line of communication
2. Identify ways that the caregiver can assure s/he (caregiver) is being cared for / supported in his/her journey
3. Identify / Determine the emotions that a caregiver may experience

19 years ago,

I walked into the house. There was a new phone message....

“This is a message for Mrs. Fast - this is the General Hospital Emergency Room calling. Your husband has been in a car, oh, I mean bike accident, please call us.”



Would this injury affect ME?

YES!

YES!

YES!

YES!

YES!

YES!

YES!

YES!

Impact of a TBI

General understanding:

TBI injury impacts injured person

but we may not understand how it affects

the people around them.

Caregivers

Often caregivers are forced to attend to their injured family member with little time for themselves.

Their feelings are minimized and “swept under the rug”



How did I make it through?

- My Faith played a huge part
- Sourcing out ways to help Donald and find professionals that would listen to ME
- Finding someone to talk to who was not going to pass judgment

Coping continued

- I spent a lot of time second guessing me, who I am what I stand for, what I believe in, who are my friends.
- Had a mindset - We are getting through this
- Taking time for myself and looking after myself

Physical Symptoms

- Rashes / eczema on feet
- Constipation
- Organs stressed
- Not sleeping well waking up in the middle of night and not being able to go back to sleep
- Broke into tears
- Nail fungus
- Sore neck / shoulders / Tight muscles
- Body out of whack

...and the list goes on I am sure

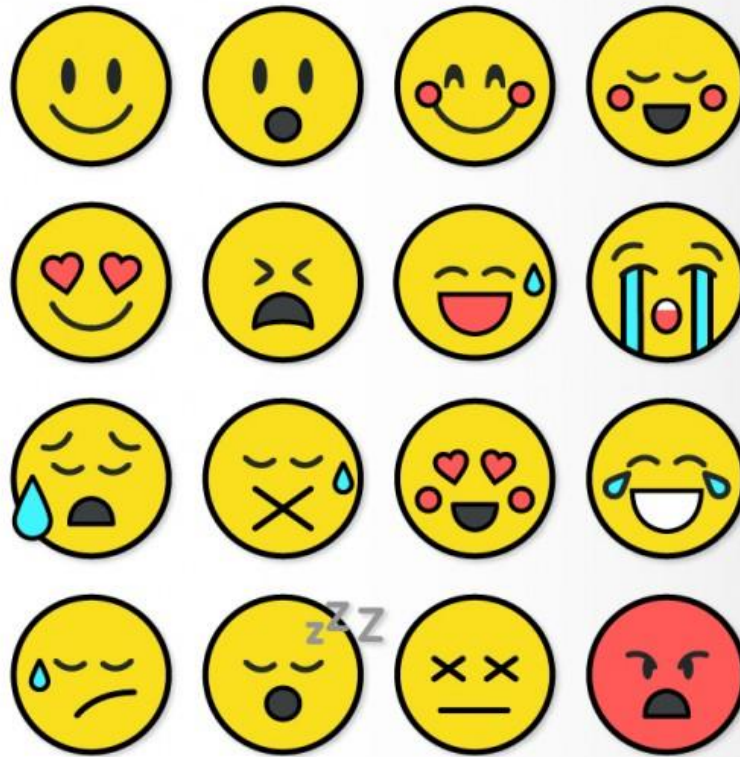
Washing the Dishes



Emotions



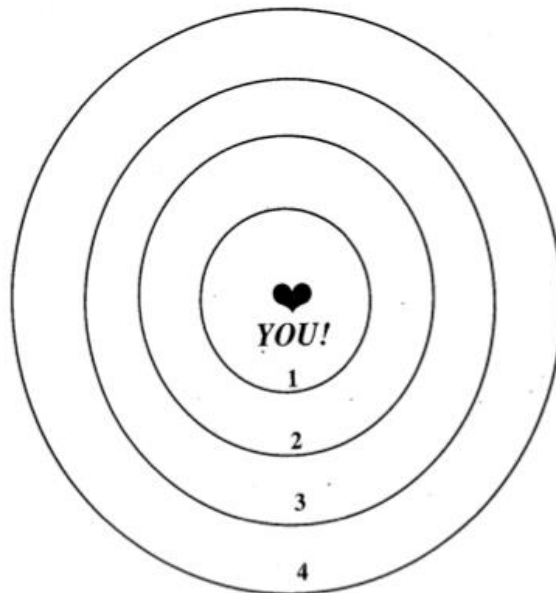
And more....



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Do you have a support system?

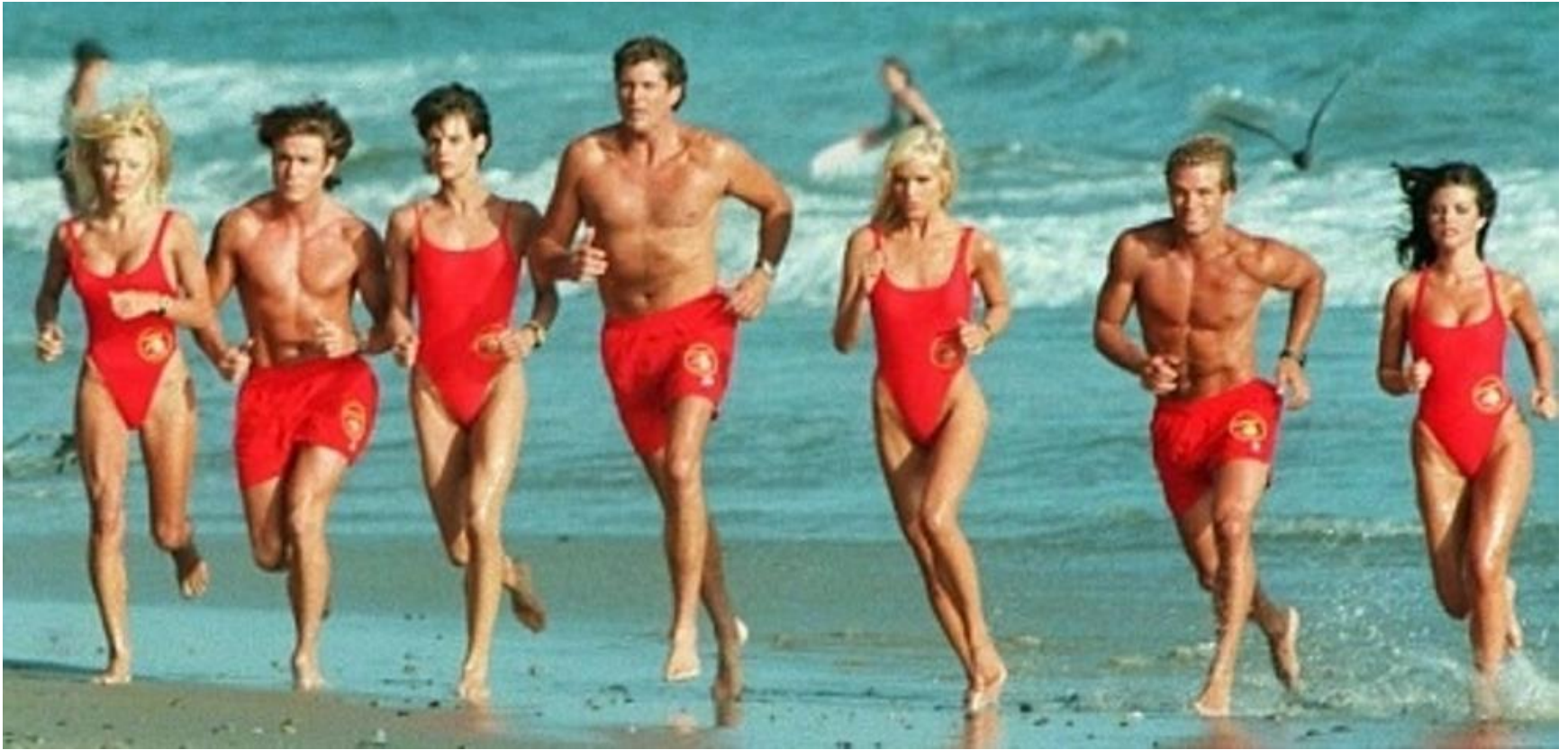
Circle of Support (Friends)



Fill Circles from the Outside-In!

- **FIRST Circle: The Circle of INTIMACY**
List the people most intimate in your life – those you cannot imagine living without.
 - **SECOND Circle: The Circle of FRIENDSHIP**
List good friends – those who almost made the first circle.
 - **THIRD Circle: The Circle of PARTICIPATION**
List people, organizations, networks you are involved with (work colleagues, the choir, the square dance club, your soft ball team, etc. – people/groups you participate in.
 - **FOURTH Circle: The Circle of EXCHANGE**
List people you PAY to provide services in your life. (medical professionals, tax accountants, mechanics, hair dressers, barbers, teachers, etc.)
- Note: People can be in more than one circle. Example: your doctor or teacher could also be a very close friend; a deceased parent/friend or even a pet, might be an intimate personal supporter, etc.*

Lifeguard Analogy



2 Things

- Taking time for oneself during a tumultuous time is crucial for healing and for retrospection.
- Be passionate in your chosen field. Create an atmosphere of connecting with the uninjured spouse helping them on their journey so she or he can be the best “lifesaver” for their loved one.



Resource Toolbox

<https://www.caregiver.org/emotional-side-caregiving>

http://www.brainline.org/landing_pages/categories/familyconcerns_results.php

<http://thecaregiverspace.org/things-not-to-say-to-a-caregiver/>

<http://thekitchenwidow.com/caregiving/make-a-caregivers-day/>

<http://www.iayt.org/>

<http://www.nucca.org/>

<http://neurokinetictherapy.com/>

<http://www.biomechanix.com/>

<http://www.drandreanaturopath.ca/>

Everything...

was so different a year ago. I can't believe how far I've come. One year can certainly change a person. Have faith. Storms end, things change, growth is hard but it's worth it.

xo iva xo

Questions or Comments?



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