



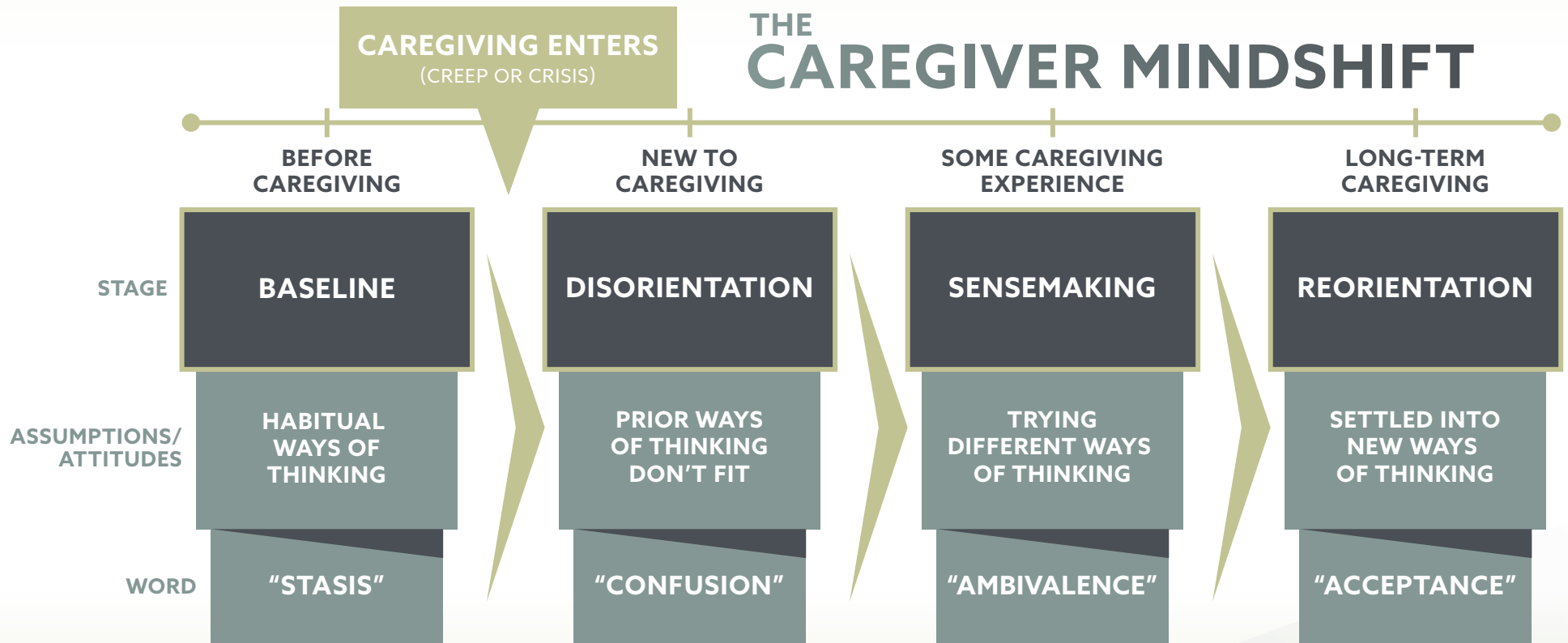
Caregiving
Kinetics

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CAREGIVING ENTERS
(CREEP OR CRISIS)

THE CAREGIVER MINDSHIFT



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The Caregiver Mindshift Model highlights how attitudes and assumptions can change in connection with ongoing experience fulfilling a family caregiving role.

Upon reflection, you may recognize how your thinking has changed since you started caregiving. These cognitive changes may be manifested in thoughts about your relationship(s), life priorities, or personal values.

Use this to evaluate the impact caregiving has had on your attitudes yesterday and today—and how your assumptions may need to change in anticipation of tomorrow.

BEFORE CAREGIVING the BASELINE Stage

How would you describe your ways of thinking BEFORE caregiving?

AFTER CAREGIVING the DISORIENTATION, SENSEMAKING, AND REORIENTATION Stages

Which stage are you in today?

The DISORIENTATION Stage

New to Caregiving
"CONFUSION"

The SENSEMAKING Stage

Some Experience Caregiving
"AMBIVALENCE"

The REORIENTATION Stage

Long-Term Caregiving
"ACCEPTANCE"

How would you describe your ways of thinking AFTER caregiving?

What former attitudes or assumptions have you changed in favor of new ways of thinking that better fit your life today?

CREEP VS. CRISIS the Arrival of Caregiving

What's the story of how caregiving entered your life?

What current attitudes or assumptions should you consider changing to be prepared for the life you will have in the future?

How do you feel about the cognitive changes you have made—or have yet to make—as a result of your family caregiving experience?