



Midwest Dementia Summit 2024

Innovations in Care



The Thriving Caregiver: Innovative Approaches to Transform Dementia Care from the Inside Out

Lizette Cloete OTR/L CADDCT, CDP
Skills2Care Cert.







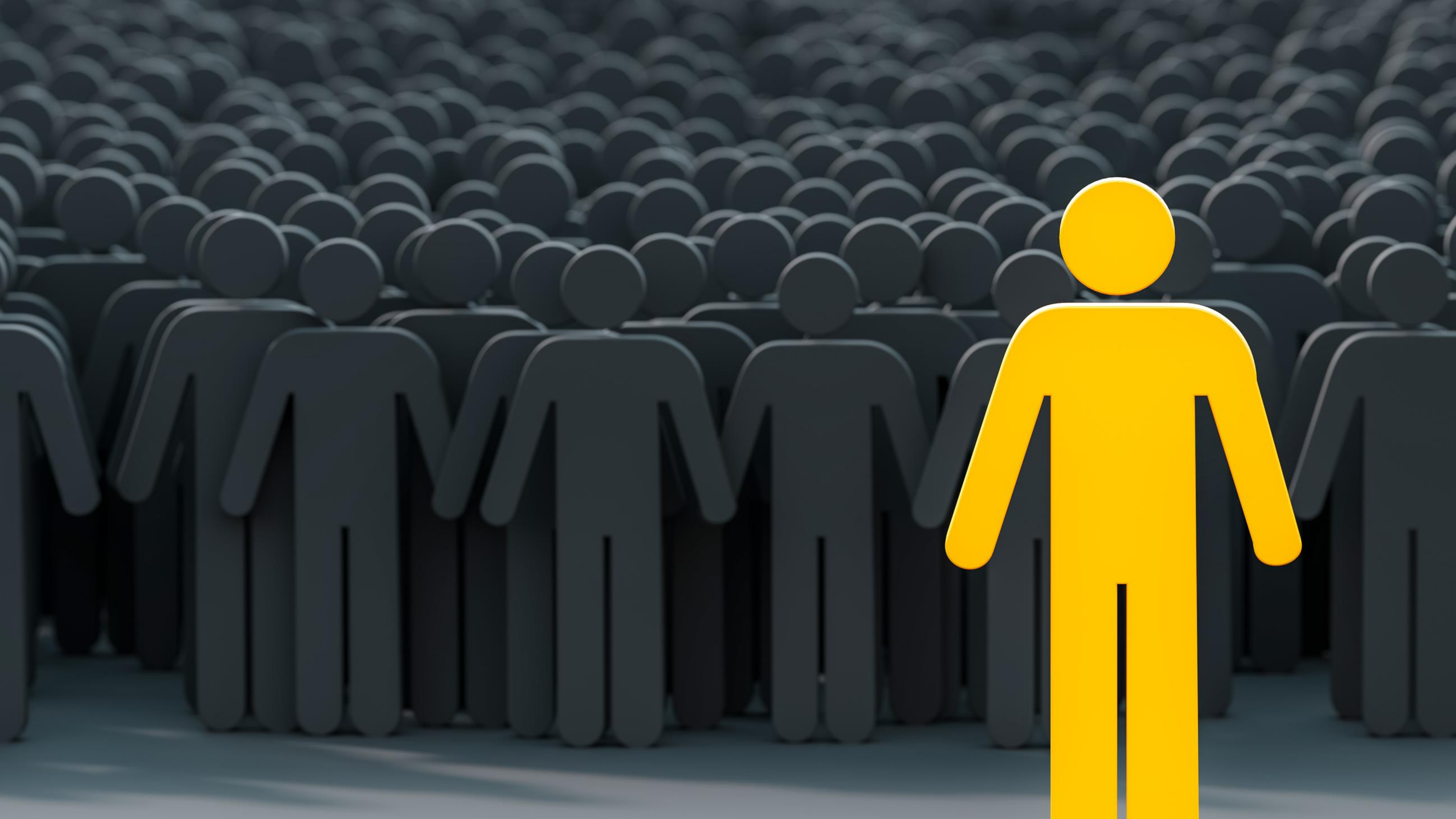
Spouse or Child



Feeling Overwhelmed



Easier Way



Gain Clarity



NEW MINDSET

WWW

LOADING...



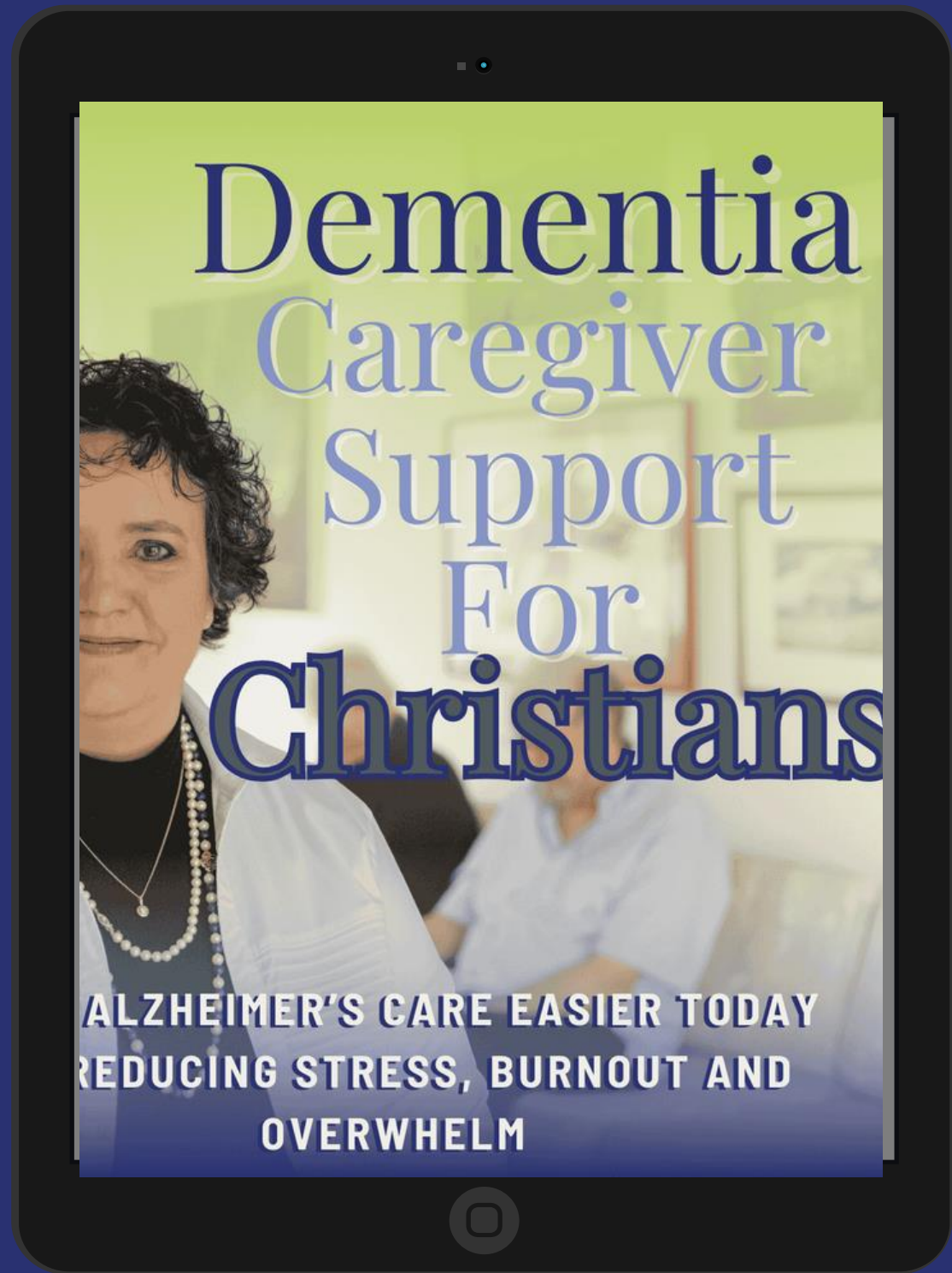
Repeatable

**Your Mind Is
the Key to
Creating
Moments of
Joy and
Enhancing
Caregiving
Outcomes**

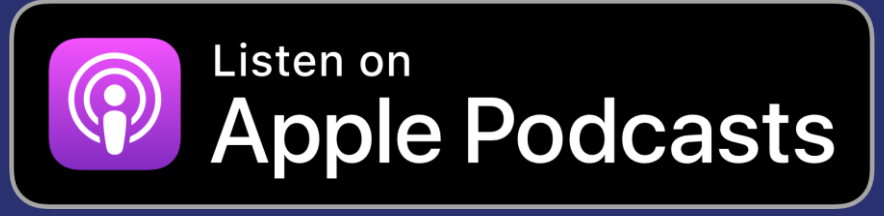








Dementia Caregiver Support For Christians Podcast



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CHALLENGE





CONFUSED



OVERWHELMED



HARD



LOSS



O P P O R T U N I T Y



CLEAR

A person is rappelling down a large, reddish-brown rock face. The person is silhouetted against a clear, light blue sky. They are wearing a light-colored shirt and dark pants. A rope is attached to a carabiner on the rock and runs down to the person. The lighting suggests it is either sunrise or sunset, with the rock face glowing with a warm orange light. The overall scene conveys a sense of adventure and support.

SUPPORTED



EASIER

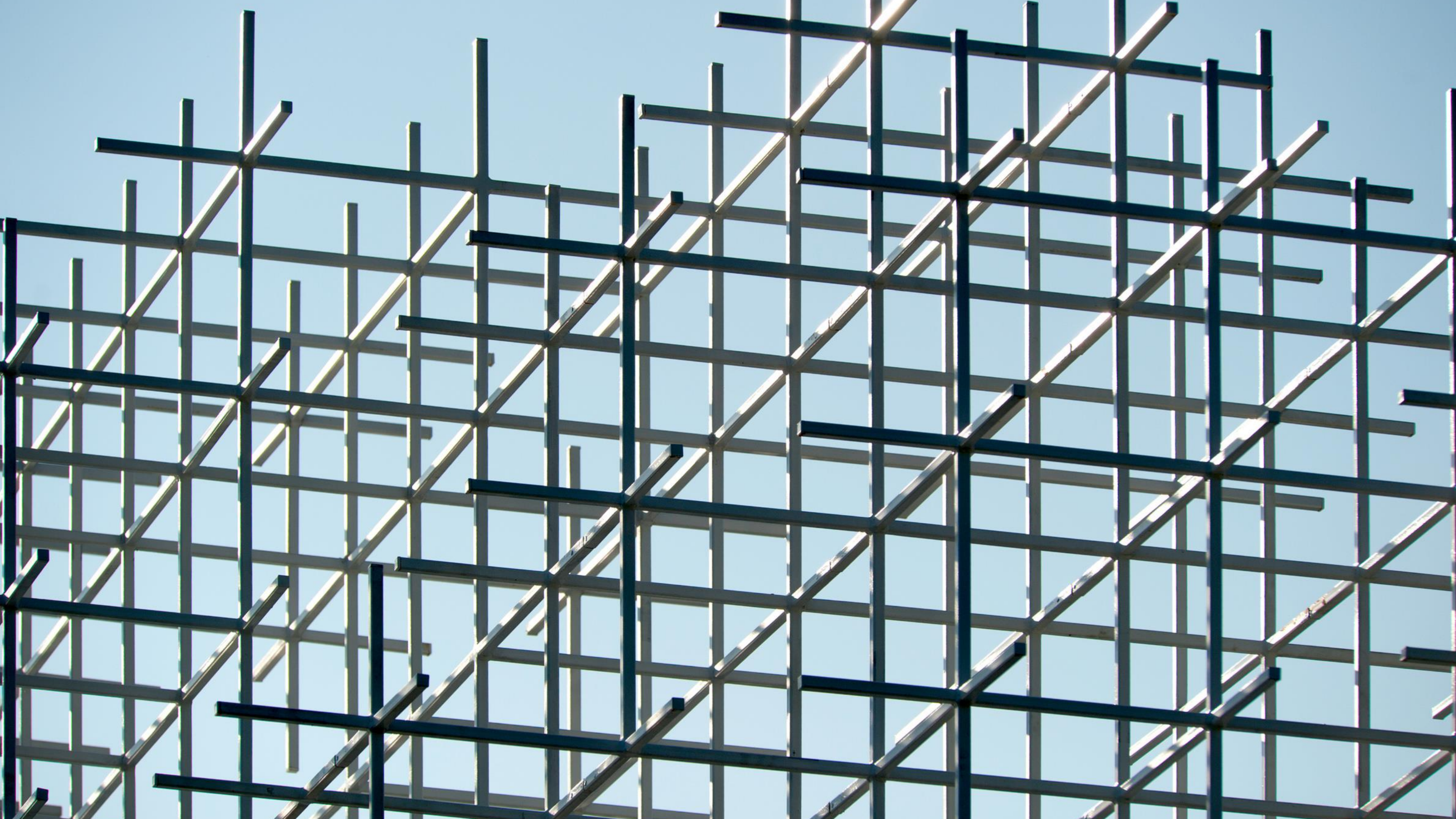


HOPE



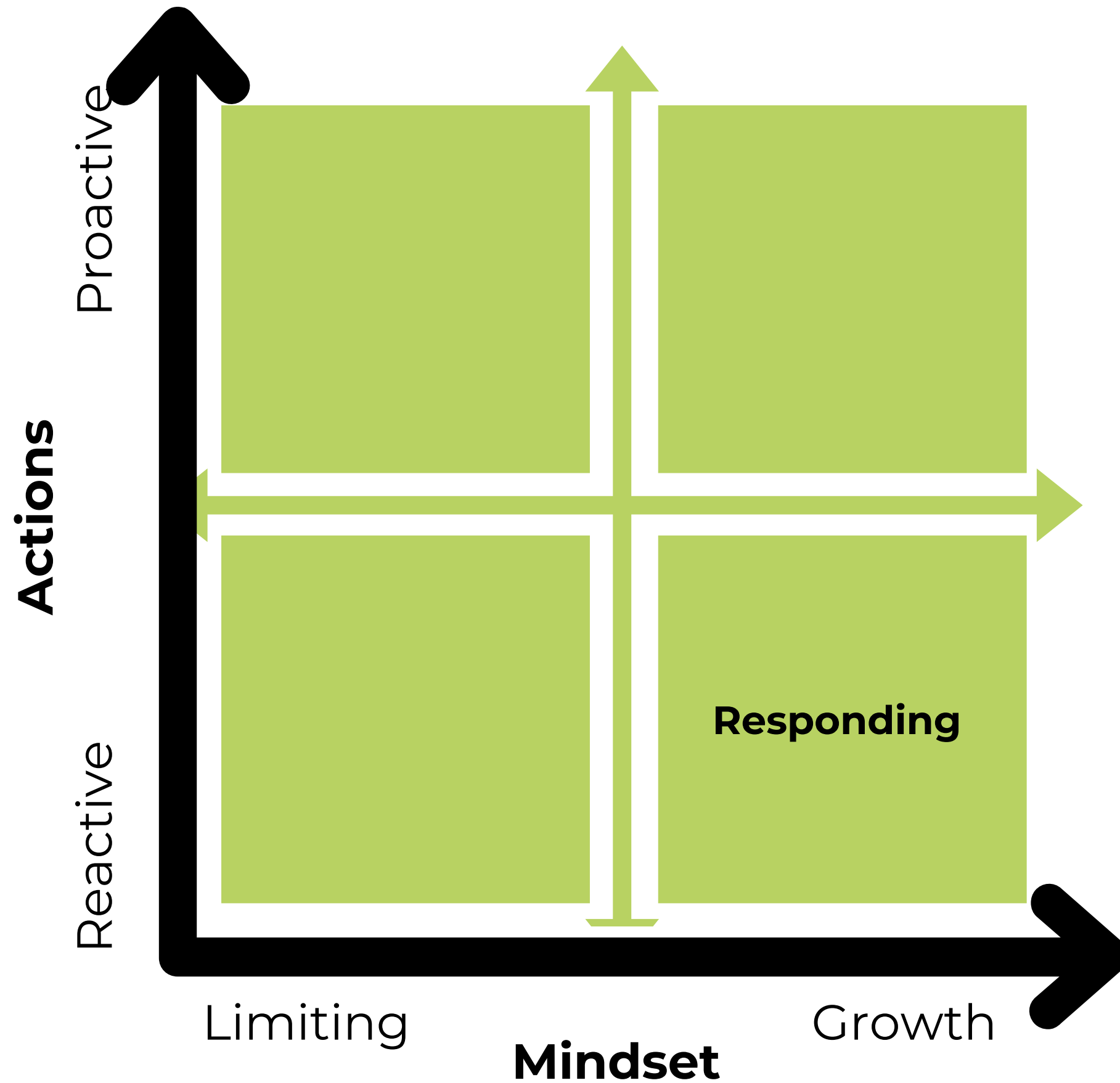
**Shifting your
mindset is the
most effective way
to transform
caregiver burnout
into moments of
joy and meaningful
connection**



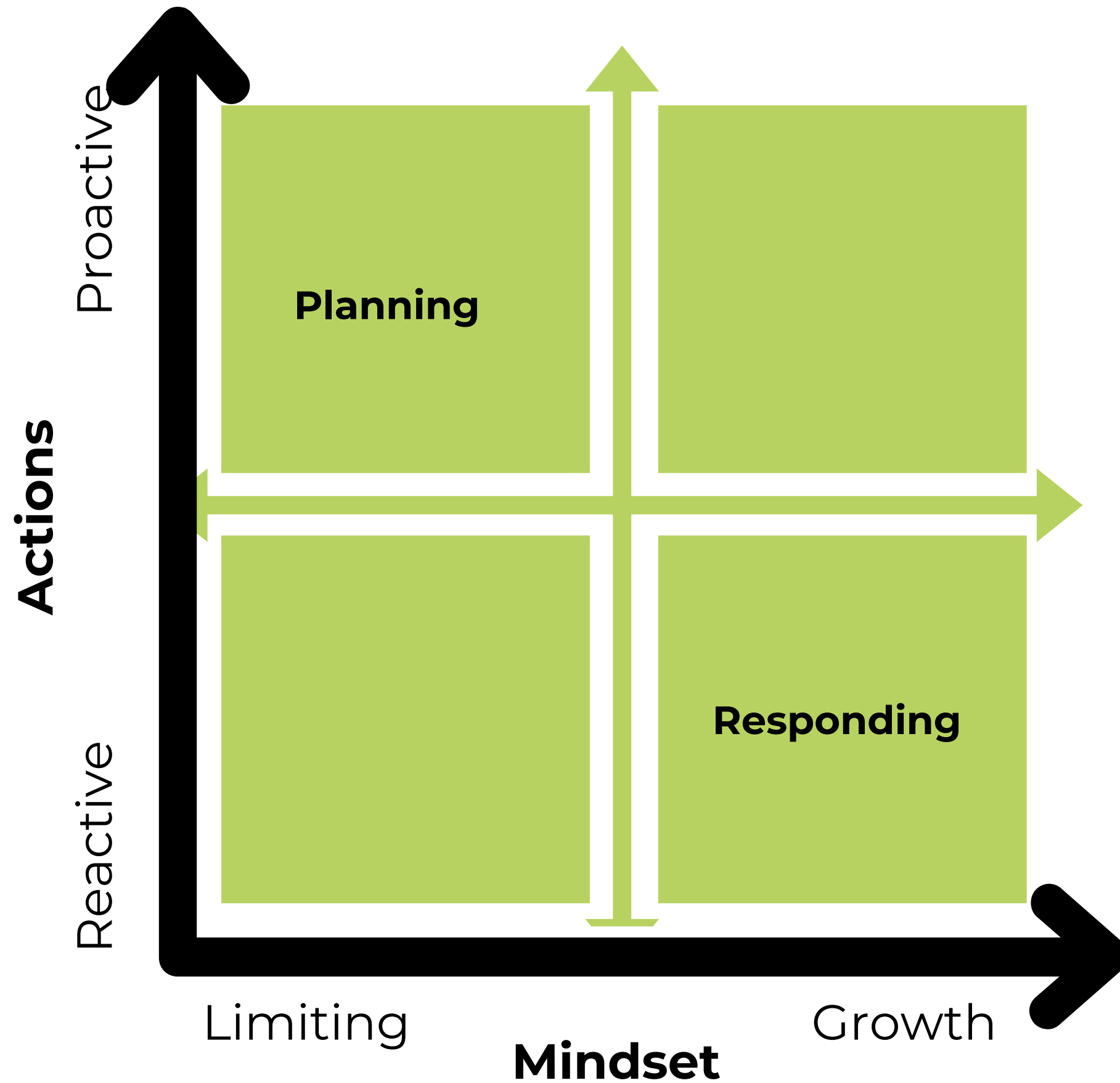


The Thriving Caregiver Framework

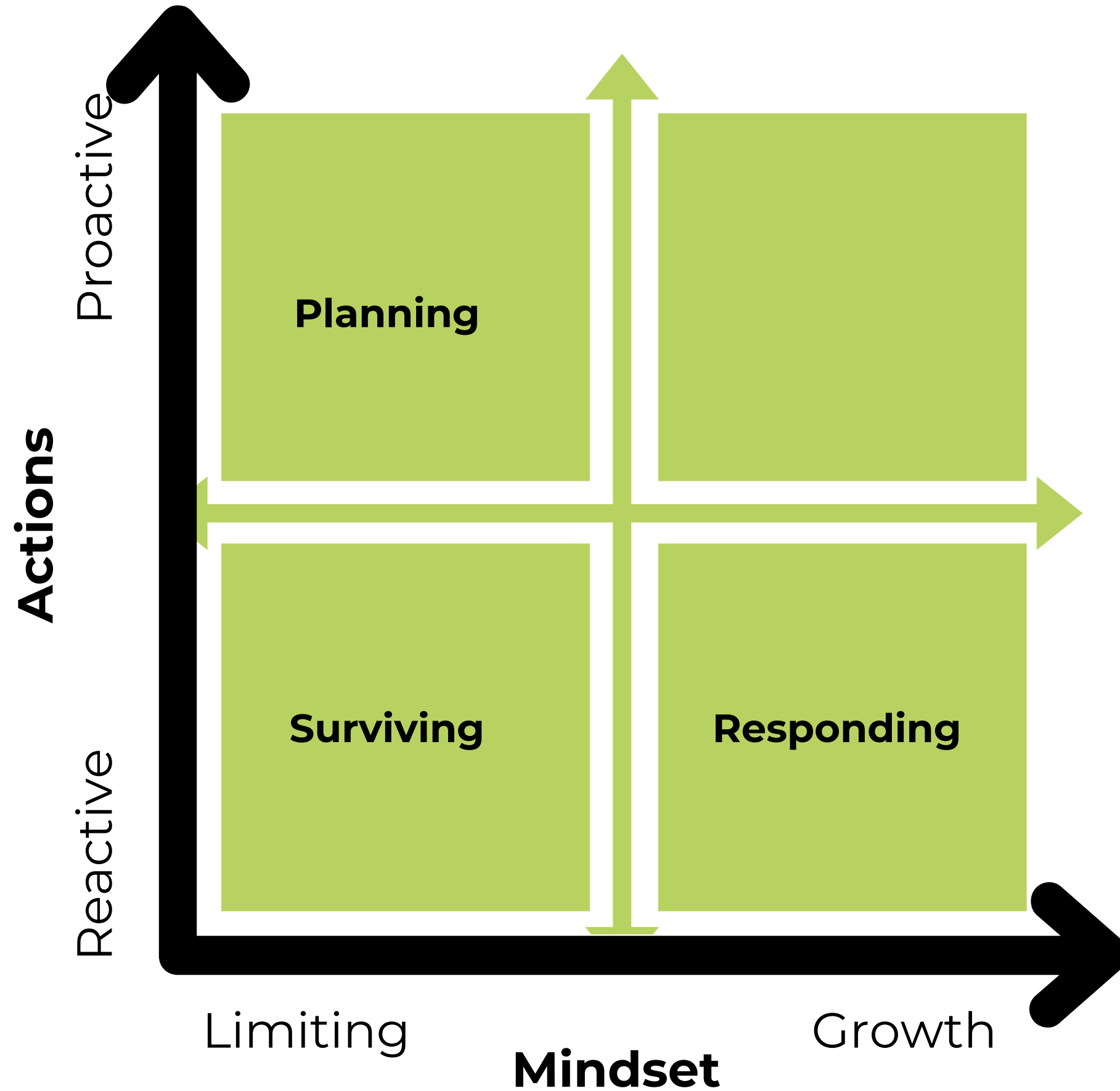
Thriving Caregiver Framework



Thriving Caregiver Framework

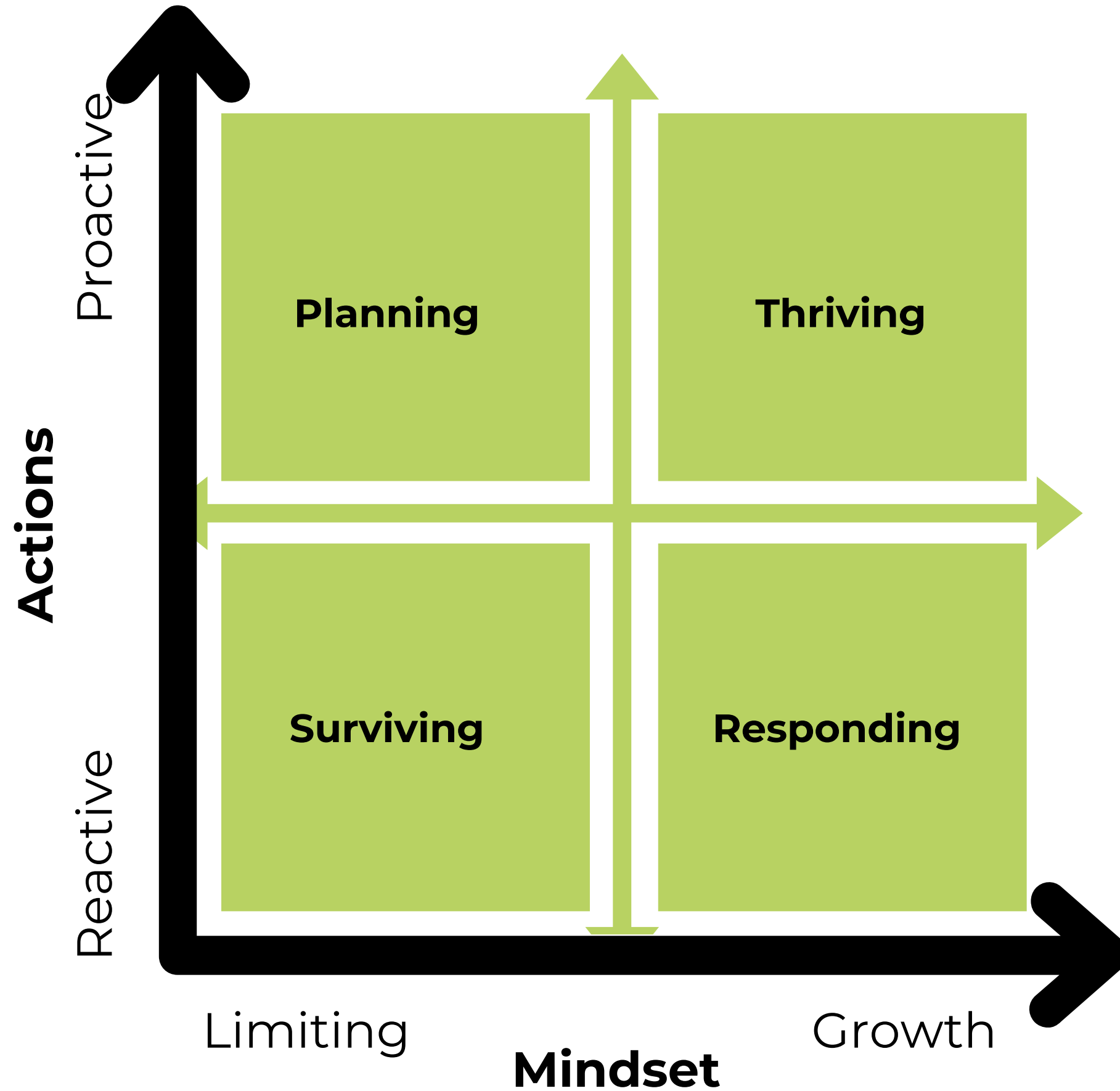


Thriving Caregiver Framework





Thriving Caregiver Framework

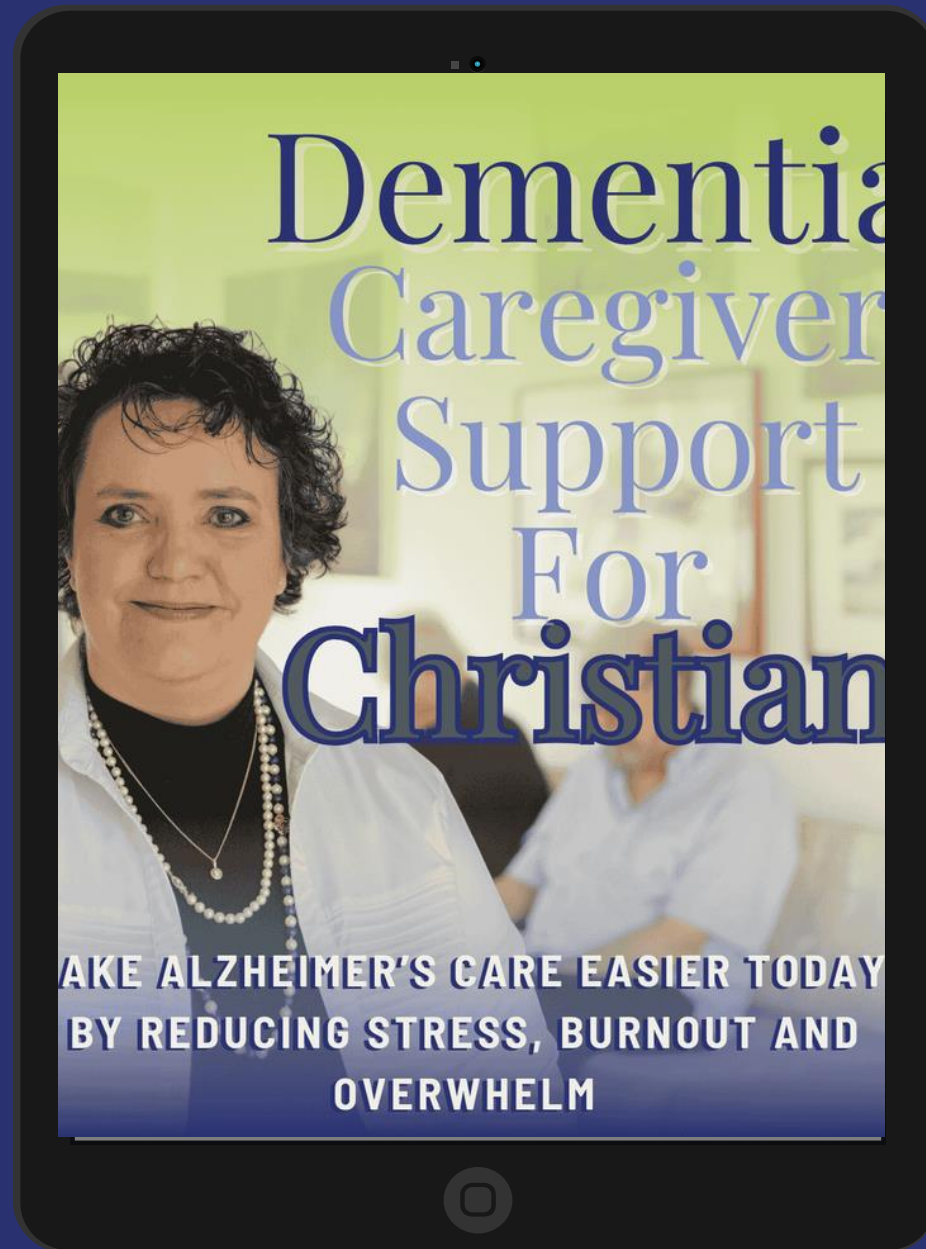


**The Key to
Creating Moments
of Joy and
Reducing
Caregiver Burnout
Lies Within The
Power of Your
Mind**



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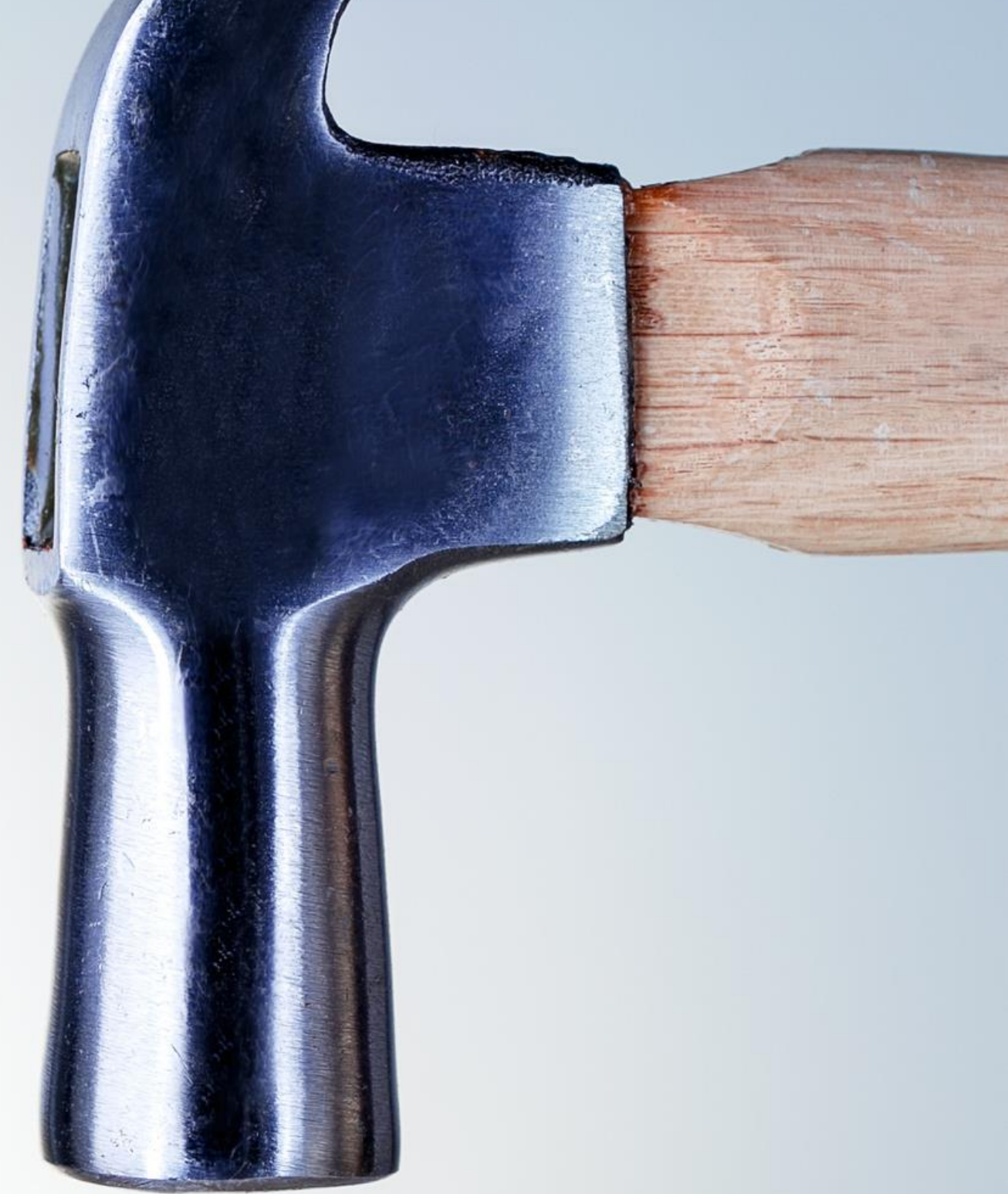


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**"We need to start
treating the patient
as well as the
disease."**

PATCH ADAMS

3 COMMON MISTAKES





#1

“Its Not About The Nail”







The background features a dark blue gradient with two bright, multi-pointed starburst lights in the upper corners. A white horizontal band across the middle contains the title text. The bottom of the image shows a dark blue gradient with a bright, glowing light source at the bottom center, creating a lens flare effect.

The Reticular Activating System and Caregiving



What is the Reticular Activating System

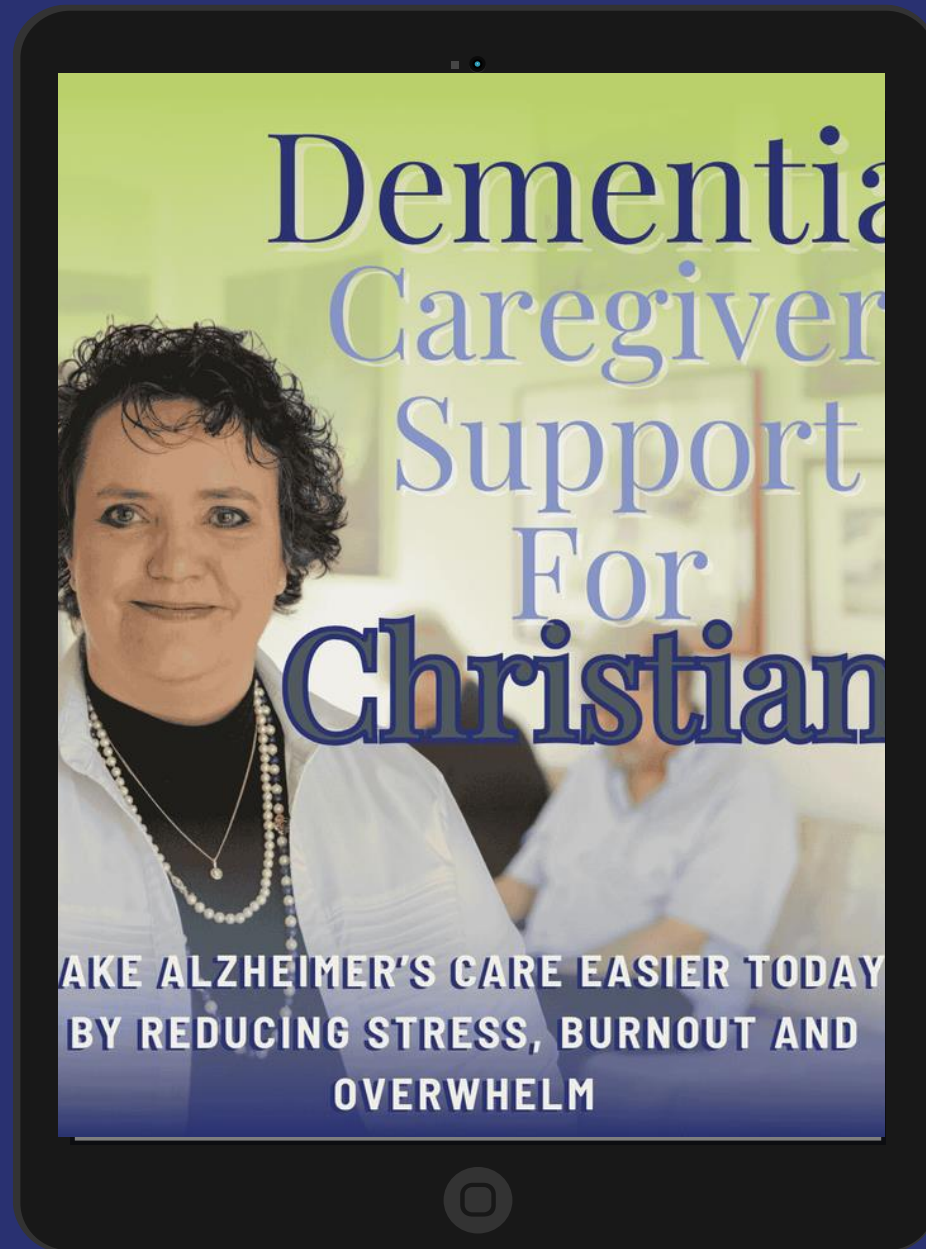
(RAS)?

- The RAS is a network of neurons located in the brainstem.
- Acts as a filter for the brain, prioritizing what information to focus on.
- Determines what is most important based on what you are thinking or believing.
- Helps you notice things that align with your current focus, whether positive or negative.

How the RAS Affects

- **Problem-Focused Mindset:** When focusing on stress or problems, the RAS highlights more issues, amplifying stress and frustration.
- **Shift to Connection:** By consciously shifting to an empathetic, connection-focused mindset, the RAS helps you notice opportunities for joy and meaningful interactions.
- **Practical Tip:** Start the day with an intention to look for moments of connection; over time, your RAS will align to prioritize these experiences.

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2

“It’s Not About The Tasks”





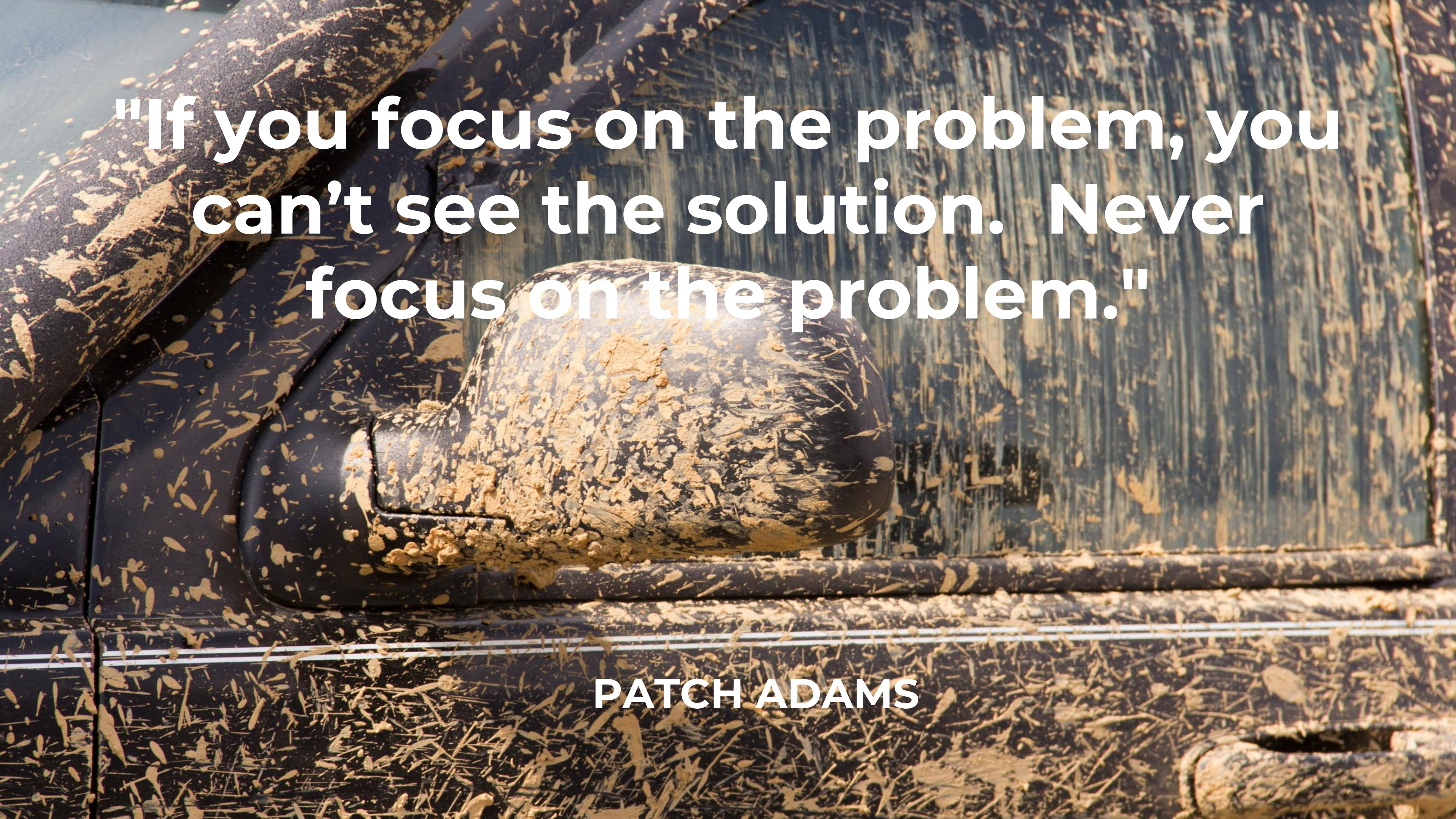


Task-Centered

- **Focus:** Completing tasks quickly and efficiently.
- **Characteristics:**
 - Prioritizes speed over connection.
 - Leads to stress and resistance.
- **Outcome:** Meets physical needs but misses emotional well-being.
- **Result Over Time:** “Tasks get done, but moments of connection are lost.”

Relationship-Centered Caregiving

- **Focus:** Building trust and emotional connection.
- **Characteristics:**
 - Engages loved ones with empathy and patience.
 - Slower-paced, quality interactions.
- **Outcome:** Reduces resistance, builds trust, and creates joy.
- **Key Point:** “Caregiving becomes about connection, not just tasks.”

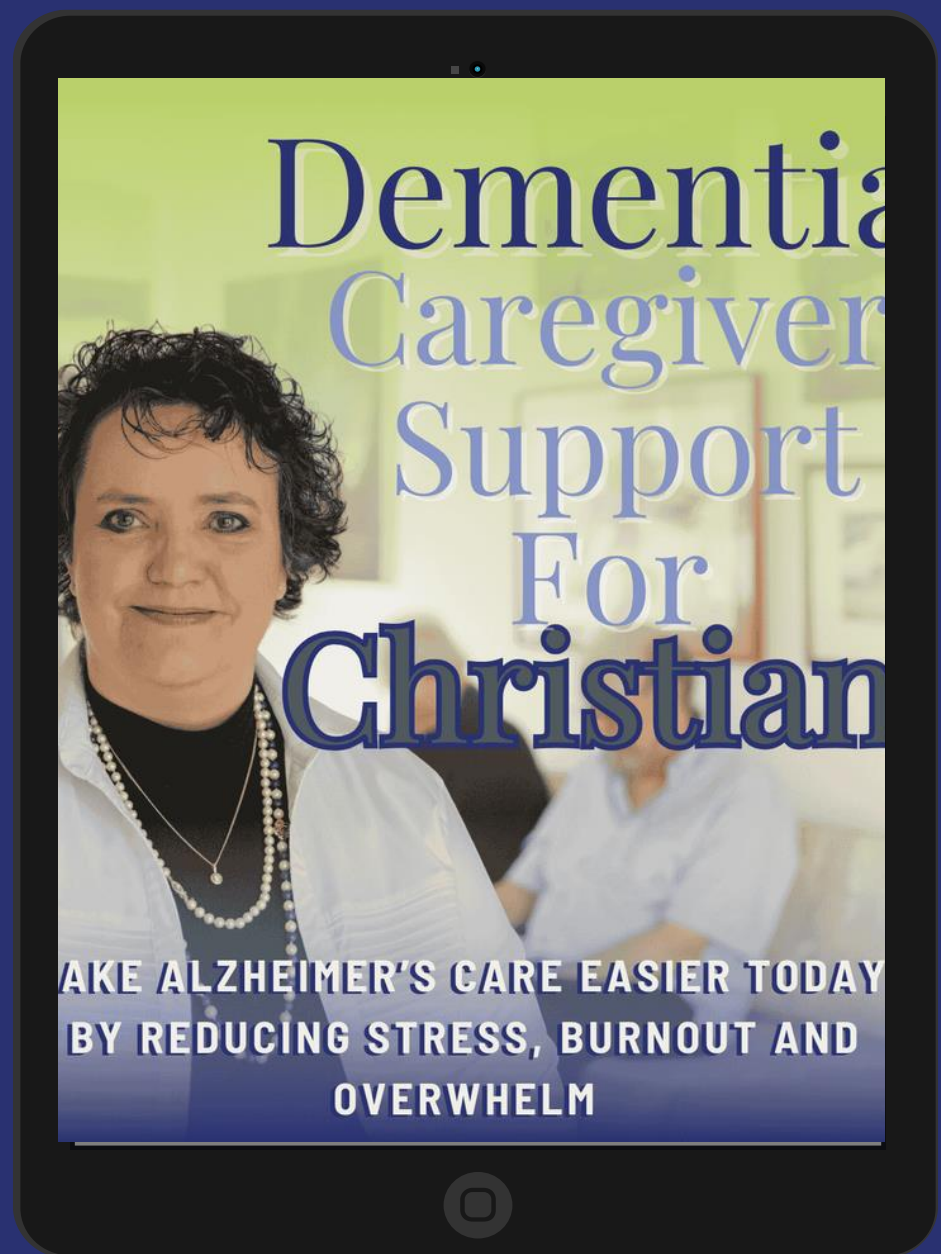


**"If you focus on the problem, you
can't see the solution. Never
focus on the problem."**

PATCH ADAMS

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EPISODE 143



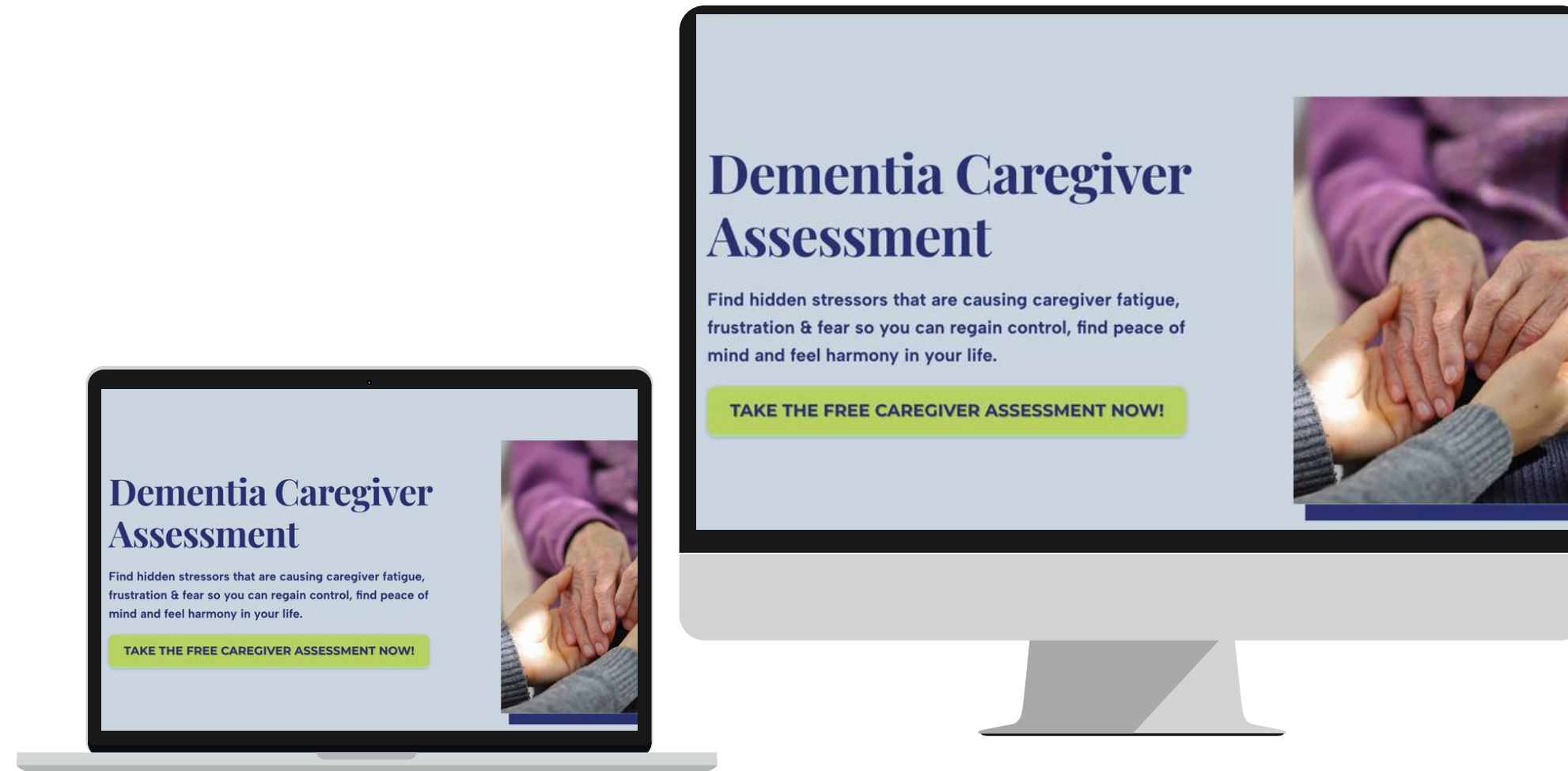
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1
2
3
4
5
6
7
8
9
10

The image shows a wooden board with red numbers 1 through 10. Below each number is a vertical column of red dots. The number of dots in each column corresponds to the number above it: 1 dot for '1', 2 dots for '2', 3 dots for '3', 4 dots for '4', 5 dots for '5', 6 dots for '6', 7 dots for '7', 8 dots for '8', 9 dots for '9', and 10 dots for '10'. This visualizes the sequence of natural numbers and their corresponding dot counts.

CAREGIVER BURDEN

DEMENTIA CAREGIVER ASSESSMENT



www.thinkdifferentdementia.com/quiz



3

“It’s Not About Today”







The Caregiver Reflection Question

“Imagine we are having this conversation three years from now, and you're reflecting back on this season of caregiving. What needs to have happened for you to feel happy and at peace with your progress in life: personally, professionally as well as in your caregiving role?”

The Caregiver Reflection Question

To reach that point of happiness and peace with your progress in life:

- What challenges do you need to overcome,
- What new opportunities should you explore, and
- How can you draw on the strengths you already have?”

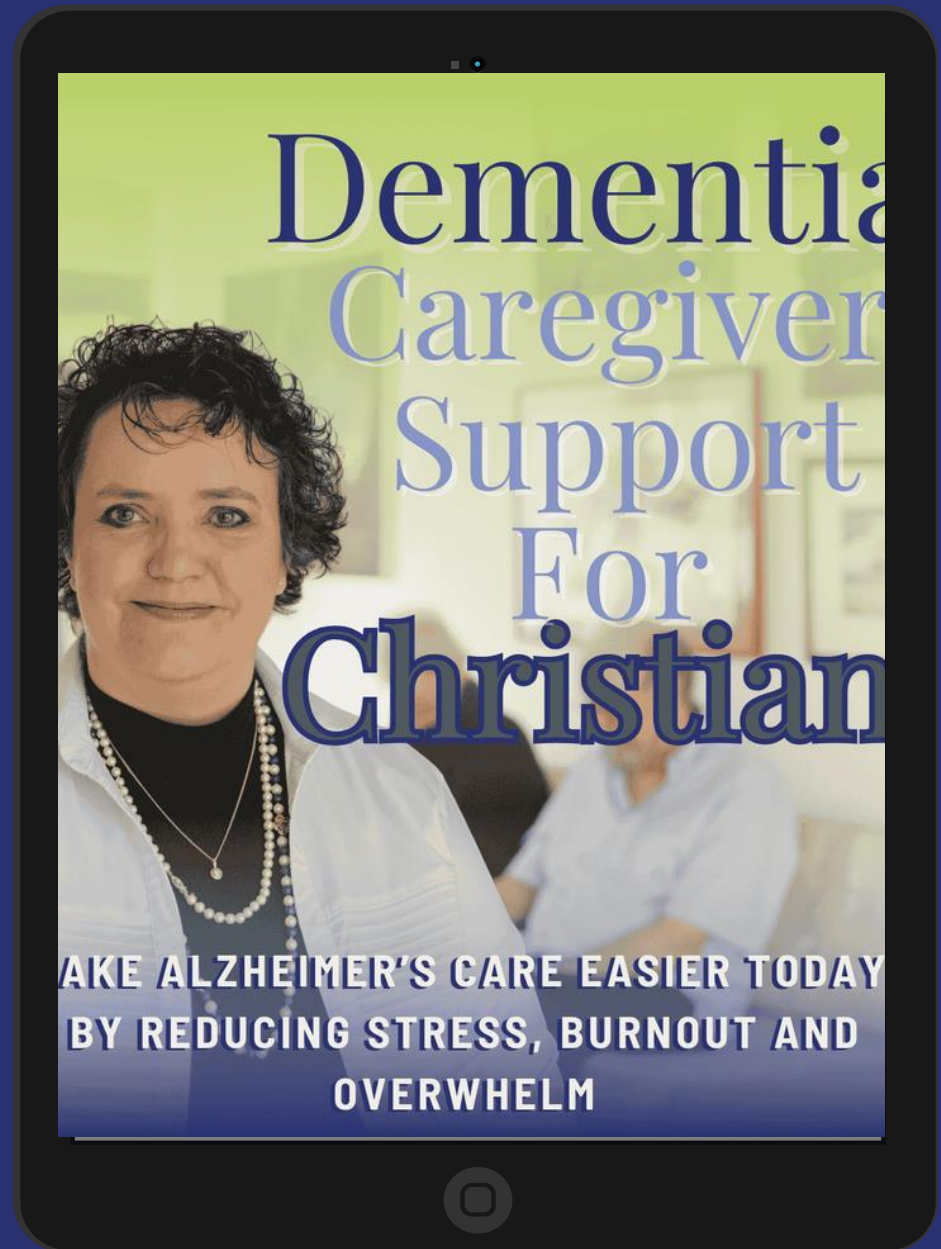


“~33%”

**DIE BEFORE THE PERSON
THEY CARE FOR**

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EPISODE 167



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#1

“Its Not About The Nail”





2

“It’s Not About The Tasks”

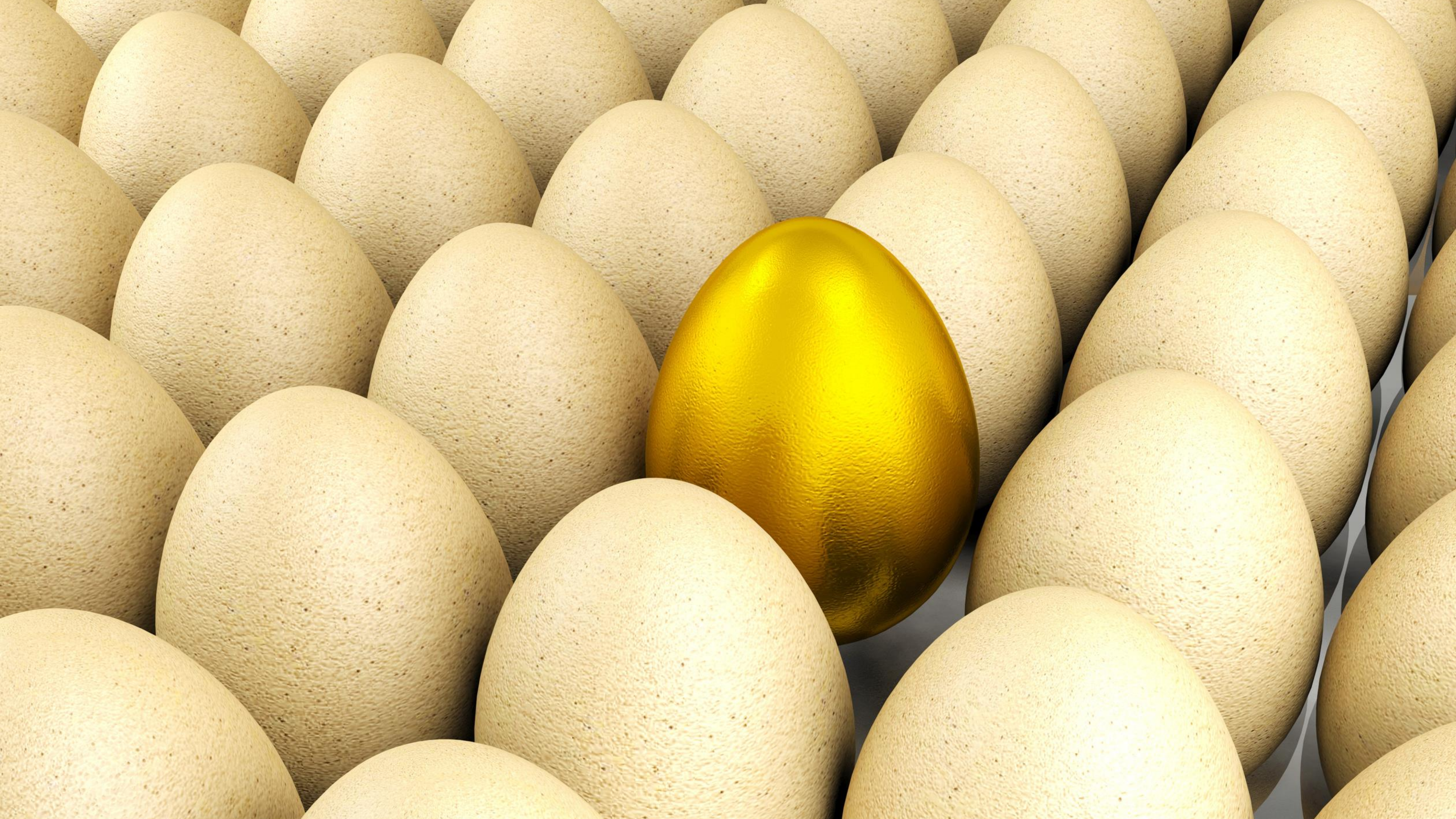




3

“It’s Not About Today”











Lizette Cloete, OTR/L

www.thinkdifferentdementia

lizette@thinkdifferentdementia

1-864-763-6535



Thank
you! :)