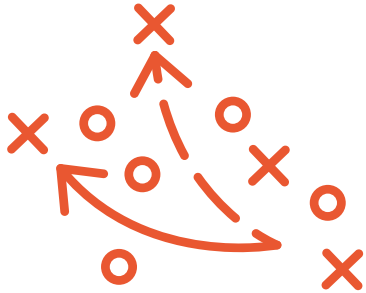




CENTRALINA
Area Agency on Aging

Who cares?



Jennifer Lowder, RN
Ally Home Care



WHO CARES?

2

...for the caregiver



03.28.2025
TACKLING AGING

PRESENTATOR: JENNIFER
LOWDER, RN
ALLY HOME CARE

W-

Who is affected?
Why are we here?
What is the issue?

- Caregivers, both paid and unpaid
- We're generally stressed out
- People are hard work





It's me, hi, I'm the problem, it's me"

- Taylor Swift

What is your main stress source?

Journaling prompt: What stresses you out?



Bills

Work

Kids

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For me it looks like this:

Job #2

What do you
think of me?

Co-workers

Job #1

Grandkids Recovery

~~Hobbies~~

*I'm not
enough*

Buzz words



Burnout

a state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress.



Compassion Fatigue

indifference to charitable appeals on behalf of those who are suffering, experienced as a result of the frequency or number of such appeals.



Codependency

a dysfunctional relationship pattern where one person's needs and desires become excessively entwined with another's, often at the cost of their own well-being, and can involve enabling unhealthy behaviors.



Normal

A setting on the washing machine.

H-

How do we start to change?

- Awareness
- Boundaries
- Control





God, grant me the serenity to
accept the things I cannot
change, the courage to change
the things I can and the Wisdom
to know the difference.”

-The Serenity Prayer

O-

Open and honest communication

- With yourself and others.
- Feelings are not facts!
- You are not your results.
- Does it need to be said- by me- right now?





(Fear) was an evil and corroding thread; the fabric of our existence was shot through with it.”

-The Big

Book of Alcoholics Anonymous

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C- Coping

- Good
- Not so good
- Excess or obsession is the line



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- 
- *Shopping*
 - *Exercise*
 - *Hobbies*
 - *Pets*
 - *Crafting*
 - *Sleep*
 - *Friends*

- *Alcohol*
- *Smoking/ Vaping*
- *Eating*
- *Clubbing*
- *“Spicy” activity*

How do you cope?

Journaling prompt: What do you do to relieve stress? Is it effective? What is a new or different thing you can try this week?



Hiking

Bubble
baths

Grandkids

A- Acceptance

- BUT.....
- WHAT IF.....



WHO ARE YOU?

What is your purpose?
What makes you genuinely happy?
Grow where you're planted!

Journaling prompt:

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R- Recover

- Relationships
- Repair
- Replenish
- Resentments
- Rest





This too shall pass”

—Persian adage

It doesn't matter if the glass is half full or half empty, what matters is that there aren't holes in it!

Journaling prompt:

What do you do to check yourself? Not just to cope but to re-fill your cup?



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E- Expectations

- Your's
- Mine
- Theirs



Well you would think that a grown adult
who has a driver's license would know
how to

Are you sure?

RIP Common Sense



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S- Simplify

- Keep it simple, sweetty!



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100%

Of people who don't
try will FAIL!



Book List

Melody
Beattie

“Codependent No More”

Bill
Wilson

“Alcoholics Anonymous”

Marcey
Rader

“Work Well. Play More”

Nick
Trenton

“The Art of Letting Go”

Mel
Robbins

“The Let Them Theory”

Nick
Nguyen

“Don’t Believe Everything
you think”

THANK YOU!!

03.28.2025
TACKLING AGING

JENNIFER LOWDER,
RN
www.allyhomecare.co

THANK YOU

704-372-2416 | info@centralina.org | 10735 David Taylor Drive, Suite
250, Charlotte, NC 28262 | www.centralina.org

Scan the QR Code to
take our conference
survey!

