

## Three Reasons Why People Take Their Jobs:

1.) Power

2.) Status

3.) Money

Are Hospice Caregivers different than most others who choose different careers?

1.) Why you choose to work for hospice?

2.) Why are you still working at/for hospice?

Self Esteem  
By Dr. Ira Byock

Four Ways people Define Their Self Worth Through:

1.) Our Basic Goodness

2.) Measurement of Self-Worth Through our Work

3.) Our Mental Abilities

4.) Our Body Image

However, one major way we define ourselves is based upon who we are in our relationships: Mother, Father, Wife, Husband, Daughter, Son, Sister, Brother, Aunt, Uncle, Grandmother, Grandfather, Friend, Caregiver, etc;

Who Are you? What relationships matter most?

## Seven Steps to Self Esteem

By Dr. Sol Gordon

1.) Do you compare yourself unfavorably to others? Stop and recognize your own uniqueness/specialness.

2.) Do you feel you won't amount to much unless...

\*someone falls for you

\*you earn a lot of money

\*someone marries you

\*needs you

\*someone else is satisfied with your achievements

3.) Do you think you must please everyone? First learn to please yourself.

4.) Do you set unreasonable goals for yourself? Lower your standards to improve your performance. You can always advance beyond today--tomorrow, if you want to.

5.) Are you looking for the meaning of life? Life is not a meaning it is an opportunity. You can only find meaning of our lives at the end of it. Life is made up of meaningful experiences, mainly short in duration, but repeatable.

6.) Are you bored? Don't tell anyone.

7.) Do you exploit others or allow yourself to be exploited?

## Compassion Fatigue / Co Dependence

- 1.) Are you a controlling Caregiver?
- 2.) Do you ever have low self esteem?
- 3.) Do you have problems with boundaries?
- 4.) Do you have a need to be needed?
- 5.) Are you afraid to express your opinions?
- 6.) Did you grow up in an emotionally repressive family?
- 7.) Do you sometimes play the role of martyr at your Hopsice?

If you answered yes to one or more of these questions, you may have a mild or full blown case of “co-dependence.” the social disease of the 90’s according to Dale Larson. Or do you?

People who feel good about themselves:

- 1.) are enthusiastic
- 2.) have a sense of humor
- 3.) have interests
- 4.) like being helpful
- 5.) don't make fun of anyone
- 6.) have a sense of their own special mission
- 7.) can begin again
- 8.) are unselfish
- 9.) turn mistakes into lessons
- 10.) are optimistic
- 11.) are energetic
- 12.) are willing to take risks
- 13.) know how to listen
- 14.) exude self confidence
- 15.)
- 16.)
- 17.)
- 18.)
- 19.)
- 20.)

## A Spiritual Assessment

### Assessing for the Spiritual.

1.) When you want to feel strength, where do you go, or who do you see?

2.) When you want to feel comfort, where do you go, or who do you see?

3.) In one sentence, how would you describe the purpose of your life?

4.) What one goal do you have that is most important to you right now?

5.) How would you respond to someone who asked you the question:  
“Do you believe in God?”

6.) How would you respond to someone who asked you the question:  
“Are you saved?”

7.) How would you respond to someone who asked you the question:  
“Are you ready for your life to come to an end?”

8.) Do you believe in any kind of existence after this life?

## A Simple Life Review

For Wholihan (1992), two criteria seem to be of significance in designing a life review for people coming up upon the end of their lives: (a) brevity, and (b) emphasis on the positive.

Through using the following life review, which takes into account Wholihan's suggestions, the caregiver can help the care recipient look at what purpose there has been in the care recipient's life up until the present moment. All, or just a few of these questions can be used.

### Life Review

- 1.) When you look back upon your life, what comes to mind when you think about the really fun moments? Elaborate.
- 2.) What occasion do you remember from your past that generated the feeling of being proud? Describe what happened.
- 3.) What event in your past causes you to still experience some anger? Describe what happened.
- 4.) At what moment in your life were you most aware of the meaning of the word "love"?
- 5.) If there was one event that you would like to relive in your life, what would that event be? Describe what happened.
- 6.) How would you describe your "good old days" ? Elaborate.
- 7.) In the remaining time left in your life, what do you most want to accomplish?