

# “The Caregiver’s Journey”

One Step At A Time

Bonnie G. Danowski

5401 E. Sweetwater Av.

Scottsdale, AZ 85254

602-996-6635, 602-430-2649

[bjdanowski@cox.net](mailto:bjdanowski@cox.net)

# 1. S/he Has What?

- Shock

---

- Denial

---

- Numbness

---

- Disbelief

---

- Disoriented

---

# I Heard It But I Don't Like It

- Resentment

---

- Anger

---

- Emptiness

---

- Helplessness

---

- Fatigue

---

# If Only...

- Confusion
- Uncertainty
- Anxiety
- Alienation
- Hostility

---

---

---

---

---

# No, It's Not Going To Go Away

- Fear
- Depression
- Isolation
- Loneliness
- Panic
- Guilt

---

---

---

---

---

---

# I Want My/Our Life Back

- Acceptance
- Hope
- Confidence
- Forgiveness
- Balance
- Opportunity

---

---

---

---

---

---

# Process

- Tasks in 1-4
  1. Ventilate and clarify feelings
  2. Complete practical tasks
  3. Find a support system
  4. Say good by to/or modify old dreams

# Process/continued

- Tasks in 5
  1. Act
  2. Integrate
  3. Dream new dreams