

Teepa Snow: Caring for The Caregiver
Episode 10
Show Notes

- 2:36 Choosing to be present for the person you care for when you take time for yourself
- 3:48 Reducing risk of brain changes
- 4:30 Caregivers think I'm not worthy
- 5:15 I need to go
- 6:58 Spend Less time - because time loses meaning with dementia
- 8:38 Transition in and transition out
- 10:15 We are missing the person but seeking the person that used to be
- 11:22 How much is connection how much is control
- 13:50 Would my mother want my health to go downhill?
- 14:46 Start w 2 things you do well then add 1
- 15:50 No matter how well I do this I'm going to lose the person I love at the end of this
- 16:48 Caregiver decisions and finding your alternate self
- 18:16 People who are so comfortable giving are so uncomfortable receiving
- 19:19 Carrying around a bag of guilt is not the answer - did what I could at the time
- 20:09 The willingness to try something different
- 20:51 Reviewing what you did with a trusted person
- 25:00 Stay away from difficult people who want to put more stuff in our garbage
- 28:32 You have to be on your own list
- 30:32 Why do we keep asking the Doctors???
- 33:16 Teeps's 6 pieces of the puzzle
- 35:08 Circadian rhythm issues
- 37:09 We are telling women you should feel like crap for long time
- 38:27 But mom isn't going to like someone coming in
- 40:27 Teepa's Website info
- 44:33 Frog in the pot
- 46:12 What Teepa does for fun
- 47:56 Fall into old habits
- 49:13 Celebrate every time you do something for yourself
- 52:46 You killing yourself isn't going to solve this

<https://teepasnow.com/>

