

the four stages of caring

1. first stage

Acute/Crisis e.g. Why is this happening to me? How am I going to cope?
Who can help? What's going to happen to my job? What am I going to do?

feelings/issues	support/information/solutions

2. second stage

Changing Perspective, Re-evaluation, Re-adjustment, Realism e.g. Why don't other family members help me? Why is there so much red tape and nothing to suit my individual and cultural needs? Why don't people understand what I am going through? Why am I stuck while others are better off?

feelings/issues	support/information/solutions

activity two - level 1
handout/exercise

3. third stage

Role Settlement, Acceptance eg. why do the professionals not understand that I have developed a whole set of new skills? What about the accumulation of my own health needs? Why do I have to keep fighting for change? What happens if I die first?

feelings/issues	support/information/solutions

4. second stage

End of Active Caring, End of Life Terminal Care, Loss, Vacuum eg. all the time I was focused on my caring role, so what role do I have now? What shall I do with my life? Why does it feel as though my world has ended as well?

feelings/issues	support/information/solutions