

# CAREGIVING OR CARETAKING?

PSA Counseling  
Hurst, Tx

	Caregiving	Caretaking
<b>D E F I N I T I O N S</b>	<p>Legitimate assistance that is requested by the receiver, who retains responsibility for his/her own thoughts, feelings, decisions, behavior, growth, well-being, problems and destiny.</p> <p>The Caregiver maintains a balance between his/her personal and professional lives.</p>	<p>Rescuing that implies incompetence on the part of the helpless “victim”, who hands over responsibility for his/her thoughts, feelings, decisions, behavior, growth, well-being, problems and destiny to the Caretaker.</p> <p>The Caretaker is at risk for personal and professional burnout.</p>
<b>B E L I E F S</b>	<p>Balanced Sense of Power: “I am responsible for my own behavior as others are for their own behavior.”</p> <p>Balanced Sense of Worth: “I love and accept myself just the way I am.”</p> <p>Realistic Expectations: “I can offer information or guidance to others, who will then make their own decisions and act in their own interests.”</p>	<p>Distorted Sense of Power: “I – and only I – can save this poor, suffering soul.”</p> <p>Distorted Sense of Worth: “I am only worthwhile if I am helping others.”</p> <p>Unrealistic Expectations: “Others should respond to my efforts to help them as I want them to respond and I can make them do this.”</p>
<b>C H A R A C T E R I S T I C S</b>	<p>Respect for others</p> <p>Empowers others to do for themselves</p> <p>Energetic</p> <p>Clear and healthy boundaries</p> <p>Acting</p> <p>Acceptance</p> <p>Can say “No” to overly extending self without feeling guilty</p> <p>Respects the rights of others to lead their own lives</p> <p>Encourages others to act in their own best interests</p> <p>Supports others through painful times</p> <p>Holds others accountable for their actions</p> <p>Aware and insightful</p> <p>Emotionally balanced</p> <p>Spiritually minded and serene</p> <p>Flexible, creative and imaginative</p> <p>Co-operative</p> <p>Conscientious</p> <p>Encouraging and supporting</p> <p>Healthy self-esteem</p> <p>Responsible and dependable</p> <p>Takes care of own physical needs</p> <p>Get personal needs met in healthy ways</p>	<p>Pity for others</p> <p>Does for others what they can do for themselves</p> <p>Weariness</p> <p>Enmeshment or isolation</p> <p>Reacting</p> <p>Denial</p> <p>Helps others while ignoring own needs and then feels resentful</p> <p>Believes the Caretaker knows best how others should live</p> <p>Need to feel needed by others and foster dependency</p> <p>Tries to “fix” others by stopping the pain</p> <p>Rationalizes, excuses and “rescues” others</p> <p>Tunnel vision</p> <p>Intensive mood swings</p> <p>Anxious, depressed, angry, impatient</p> <p>Rigid, over-controlling and demanding</p> <p>People-pleasing or resistant</p> <p>Perfectionistic</p> <p>Judging and punishing</p> <p>Feelings of inadequacy</p> <p>Unpredictable and erratic</p> <p>Problems with eating and sleeping patterns, etc.</p> <p>Get personal needs met through clients</p>
<b>R E S U L T S</b>	<p>Recipients of Caregiving receive support and guidance, learn new skills and experience appropriate consequences for problematic behaviors.</p> <p>Behavioral change is likely to occur.</p> <p>Caregivers and recipients grow in physical, emotional, mental and spiritual health.</p>	<p>Recipients of Caretaking are enabled into continuing self-destructive patterns and rescued from appropriate consequences for problematic behaviors.</p> <p>Behavioral change is not likely to occur.</p> <p>Caretakers and recipients are subject to depression, relapse and burnout.</p>

