

## **APPENDIX II: OVERHEADS**



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OVERHEAD #1

**British Columbia Foster Care  
Education Program**

**CARING FOR CHILDREN:  
EFFECTS OF CAREGIVING**

**(3 hours)**

Ministry of Children and Family Development

**July 2002**

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**OVERHEAD #2**

**LEARNING OUTCOMES**

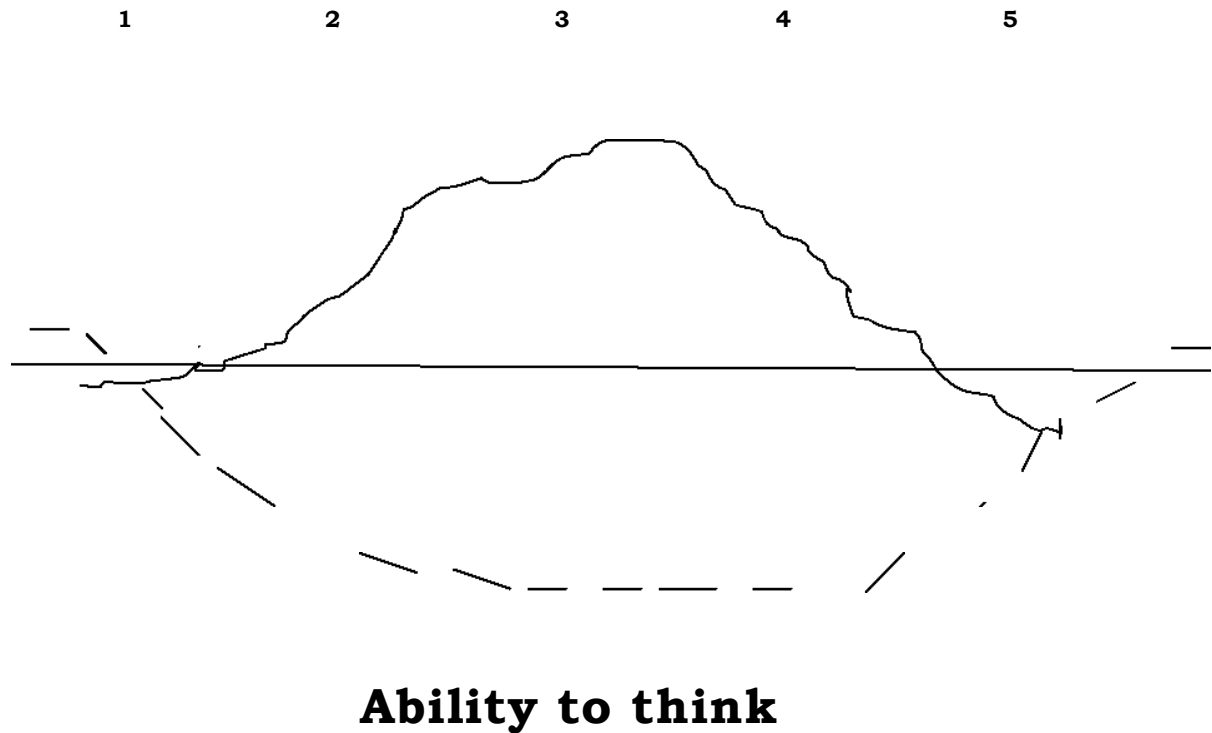
**The caregiver can:**

1. Compare the reasons that drew her to caregiving with the realities of caregiving to date.
  2. Identify sources and signs of caregiver stress and impacts of caregiving on self.
  3. Describe the possible impacts of caregiving on self, family, extended family, and relationships within the caregiver's neighbourhood and community.
  4. Identify and describe resiliencies in her own life.
  5. Identify formal and informal sources of support.
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OVERHEAD #5

## STRESS RESPONSE CYCLE



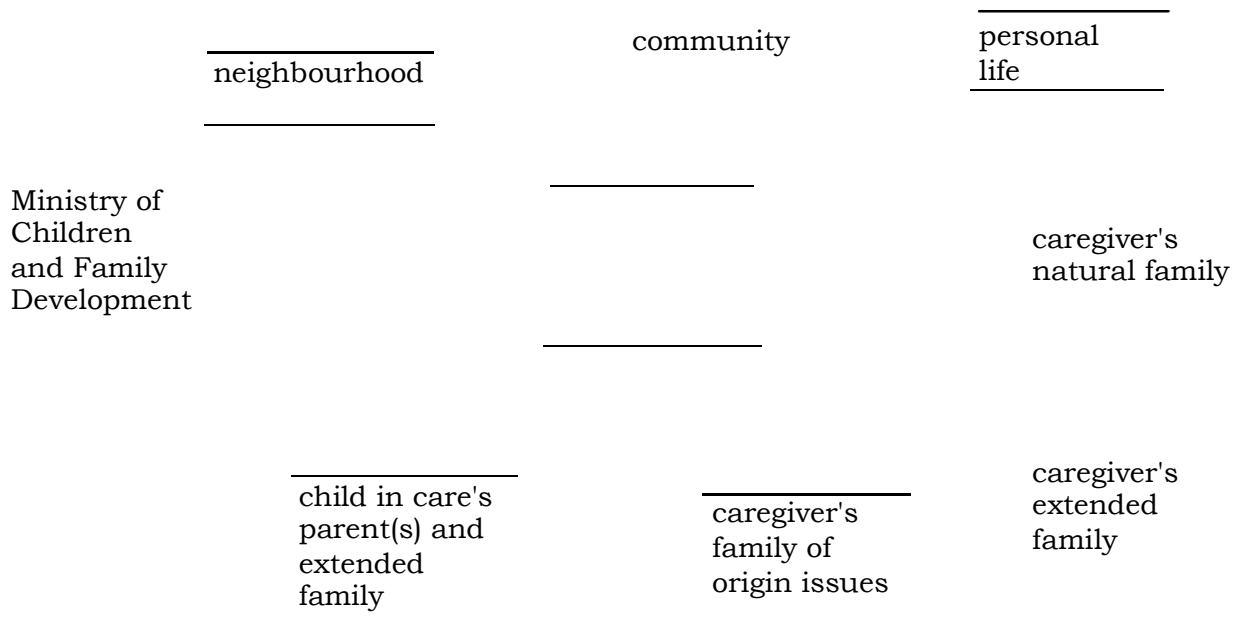
- 1. Trigger**
- 2. Escalation**
- 3. Crisis**
- 4. Recovery**
- 5. Post-crisis depression**

**Source: Adapted from Justice Institute of BC.**

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## OVERHEAD #6 PRESSURES ON A CAREGIVER



## QUESTIONS FOR IMPLICATIONS FOR CAREGIVING

**1. Were the impacts mostly positive or negative?**

**2. What are the implications of the impacts for your relationships with:**

- **immediate family members?**
- **extended family members?**
- **neighbours?**
- **the community?**

**3. As you consider the implications, how is your intent to continue to provide care impacted?**

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## KEY TRAITS OF RESILIENCE

- Self-Esteem
  - Sense of control over one's life and work (internal locus of control)
  - A sense of hope or a positive attitude
  - Availability of a support system
  - Ability to adopt a working style of detached concern
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**OVERHEAD #9**

**MY SOURCES OF SUPPORT**

What did you discover about yourself during the exercise?

What is it like for you to ask for support?

With whom do you most often share your concerns about caregiving?

With whom do you most often share your joys and successes about caregiving?

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