

Are you Rescuing or Positively Caretaking?

Rescuing rather than positively Caretaking: We often rescue the people we care for, from their responsibilities and deprive them from their dignity. Being in a positive caretaking role means that you teach, assist, do for the other, after you put your own oxygen mask on.

Rescuing means that you are:

- Doing something you really don't want to do.
- Saying yes when you mean no.
- Doing something for someone although that person is capable of and should be doing it for him/herself.
- Meeting people's needs without being asked.
- Consistently giving more than we receive.
- Doing the person's thinking for them
- Speaking for another person
- Solving people's problems for them
- Putting more interest and activity into a joint effort than the other person does
- Not asking for what we want, need, and desire

Being a positive Caretaker means:

Doing something that you have mutually agreed upon.

If you say yes, you mean yes. If you say no, you are settled that this is what you desire.

Teach the person to do as much independently as they can.

Prioritize your caregiving duties in with your general healthy routine.

Allow others to think for themselves, and value their opinions, even if they are different.

Allow everyone to have a voice.

If a person does not want to do something weigh the positive and negative consequences, before taking action.

Ask for help; use all your resources.

Your best is good enough.

Sleep while they sleep.

