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Respect • Dignity • Compassion • Choice
Competence • Honesty • Safety
Empathy • Patience • Knowledge • Warmth
Heart • Flexibility • Privacy

Take Heart

We at Circle of Care believe that caregiving is a calling, not just a job.

Caregiving is a very rewarding, yet complex vocation, with both gifts and challenges.

At Circle of Care we see it as very sacred work and honor, support, value and respect the skills and qualities necessary to be a professional and heart-centered care provider.

We are looking for premium caregivers and CNAs who are experienced, skilled and highly respected in the care community.

We seek caregivers that understand and embody the true and sacred nature of this work with a deep knowing and awareness of the many challenges that arise when individuals and their families are confronted with the aging process.

It is our philosophy at Circle of Care to be heart-centered and client-directed. A client should be honored, respected and treated with the dignity and respect that every individual deserves.

While The Golden Rule (“Do unto others”) does often apply, it is easy to assume and mistake one’s own needs and desires with those of one’s client. It comes down to the simple basics of treating one with the same respect, esteem and care with which you would want to be treated if the role were reversed and you were the care recipient, as well as, being in present communication with a client to ask and help them identify their needs, and then in turn be an active listener when they respond, so they feel heard and mirrored in a way that contains and reassures them. This is not always easy.

When seeking out a caregiver, these qualities embody the true gifts and unspoken art of caregiving. These aspects and qualities cannot be learned by way of a book or testing, but only by the practice of being fully present and self-reflective.

We at Circle of Care believe in the principle of present-centered care and reciprocity, along with the ability to be fully present with the care needs of an individual and that person's family, while also maintaining the ability to honor and respect a care client's personal autonomy and unique care needs. It is our belief that a caregiver must have the ability to access a client's individual needs (which extend far beyond just the medical and physical) and take great care not confuse one's own agenda with that of the individual and family.

Beyond the medical or physical care needs, there are many traits and qualities one must possess in order to best serve elders and their families.

- Allow the warmth and compassion in your heart to touch your care recipient's heart.
- Practice the simple basics of treating one with the same respect, esteem and care with which you would want to be treated if the role were reversed and you were the care recipient.
- Express kindness when speaking with your care recipient.
- Use authentic and positive words to acknowledge and appreciate.
- Use strength-based communication, stating what works, in place of using words or tones that are harsh, irritable and negative.
- Treat your care clients as if they are their own unique and special person, not as a case, patient, project, or burden.
- Enlist behaviors that are empowering by including your care client in the decision making process. Consult rather than arbitrarily making decisions
- Encourage a client to share their strengths, talents, and skills, by enlisting their participation, expertise and help with daily activities.

- Be curious and invite clients to share their story and words of wisdom with you and their family.
- Be patient and make allowances for the client to help do their own personal care and tasks, even if it takes the client longer to accomplish than it would take you.
- Help clients to maintain as much of their autonomy and independence as possible; this is vital for maintaining and restoring self-esteem.
- Use tender and gentle touch when caring for your client, but always first check-in, inform, and ask permission. Offer a gentle hand or foot massage and make time for tenderness and affection. Be aware of client's likes and dislikes regarding any kind of physical touch, and using too much force, especially if there is pain or sensitivities involved.

Physical Self-care

- Always prioritize your own health and wellness. As caregivers, we cannot provide help and assistance to others if we are not healthy, balanced and strong ourselves.
- Know your physical Limits, and don't push them. This puts not only you at risk but the clients as well.
- Know and honor your stress threshold. We must take care to be mindful of overburdening ourselves and taking on too much, so we do not burnout. A stressed and burned out caregiver is not a conducive state of mind from which to provide quality care.
- Know when to say No and take care of your needs. In the end, this will serve all parties in a way that is most beneficial.
- Make sure to schedule massages or bodywork
- Take time to do things that feed and nurture your mind, body and spirit. We need to be able to recharge, and come back to our care clients in a renewed and vital way.

Emotional Self-care

- Perfectionism and being critical. We will never be perfect caregivers. Perfection is impossible. Be as gentle with yourself as you would your client.
- Practice the art of honoring your own unique gifts, rather than comparing yourself to other caregivers, which will only create discord and stir up to feelings of inferiority. You are gifted with your own individual set of strengths and talents and ability to provide compassionate and competent care.

Don't Lose Heart