

# **The Effects of Caregiving on the Caregiver Family**

**OCWTP  
FOSTER CARE, KINSHIP CARE, AND  
ADOPTION PRESERVICE TRAINING**

# **You will be able to:**

- ✓ **Identify common stressors for caregivers and adoptive parents**
- ✓ **Describe realistic expectations about caregiving and adoptive parenting**
- ✓ **Identify self-care strategies**
- ✓ **Discuss the potential consequences of caregiving and parenting on family relationships**





**Are Your Expectations  
Realistic?**

**Unrealistic  
Expectation  
#1**

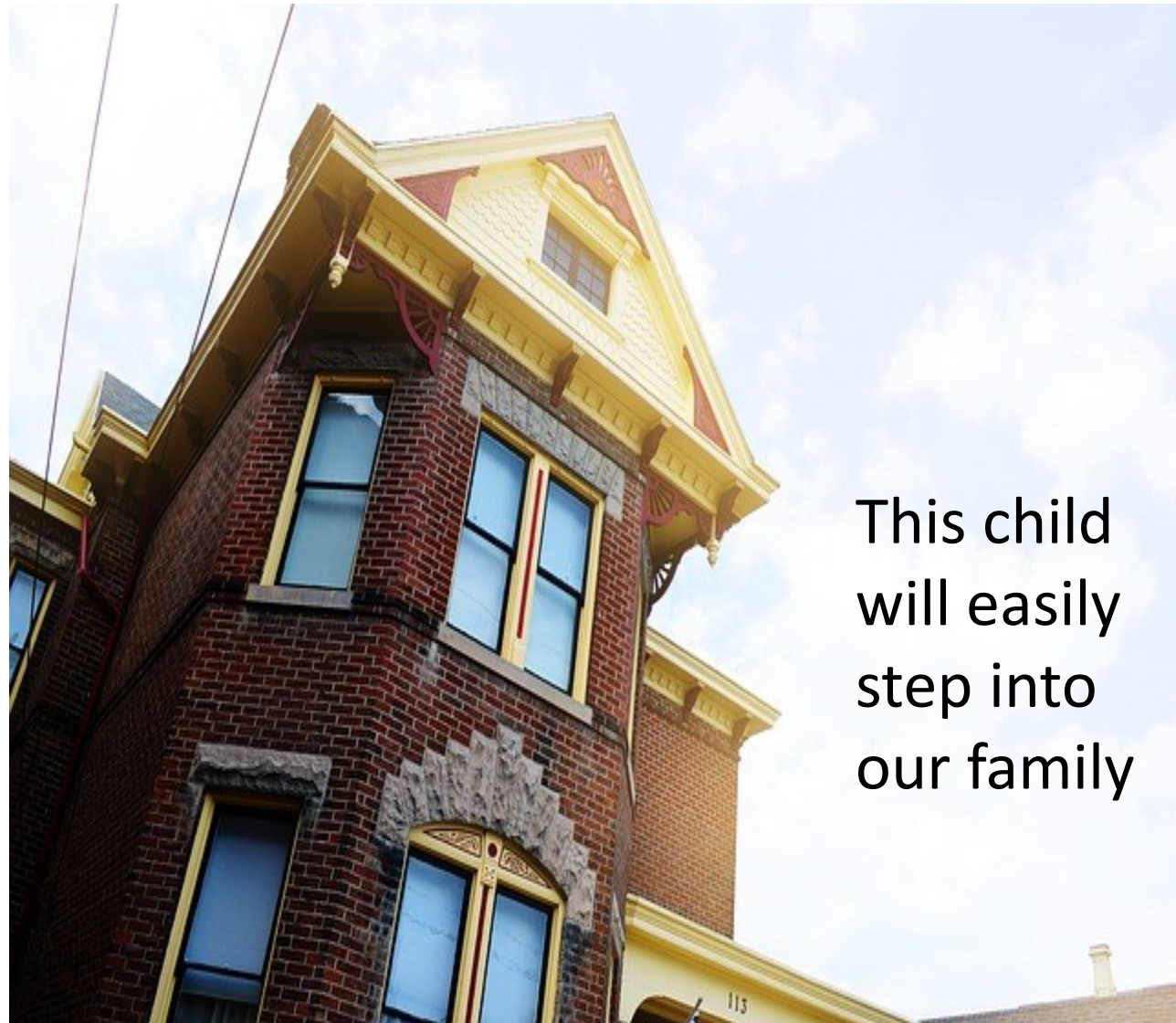


**Unrealistic  
Expectation  
#2**



We will feel love and connection to this child quickly

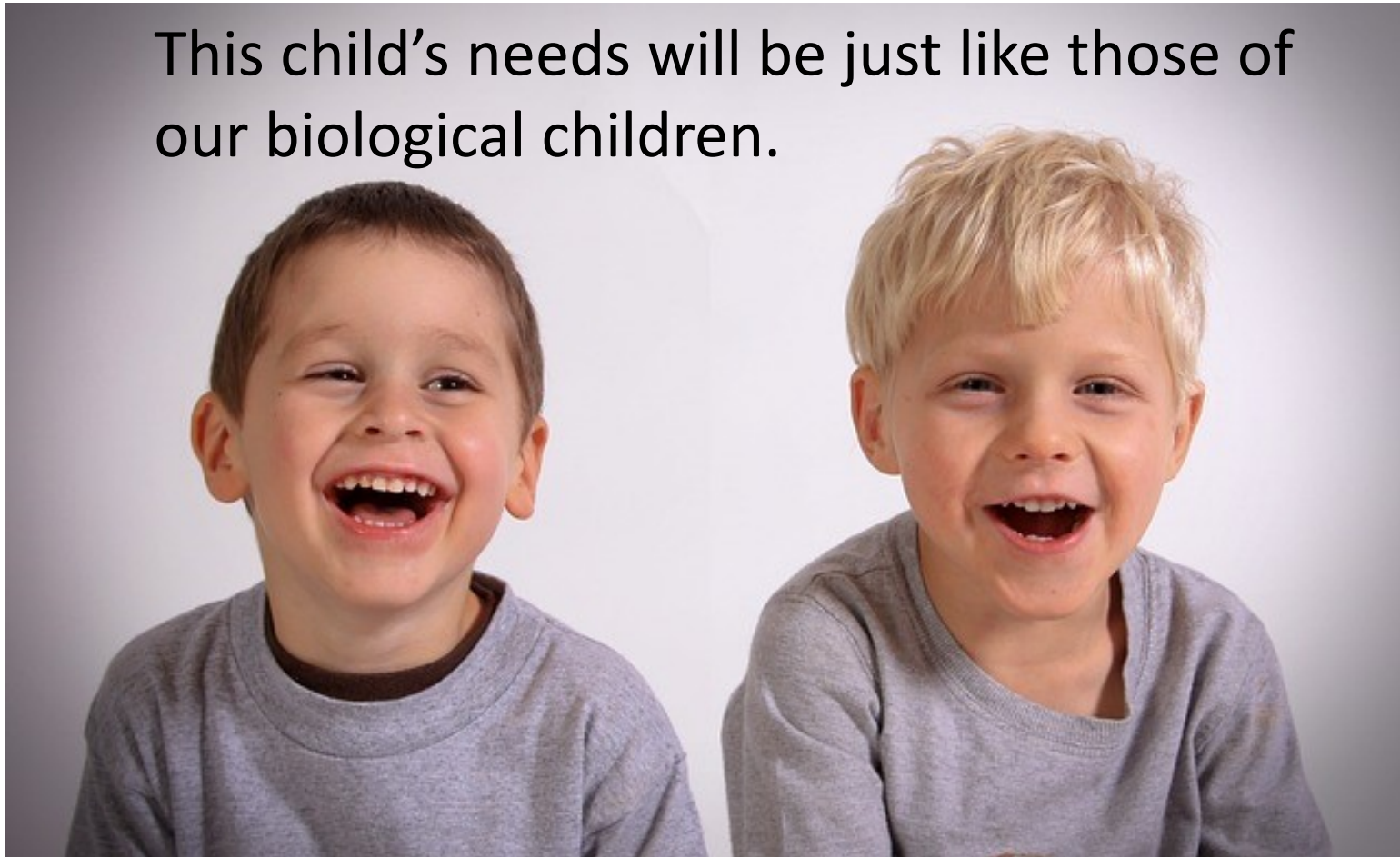
**Unrealistic  
Expectation  
#3**



This child  
will easily  
step into  
our family

## **Unrealistic Expectation #4**

This child's needs will be just like those of our biological children.



## Unrealistic Expectation #5

Our biological  
children will  
embrace this new  
child as a sibling



# Unrealistic Expectation #6

[illegible]

## Unrealistic Expectation #7



Our friends will validate our role as parent

**Unrealistic  
Expectation  
#8**

Our child will forget about his past.



**Unrealistic  
Expectation  
#9**

We can do for this child  
what was not done for us.



**Unrealistic  
Expectation  
#10**

*always*  
**100%**

We will never feel any ambivalence about our decision.

# Stressors





MORE  
&  
MORE



~~Plan A~~  
~~Plan B~~  
Plan C

A graphic featuring the word "Burnout" in a large, bold, black serif font. The text is centered and overlaid on a background of intense orange and yellow flames with thick, billowing white and grey smoke. The smoke rises from the fire, creating a dramatic, high-contrast scene. The overall effect is one of intense heat and destruction, visually representing the concept of burnout.

**Burnout**

# Most Common Reasons

✓ Lack of:

- Communication with agency
- Support from agency
- Services from agency
- Training
- Control

# Most Common Reasons

- ✓ Behavioral challenges
- ✓ Transportation problems
- ✓ Emotional exhaustion
- ✓ Added family tensions
- ✓ Feeling like excluded from the team
- ✓ Less experience
- ✓ Adoption

# Indicators of Burnout

Tiredness

Small health complaints

Too little or too much sleep

Feeling sad, angry, depressed

Appetite changes

Lack of motivation

Feelings of hopelessness

Feeling like running away



# Characteristics that Combat Burnout



**Commitment**

**Informal support  
system**

**Age**

**Empathy and  
forgiveness**





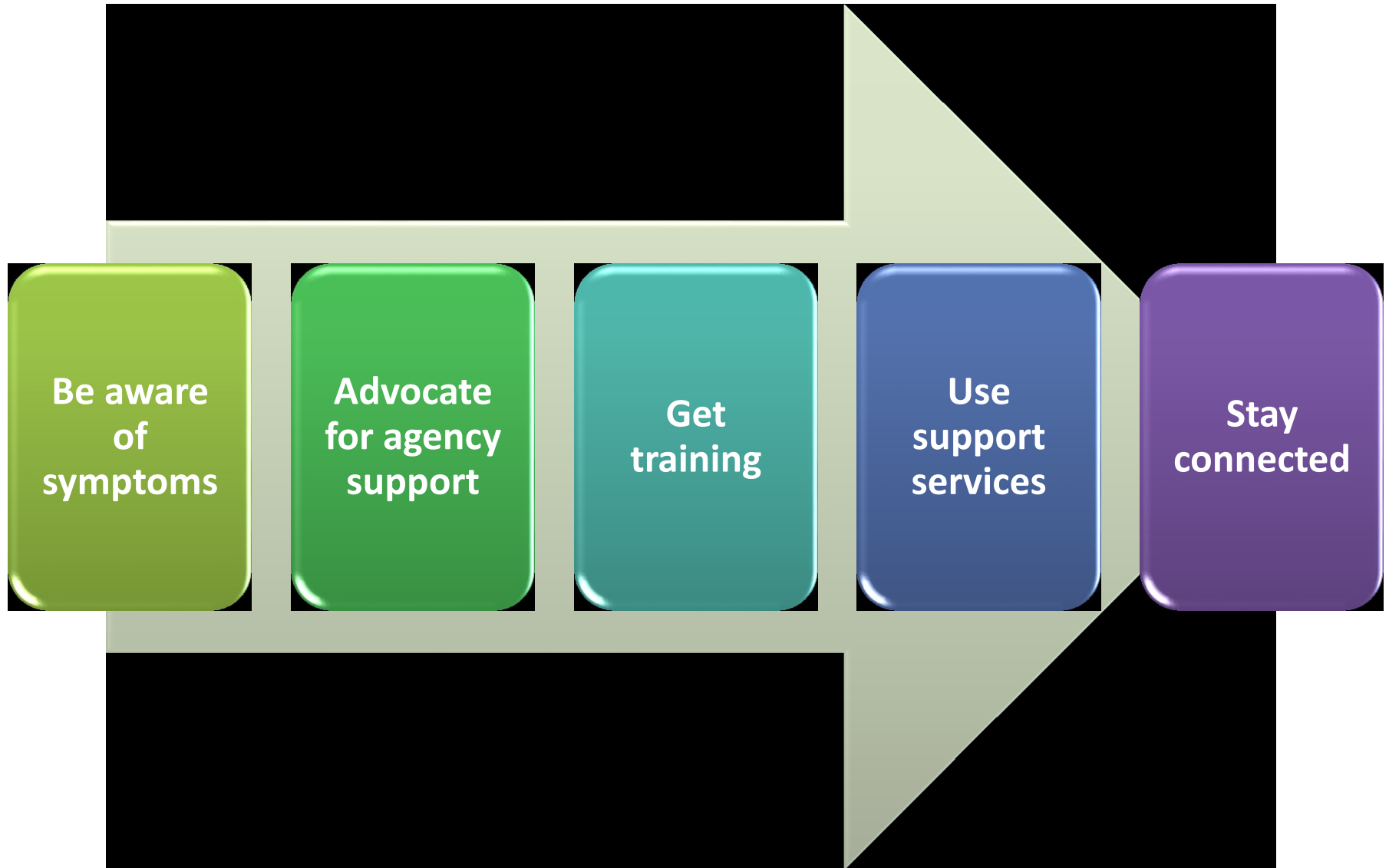
**Risk  
Factors**

**Women**

**Empathy**

**Unresolved personal trauma**

# Prevention & Management

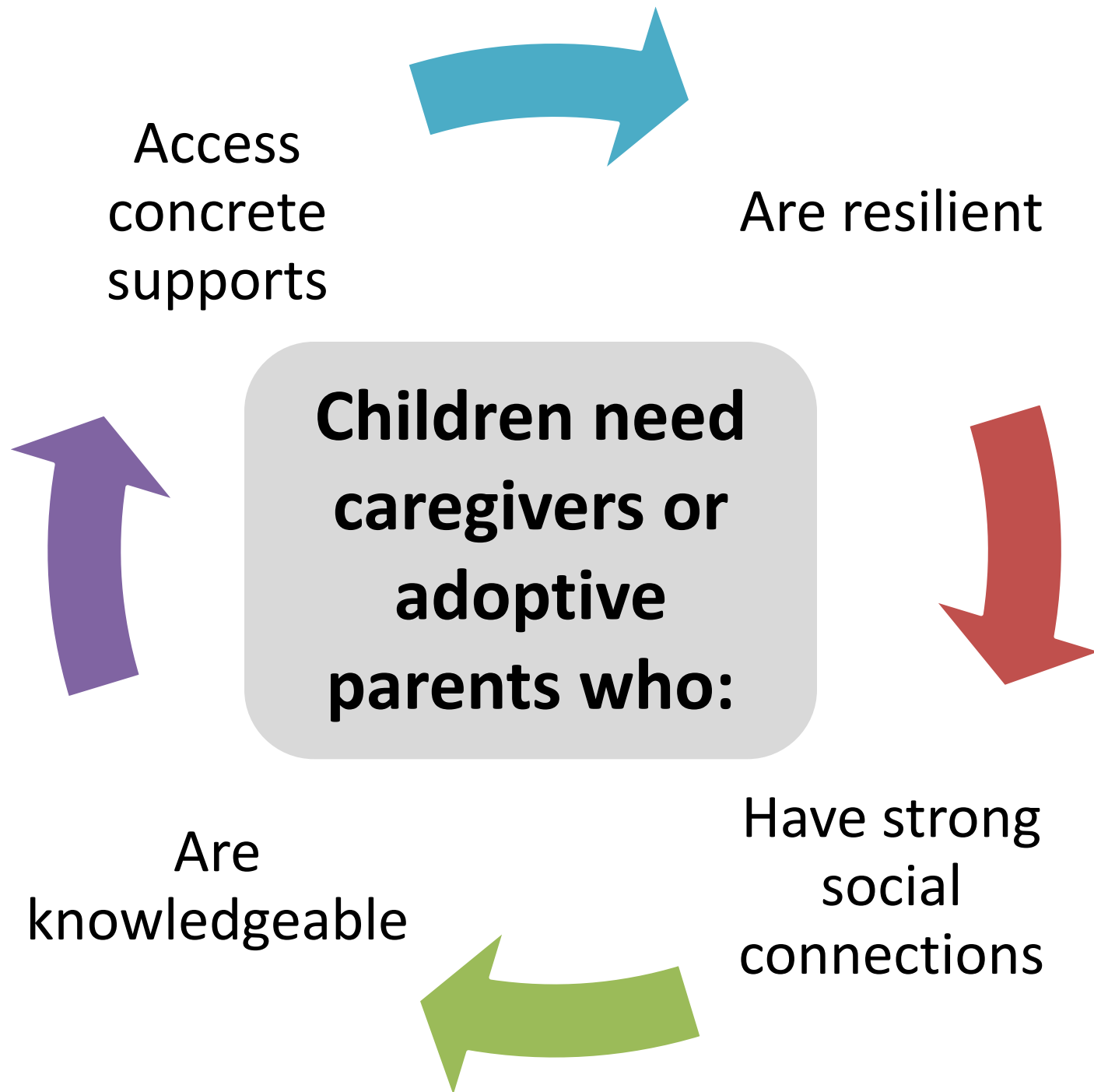




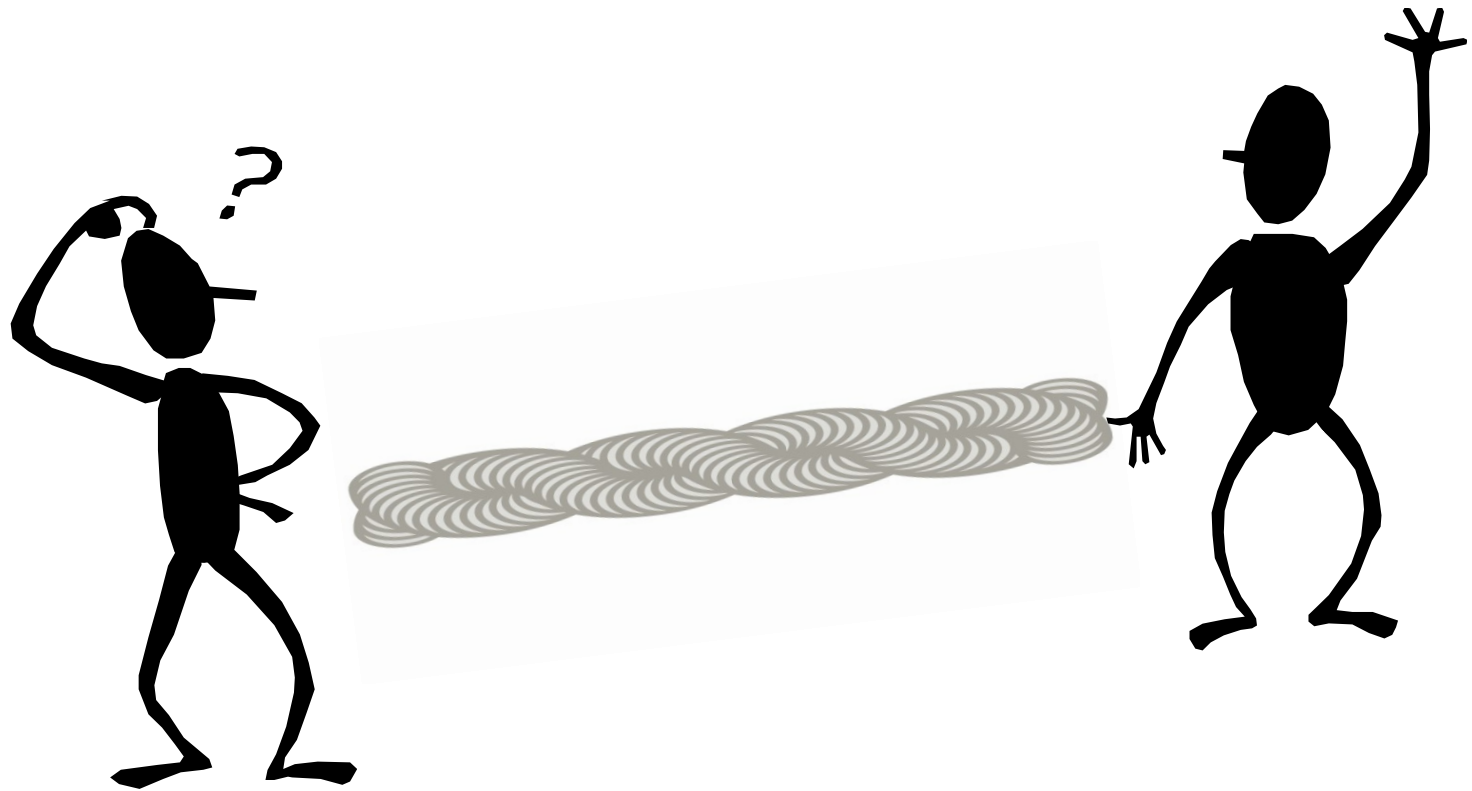
*Take care of yourself*

# Self-Care





stingers



**“Draggee” and “Dragger”**

A photograph of a dirt road that splits into two paths, leading into a grassy field. The sky is clear and blue. The word "Splitting" is written in bold black text on a yellow rounded rectangle in the lower right corner.

**Splitting**

# Birth & Permanent Children Misgivings

- Imagine an idyllic family
- Lack of understanding
- Changes in birth order
- Feeling “invisible”
- Resent favoritism shown
- Conflict between children
- Unrealistic expectations





Idea

# Time & Attention





**Reduce  
Rivalry**

# Ensure Safety



# **Communicable Diseases & Standard Precautions**



**Transfer of**

**LEARNING**

**LEARNING**



**What are some stressors you can expect from being a caregiver or adoptive parent?**

**What are your expectations about caregiving or adoptive parenting?**

**What are some of self-care strategies that will help protect you from burnout or secondary trauma?**

**What are the potential consequences of caregiving and adoptive parenting on the relationships between your family members?**

# 1

Building and sustaining a relationship with the primary family is a common stressor for foster and adoptive families.

# 2

An example of a realistic expectation for foster and adoptive families is: it will take time to feel love and connection to this child.

# 3

It is important for caregivers to practice self-care. One way they can practice is by finding time for spiritual connection.



# Thank you!

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