



“AAA” for Caregivers

A Model for Cultivating Wellness as a Caregiver

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Roadside Assistance for Caregivers



Avoid Isolation

Your person can
become your
everyone.



Adventurous Coping

Caregiving can
become your only
thing.



Active Integration

Being a caregiver
can *become* you.

Avoiding Isolation for Caregivers

Isolation is Insidious. Community is Cathartic.

- Online Resources
 - Caregiver Action Network
 - American Cancer Society
- Support Groups
 - Cancer Lifeline
 - Cancer Pathways
- Informal Social Support
- Respite Care



Avoiding Isolation for Caregivers

Isolation is Insidious. Community is Cathartic.



Tips for Loneliness and Isolation



Adventurous Coping for Caregivers

Caregiver Stress

- Mayo Clinic
 - Feeling burdened or worrying all the time.
 - Feeling tired often.
 - Becoming easily irked or angry.
 - Losing interest in activities you used to enjoy.
 - Feeling sad.

Coping Review or Refresh

- Johns Hopkins
 - Stress management (e.g., avoid self-medication)
 - Time management (e.g., delegation)
 - Decision-Making (e.g., designing plans of action)
 - Life-Style Management (e.g., humor, positive self-talk, accept help)

Active Integration for Caregivers

A Shifting Identity is a Central Challenge for Caregivers

- *Caregiver Identity Theory*, Montgomery & Kosloski (2009)*
 - Three domains of burden
 - **Objective** – Physical, practical, and logistical tasks to be performed, remembered, reminded, etc.
 - **Relationship** – Emotional and social strain related to the shifted dynamics between caregiver and patient, role-reversal, loss of reciprocity.
 - **Stress** – Internal feelings of overwhelm, cognitive fatigue, burnout.

Active Integration for Caregivers

A Shifting Identity is a Central Challenge for Caregivers

- *Caregiver Identity Theory*, Montgomery & Kosloski (2009)*
 - Three domains of **relief**
 - **Objective** – Accepting help, hiring help if possible, adjusting expectations, organization tips ([TCARE Checklist for Medical Appointments](#)).
 - **Relationship** – “Care-free zone”, dual identity ritual (and the boundaries to go with it), constant communication.
 - **Stress** – Acknowledge and validate grief, professional support, community/support groups, self-compassion.

General Resources for Caregivers



Caregiver Resource Guide



General Resources for Caregivers



Caregiver Resource Guide

