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# Swimming Against the Tide: A carer's unique approach to finding hope, courage, inner strength, long-term resilience, happiness and peace



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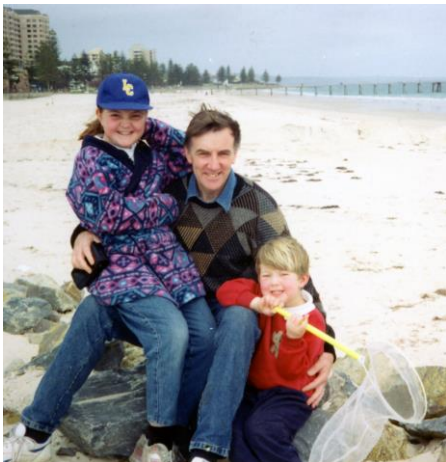
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# Acknowledgement of Country

I'd like to begin by acknowledging the Traditional Owners of the land on which we meet today. I would also like to pay my respects to Elders past and present.

# Introduction

- Our Story



**BEGINNING - FOUNDATION**

# ACCEPTANCE

- Diagnosis
- Road map
- Not negotiable

# CHOICE

- Victim or Survivor?

# COURAGE

- Search
- Commitment
- Failure is not an option

# FOCUS

- Dream
- Destination
- Mantra



**MIDDLE - ONGOING**

# ACCEPTANCE

- *Crisis du jour*
- Problem solving
- Persistence

# STABILITY

- Same house
  - Same job
- Same schools
- Same neighbourhood

# BALANCE

- Family members' rights
  - Respite

# REALITY

- Limited energy
- Conflicting roles
- Risk of carer burnout

**END - CULMINATION**

# ACCEPTANCE

- Quality of life?

# RESILIENCE

- Facing fear



# GRIEF

- Early
- Ongoing
- Final

# MOVING FORWARD

- Honouring memory by LIVING
- Positive outlook and future
  - Happiness and peace



Thank you for your attention

Are there any questions?



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