

# THE CAREGIVER'S JOURNEY



## KNOW YOURSELF - KNOW YOUR JOURNEY

**We have many roles in our lives. An increasing number of us - more than one in five - are adding non-professional caregiver for family and loved ones to the roles we already have.**

**This impacts us personally and professionally. This impacts our health, relationships, finances, self-love, and life choices.**

**There are 5 overlapping phases in The Caregiver's Journey:**

- 1. The Caregiver's Primer™:** What to do when we see caregiving on our horizon and when our journey first begins.
- 2. The Journey Begins With Me:** Understanding ourselves in a meaningful way so our personality, beliefs, values, and purpose support - not sabotage - us.
- 3. 5 Steps to Navigate Your Caregiving Journey:** Navigating our journey as caregivers so we are confident, balanced, and supported in any experience from the moments of joy - and they're there - to making wise choices during challenging moments.
- 4. The Grace of Grief™:** Navigating grief in a healthy way during and after our caregiving experience so we don't get stuck in grief and learn to move forward when our caregiving journey ends.
- 5. Moving Forward:** Reawakening and/or recreating who we are now that our caregiving journey has ended. Embracing and learning to live our best lives feeling good about ourselves as we move forward.

# Why The Caregiver's Journey? Why Sue Ryan?

**I know this journey.** For more than thirty-five years, I've navigated multiple journeys in roles of non-professional caregiving support for family and loved ones. Several of these include my grandmother, my father, and I'm currently in this role with my beloved husband, Jack.

**I know it's a journey.** I've been there when the diagnosis is given that no one and no thing can prepare us for. I've been there through every second of the journey. I've been there when their journey ends. I've learned to move forward. I've learned to thrive - as we're all meant to.

**I've struggled during our journeys.** I've struggled when I didn't know what I didn't know. I've felt frustrated, overwhelmed and yes, sometimes frightened. I've felt helpless when I didn't know where or who to turn to for help.

**I've grieved.** I've grieved during our journey. I've grieved after our journey. I know how easily grief can be weighed down by emotions that don't serve it, that cloud our ability to actually grieve. I know this can prevent us from reawakening, from recreating ourselves after our loved one's journey has ended because we're stuck in grief and don't know how to move forward.

**I've learned about ME.** I've learned how important it is for me to understand my natural way of viewing the world - under stress and in times of joy. I know how valuable it is to have the full potential and resources of my personality, beliefs, values, and purpose to support me on our journey.

**I've navigated all the roles.** I've navigated all the roles of caregiving support both with my care receivers at home and in care communities. I've navigated the roles of support in partnership with the care teams.

**I know each of our journeys is different.** I know that while we each of us have unique experiences as we navigate the phases of our journey, we're all on this journey together.

**I know my journey now.** Through massive acceptance and radical presence, through the lessons and a deep understanding of the journey, I'm now able to stay confident and balanced in any experience, able to embrace the beautiful moments with joy and to make wise choices with clarity in the challenging moments.

**I know my mission.** Be your guide. Teach you to navigate the phases of your journey faster and more easily than I did in the beginning. Teach you to feel good about your journey with your loved one and those around you. Teach you to feel good about yourself during and following your journey.

Whether you'd like to have a conversation, read my international best-selling book *Our Journey of Love, 5 Steps to Navigate Your Caregiving Journey*, have me speak or conduct workshops for your organization, or take one of the offerings of my The Caregiver's Journey program, reach out to me at:

[The Caregiver's Journey Resource Page](#)