

Working with Caregivers' Feelings: Scenario Based on Marisabel

1. First, as a large group, review the results of the first three steps Marisabel has taken.

Step 1: We have explored Marisabel's feelings as a group. She has strong feelings about the situation, including sadness.

Step 2: Marisabel has checked out her feelings with a coworker and realized the following:

- *She feels she is doing too much for the parent and child.*
- *Some other people have had the same concerns with other parents that she has, but not everyone is as concerned about cleanliness as she is.*
- *She needs more information about what's going on with the parent and child at home.*

Step 3: Marisabel has met with the parent to gather more information about the parent's point of view.

2. Second, as a small group, choose one of the following possible outcomes of Marisabel's talk with the parent:

A. *Marisabel has learned that the family is living out of their car, the mother feels badly about not being able to give the child better care, and is somewhat depressed.*

or

B. *Marisabel has learned that the mother is not concerned about cleanliness and is somewhat offended that Marisabel is putting her own children's castoff clothes on her child, although she hasn't wanted to say anything. The mother says she spends plenty of time with her baby each night at home.*

or

C. *Marisabel has learned that the mother puts the child to bed almost immediately after she gets home and goes to sleep herself. Often, the mother gets up around 11:00 pm, gets the neighbor to check for emergencies, and goes out with her boyfriend.*

3. Third, as a small group, develop an action plan.

Decide on a plan of action for Marisabel based on the above. If you don't have enough information to develop a plan, make up the details that you are missing.

Include a plan for one, two, or all three of the following possible actions:

- *Marisabel's plan to address her own issues.*
- *Marisabel's plan for a meeting with the parent, if appropriate.*
- *Marisabel's plan to find outside help for herself or for the family, if appropriate.*