

CAREGIVING -

IS PROVIDING ASSISTANCE TO SOMEONE WHO CANNOT CARE FOR THEMSELVES.



MY GOAL IS
TO PROVIDE
SOME
INSPIRING
INFORMATION
FOR
CAREGIVERS
TO RELATE
TO.



SCAB - A PROTECTIVE CRUST THAT
FORMS ON A WOUND TO STOP
BLEEDING AND PREVENT INFECTION
AS THE SKIN UNDERNEATH HEALS.



Caregiving in relation to a **Scab**



A **scab** forms over a wound, stopping the bleeding, shielding it from infection, and allowing the skin underneath to slowly, quietly heal.

In the same way, caregivers can relate to a *scab*. *They* protect those who have been stricken by illness, just as a scab protects an open area on the body. The **scab** doesn't ask for attention, it shows up naturally to cover and to protect the wound. That goes for you caregivers who naturally step in to give care to someone you love, respect, etc...

Sometimes the scab often gets
picked at, scratched, snagged,
etc... Surely there are times
when you feel picked on.

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*“You could have done it this way, or
why did you do that?”*

But without the scab the wound would never recover.

When the process ends, there is always a **mark**. A **mark** where the wound once was. That **mark** will be there for you to see and for those to see your hard work, dedication and love you gave to your loved-one. Yes, it's an ugly job sometimes, but someone has to do it. So, continue your journey because the **mark** you leave will be forever there.

**“CONTINUE
TO LEAVE
YOUR MARK, BE
A SCAB”**

by: LaDerrick Smith

S - Seek

C - Continue

A – Accept

B - Balance





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 - **SEEK** - Don't be afraid to ask your neighbors, friends, and/or family members. The only thing they can say is "no." But you might be surprised who's willing to help.

CONTINUE - As you continue to care for your loved one, remember, there will be people who may not understand or relate, especially depending on the level of care required. And that's okay. Keep going anyway.

ACCEPT - When someone offers to bring food, run errands, or help with chores, etc... take it. Support doesn't always come often, and receiving help is a strength, not a weakness.

BALANCE - Make space in your life to care for your own health, physically, emotionally, and mentally. Remember this, "you can't pour from an empty cup."

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QUESTIONS ???

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THANK YOU

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