



Thanks for your
Patience.
The session will
begin shortly!

IN THE KNOW

Information Session for the IDD Community

Wednesday May 28, 2025 | 12:00pm - 1:00pm virtual

Topic: **Self-Care Isn't Selfish!**

Guest Speakers: Karleen Haines & Tiara Cadet

Hosted by: PHP/CDNY Advocacy & Member Engagement

IN THE KNOW Education Series

Timely and Relevant Information and Resources Specific to and for Individuals with Intellectual and Developmental Disabilities (IDD).



Our In the Know education series is designed to educate and elevate awareness of timely and relevant topics impacting the quality of life for individuals with IDD.

Using Microsoft TEAMS:

- Remain on MUTE if you are not speaking
- Raise your HAND if you'd like to speak
- Use the CHAT function to write a comment

Those on the phone:

- Press *6 to Unmute your phone
- Facilitator will keep attendees on mute to minimize background noise

Facilitator



Karleen Haines

Chief of Advocacy & Member Engagement

Welcome to our Speaker(s): Karleen



Karleen is a non-profit executive with over 20 years of experience in the field of human services. She volunteers on several advisory boards supporting the IDD community, presents on various topics including workforce development, inclusion, and integrated healthcare, and worked as an adjunct faculty at Nassau Community College teaching disabilities studies courses for the department of psychology.

Ms. Haines oversees various initiatives as part of the leadership team for Partners Health Plan and Care Design NY. She champions advocacy efforts for the IDD community alongside members and families, seeking to raise a collective voice for a better future.

Karleen serves on the state's Developmental Disabilities Advisory Council subcommittees on systems and housing. She is a licensed Health Agent in the state of NY; earned a 'DEI in the Workplace Certificate' from University of South Florida; and holds an undergraduate degree in psychology and a master's in management from the State University of NY at Stonybrook.

Welcome to our Speaker(s): Tiara



Tiara Cadet
Behavioral Support Specialist

Ms. Cadet has a Masters degree in Marriage and Family Therapy with a concentration on alcohol and substance abuse from Long Island University. She holds a Bachelors in Psychology, with a concentration in Children and Youth Studies from CUNY Brooklyn College.

As a clinical consultant, she has worked in a variety of settings from shelters, OASAS certified rehab facilities, federal prisons, in-home services, in the community, IRA-Residences and private practice settings.

Tiara has worked with people to help them process their emotional trauma, overcome depression, manage stress during crises, tackle financial and vocational anxiety, navigate LGBTQIA+ issues, strengthen family systems and dynamics, navigate immigration struggles with the migrant population, navigate problematic sexual behaviors, overcome parenting struggles, address teen/adolescent issues and understand intellectual, and developmental diagnoses.

Self-Care isn't Selfish!



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.



TAKING CARE OF
MYSELF DOESN'T
MEAN "ME FIRST" IT
MEANS "ME, TOO."

THE WELL

Considerations



- What is an example of 'self-care'?
- Why is it important to take care of yourself?
- Why is your mental wellness as important as your physical wellness?



Emotional Wellness Toolkit



How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. **Emotional wellness** is the ability to successfully handle life's stresses and adapt to change and difficult times

Mental health includes **emotional, psychological, and social well-being**. It is more than the absence of a mental illness—it's essential to your overall health and **quality of life**. **Self-care** can play a role in maintaining your mental health and help support your treatment, recovery, and overall wellness.





BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience :

- ❑ Develop healthy physical habits.
- ❑ Take time for yourself each day.
- ❑ Look at problems from different angles.
Learn from your mistakes.
- ❑ Practice gratitude.
- ❑ Explore your beliefs about the meaning and purpose of life.
- ❑ Tap into social connections and community.



REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

- ❑ Go to bed and get up each day at the same time.
- ❑ Sleep in a dark, quiet place.
- ❑ Exercise daily.
- ❑ Limit the use of electronics.
- ❑ Relax before bedtime.
- ❑ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ❑ Consult a health care professional if you have ongoing sleep problems.



BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- ❑ Take some deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- ❑ Enjoy a stroll, notice the sights around you.
- ❑ Practice mindful eating. Be aware of each bite and when you're full.
- ❑ Be aware of your body. Do a mental scan, bring your attention to how each part feels.
- ❑ Find mindfulness resources, including online programs.



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

- ☐ Take care of yourself.
- ☐ Talk to a caring friend.
- ☐ Try not to make any major changes right away.
- ☐ Join a grief support group.
- ☐ Consider professional support.
- ☐ Talk to your doctor if you're having trouble with everyday activities.
- ☐ Be patient. Mourning takes time.

COPE WITH CHANGE

Take Stock of how you feel, Focus on the short-term, Acknowledge what is working, Recognize achievements, Find a new rhythm, Reframe your thoughts, Do what feels comfortable, Gain advice and support



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- ☐ Build strong relationships with your kids.
- ☐ Get active and share good habits with family and friends.
- ☐ If you're a family caregiver, ask for help from others.
- ☐ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ☐ Take a class to learn something new.
- ☐ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ☐ Travel to different places and meet new people.

Caregiving can be an extremely rewarding experience, but it can also be physically and emotionally draining. Whether you're supporting a loved one with a disability, an aging parent, a spouse with a chronic illness, or a friend recovering from surgery, **it's easy to be so focused on their needs that you forget about your own.**

But here's the thing: if you're exhausted, easily agitated, feeling disconnected from others, or unable to take care of your own needs—if **you don't "fill your own cup"—you can't give your loved one your best care.**

Caregivers often put their own health on the back burner. Research shows that caregivers are at a [greater risk for chronic health conditions](#) such as high blood pressure, heart disease, and depression. That's why it's so important to pay attention to your own health needs.

It's not always easy to recognize when you're pushing yourself too hard, so keep an eye out for these signs:

- Do you feel constantly tired or overwhelmed?
- Are you getting irritated easily?
- Are you having trouble sleeping?
- Have you lost interest in activities you used to enjoy?
- Are you experiencing frequent headaches or other physical problems?

Special needs caregivers experience...

- A higher rate of burnout
- A harder time obtaining resources for their children
- A mix of emotions – frustration, anxiety, pride in their child's unique strengths, and determination
- High levels of stress, chronic stress, and physical health concerns
- Feelings of isolation
- A lack of time for self-care, hobbies, or social activities.
- Financial challenges due to caregiving expenses or the inability to work full-time
- Feelings of guilt or inadequacy
- Conflict between their own needs and those of the person they care for



Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.

Questions & Open Discussion



Thank You for Joining us Today!

RESOURCES / LINKS:



National Institutes of Health: Emotional Wellness Toolkit

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

National Institutes of Health: Emotional Wellness Toolkit (additional resources)

[Emotional Wellness Toolkit — More Resources | National Institutes of Health \(NIH\)](#)

National Institutes of Health: Emotional Wellness Toolkit (Spanish)

[Sus sentimientos | Los Institutos Nacionales de Salud](#)

National Institutes of Health: Tips for Caregivers Caregiving | National Institute on Aging

National Institutes of Health: Caring for your Mental Health

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Video: Caregiver Self-Care

<https://youtu.be/bTIEbO72fO0>

Article: Life as a Special Needs Caregiver and Parent: Strategies for Managing Burnout

[Managing Burnout as a Special Needs Caregiver and Parent](#)

Article: Avoiding Caregiver Burnout

<https://www.healthline.com/health/health-caregiver-burnout#resources-and-support>

Article: Caring for Yourself While Caring for Others

<https://magazine.medlineplus.gov/article/caring-for-yourself-while-caring-for-others>

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