



Barbara Zwicker

Caregiver Resilience

Submitted by Melissa Scotland

Caregiver resilience is described as the ability to withstand, adapt to, and recover from the emotional, physical, and mental challenges that arise when caring for a loved one. This role for Barb was amplified by managing complex care needs when her husband suffered his traumatic injury. For Barb, maintaining resilience was essential to navigating the demands of providing daily care as well as end of life care, while managing her personal well-being.

Resilience, however, often hinges on a strong support system. For Barb, this came from their daughter, Jocelyn, and son, Todd. The emotional and practical help that was provided not only eased the pressure of caregiving, but also reinforced Barb's sense of connection and shared responsibility.

Caregiver resilience is crucial when caring for a loved one and Barb continued to demonstrate a blend of emotional strength, physical endurance, and mental adaptability in caring for Charles. Barb adapted as Charles' illness progressed, encouraging him to continue with his hobbies, like cribbage and card games, as he was able while at the same time giving themselves grace when this was no longer possible. She continued to find moments of joy, expressing love, and creating meaningful experiences together, despite the challenges, which provided a source of strength for Charles and others.

In speaking with Barbara about her experience she, like so many caregivers, found it difficult to be recognized, saying, "Charles is the one that was resilient, he never complained." When asked how she persevered, she reflected, "Caregiving can be very isolating, you have to take it day by day and enjoy the good things."

Melissa, their care coordinator shared, "Barb was an inspiration for me. Her efforts were not only seen, but deeply felt and for that I want to recognize her for going "Above and Beyond." By taking this time to recognize and celebrate her impact, I hope that she is reminded of her profound influence that may encourage a culture of compassion for all."