

Spouses and Significant Others

a roundtable discussion led by

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Introductions

CF therapies

- what's **THIS**?
- IVs
- nebulizers
- The VEST
- tune-ups/hospitalization
- transplants
- others
- non-compliance

Coping with CF therapies

- communication vs. denial
- getting over squeamishness over blood, noisy expectoration, smells, etc.
- learning/curiosity
- role-models
- dependency/co-dependency
- encouraging compliance: the carrot & the stick
- humor

Physical limitations

- needs more sleep
- dietary needs
- physical exertion (sports, running, climbing, etc.)
- sex
- infection control
 - household issues* (hands, pets, bathroom, children, company)
 - external scenarios* (workplace, doctor's office, hospital, public transportation, public spaces)

Coping with physical limitations

- communication vs. denial
- making extra sleep possible
- meeting dietary needs
- physical exertion
 - finding things you can do in common*
 - doing things on your own*—taking care of yourself
- sex
- applied infection control

household

flu vaccines, etc.

external scenarios

optimal venues (non-smoking, etc.)

Keeping romance & sex in working order

- communication vs. denial
- body image
- IVs are OK
- nebulizers are OK
- congestion/coughing
- accepting each situation at face value
- creative alternatives to garden-variety sex
- humor

Domestic chores

- who's doing the dishes tonight?

Extended Families

- communication vs. denial
- how well or if they cope
- ideal vs. real

Finance/Income

- normal stuff
- insurance
- medical expenses
- legal disability

Time utilization

Declining health

- non-CF related
- CF-related
- living wills

Dealing with loss

- loss of function
- a community of loss
- personal loss

Dealing with gain

- the good parts

Resources in the Greater Chicago area:

<http://www.wellspouse.org/> -- the Well Spouse Foundation, an association of spousal caregivers

Well Spouse Support Group of Elk Grove Illinois Meets the 3rd Tuesday of the month from 7-9pm.

Contact Co-leaders Erin Vogt, Cecile Cunningham and Kathy Nordstrom at 847-956-5465

Oakbrook WS Support Group meets second Friday of the month at 7:00 PM

Contact: Bill Tader, (815) 609-1475 or (630) 854-1546.