

INTIMACY AND
RELATIONSHIPS
ISSUES, CONCERNS, AND
COPING

Living With CRPS

By

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What is intimacy?

- The four parts:
- Our relationship with our self
- Our relationships with those who care for us or who we care for
- Our relationship with our children
- Our social relationships

Relationship with one's self

- “When one is out of touch with oneself one cannot touch others”
 - Anne Morrow Lindbergh

Relating to us

- Why do we feel like we are a different person since we started our endeavor with CRPS?
- Guilt and Anger
 - Why do feel guilty over something we did not have control over?
 - Why are we so angry and who or what really are we really angry at ?
 - Why do we feel we need to prove something?
 - It is not all about us-

Relating to us

- How do we forgive and move on?
- Who am I now?
- Find what you like and find a way to do it
- I never said this was easy
- Is it depression?
- Getting professional help

Spouses, Caregivers, and Others

- **Change in dynamics**
 - Changes in power or responsibilities
 - Lack of intimacy – emotional and physical
 - Find ways to reconnect

Spouses, Caregivers and Others

- Communication- it goes both ways
 - Make time to talk
 - Divide and conquer responsibilities
 - How you say it matters as much as what you say
 - Keep it simple
 - Be honest
 - Be creative
 - Practice active listening

Spouses, Caregivers and Others

- Find common ground
- Respect each others issues
- Do what works for you
- Compromise is not a bad word
- **Our Fears**
 - Rejection by our partner
 - Pain associated with physical contact
 - failure

Relationships

- **Serious problems:**
 - Neglect
 - Alcohol
 - Drug issues
 - Emotional or physical abuse
 - Lack of support system
 - Getting help

Caregivers Need Support too!

- Keep in mind that a caregiver may have had a major change in their life too.
- Caregivers are entitled to time for their pursuits as well and need down time
- Find a support system- caregivers need support too.
- Remember it is not easy for a person to watch another in pain and be unable to do anything

Children and CRPS

■ Parents with CRPS

- Age appropriate info
- A child's imagination will make what ever it is you are not telling them worse then it is
- Get them involved; children like to help
- Involve teachers, counselors, daycare etc.
- Create a support system for you and them
- Teens and parents with CRPS
- Be present and involved

Children and CRPS

- **Parents of Children with CRPS**
 - Trust your child and listen to them
 - Be their advocate
 - Educate yourself
- Determine what is “normal” for their age before chalking it up to CRPS
 - Take care of yourself
 - Be their parent

Make life easier

- Use technology
- Use calendars, filing or color coded systems
- Plan a head – projects, dinners, tasks etc.
- Use the tools of convenience
- Make a list of what can be done to help
- Ask for help!
- Use your support system
- Delegate

Our Social Networks

■ “

■ The most I can do for my friend is simply to be his friend”

■ -Henry David Thoreau

Our Social Networks

- Who are our friends? Who is not?
- Keeping our social world going?
 - How much do we share
 - Expressing our possible limitations
 - Communication is a two way street
 - It is not all about us
 - compromise

Social Networks

- How much is too much support or is it control?
- Understanding things may change
- Find new things to learn and do or do what you did a different way
- Dating With CRPS
 - Tell you new or possible partner the basics
 - Answer any relevant questions
 - Keep conversations positive...but truthful
 - Stay interesting – be involved in the world

Social Networks

- Dating cont.
 - Accept help and set limits
 - Obtain and advocate and an ally
 - Show appreciation
 - It may take some time-no different then anyone else dating
 - Be honest of what your commitment is
 - Watch for any disturbing concerns
 - Don't over compensate

Social Networks

■ Using Social Media

- It is a great tool but real people matter too.
- Understand it is a tool and understand it's limitations and pitfalls
- Don't let social media become your only social life

Abuse Problems

■ Verbal vs. Physical

- Verbal is sometimes considered worse- it is harder to prove and more emotionally damaging
- Either sex can be a victim of abuse
- What is verbal abuse?
 - Being called names, using words to shame
 - Always yelling at, threats to intimidate
 - Blaming the victim, feelings are dismissed
 - Manipulation, always feeling bad

■ *They say a person just needs three things to be truly happy in this world. Someone to love, something to do and something to hope for.*

■ Tom Bodett