



Caring Times

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Experts in Eldercare Since 1995



Mary Peters, Founder & President, with the late Jack Segars.

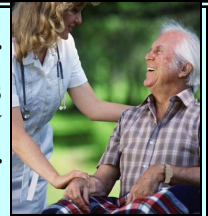
Who will take care of you when you are weary, frustrated and having health problems?

CARING FOR THE CAREGIVER (That's YOU!)

As a caregiver, it is very important that you make sure your own needs are met and that you take care of yourself as well. I hope the following tips will be helpful to you. Let our care managers help you plan a time of respite. Mary Peters, MS, CCM

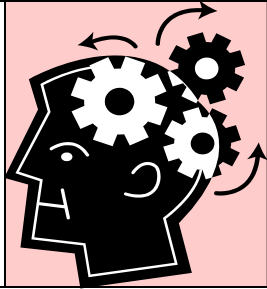
- **Identify the stressors in your caregiving role.** What is most frustrating or anxiety-producing? Think through and plan your responses to these stressful situations. **Consult with** a nurse or social worker who does care management.
- **Access all the information you can** about your parent's diagnosis. Ask lots of questions at the doctor's office.
- **Get adequate rest. Put your feet up and** nap when your loved one naps!
- **Try to keep incidents in perspective.** Read good books and practice meditation.
- **Write feelings** or thoughts in a journal to help put them in perspective. It is a good way to assess *where you are*.
- **Set realistic goals** regarding what and how much you can do for your loved one.
- **Be good to yourself.** Praise yourself for your patience and endurance. Continue to find ways to have fun.
- **Use your sense of humor** – Laughter is good medicine for you and your parent. Watch comedy on TV.
- **Identify and use your support system.** Avoid isolation. When family or friends offer help, accept it & plan it.
- **Set aside certain days** for respite and employ an in-home caregiver for peace of mind while you are away.
- **Forgive yourself** for not being perfect. Talk to others when you experience impatience, frustration, sadness or anger.
- **Be kind to yourself.** Caregiver burnout is around the corner if you neglect your own health.
- **Eat well balanced meals and get regular checkups and daily exercise.**
- **Find sources for personal satisfaction.** Take up a new hobby or return to one you have let go. Caring for an aging person, especially with dementia, can be an overwhelming experience. The physical demands can be exhausting. Emotional stress **of trying to balance caregiving with your job, family and other relationships can get you down.** It's not unusual to feel angry, guilty, frustrated, discouraged, worried, grief-stricken, isolated and taken for granted.
- **Finally, find your voice. Join a support group** to provide you with an opportunity to share your feelings, learn about caregiving challenges and techniques for handling them, and help you identify resources

Visit us at www.careforlifecharleston.com *and, we're now on* **FACEBOOK!**



[This information is not intended as medical advice. Always consult your medical provider](#)

What's On Your Mind ?



Excerpted from caring.com/news

Middle aged adults might experience a decline in brain function if they are sleeping less than 6 hours a day or more than 8 hours. The mental decline is apt to be equivalent to being 4 to 7 years OLDER.

Trying to always do more in a given 24 hour day is causing people to sacrifice sleep to ensure they complete everything that is expected of them.

The study by the University College London Medical School cites that women who slept 7 hours a night have the highest score for every cognitive measure followed by those who had six hours.

However, less than 6 hours or more than 8 were associated with lower cognitive scores.

Sleep provides the body with its daily need for restitution and recovery. It is not yet clear in studies why 7 hours appears to be optimal for the majority of people.

Wide awake past midnight?

Turn off the TV. Read something boring. Create bedtime rituals for yourself. Dim the lights. Listen to soothing sounds or music. Pray. Make lists so you can assure yourself that you will not forget something you must do tomorrow.



Getting enough sleep helps many brain functions. It is restorative, it lets you concentrate better and process information better and faster.

Getting too much sleep might be a sign of other medical problems, so beware.

Sleep is as important as eating well and being physically active. For more info: visit [the National Sleep Foundation](#).

We can help you locate a sleep specialist. Call us today 843-852-9090

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