
THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

[Services That Can Help Seniors Continue to Live Independently](#)

Most seniors wish to continue living in their own homes, but this can be unrealistic and unsafe as their abilities wane. See how individual services like meal delivery and more comprehensive in-home care can enable a loved one to age in place safely. [Read More »](#)

[This Fourth of July, Exercise Your Right To Rebel](#)

This Independence Day, try celebrating in a different way. Break out your inner rebel and have some safe, good-natured fun. [Read More »](#)

["Spending Down" to Medicaid: One Caregiver's Personal Journey](#)

For many families, navigating Medicaid eligibility seems like more of a hassle than a source of help, and the spend down process is one of the trickiest parts. Use this caregiver's experiences to inform your own Medicaid planning strategy. [Read More »](#)

[What to Serve Seniors at a Cookout](#)

Culinary and elder care experts share their suggestions for lean, easy-to-eat dishes that are perfect for serving up at a summer barbecue. [Read More »](#)



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Questions and Discussions From Caregivers

Q: Should I go ahead with my wife's annual mammogram?

She is now 75 and has FTD with aphasia. It is not that I don't want to keep her healthy but I am concerned with what to do should it come back positive.

Q: How do we keep mom warm in the summer when everyone else is sweating?

Do we add another blanket if she asks even though it is warm and we can see signs that she is perspiring?

Q: Shall I bring my wife home? We've been married 71 years. My wife has dementia and is in a nursing home.

I have 2 daughters and a son that helps when needed. They want her kept where she is. What shall I do?

D: Fourth of July and your Loved Ones

I am not sure that Mom with dementia would even tolerate staying up until 10 PM to watch the fireworks. I don't know what to do this year.



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