

## Questions From Caregivers

We know experienced caregivers genuinely want to help. These caregivers are still looking for your answers and advice. Can you help?

**Q: Identity crisis; My dad thinks I am my mom.**

It not only is disturbing and uncomfortable to me, but I find I put myself at a distance with him, both physically and emotionally. His dementia has us living in different realities and it's killing me!

**Q: I am the family "fixer," any advice on balance when caregiving?**

I know I'm not responsible for everyone and all I can do is be there and do my best, but what do you do to make yourself feel better when you still feel the guilt?

**Q: In 2 months husband has gone from misplacing a word here and there to not understanding or speaking words. Anyone seen decline this fast?**

He's 82 and in January this year finally admitted he was having severe memory problems. I thought it would be years before he would get to this stage.

## Helpful Resources for Making Care Decisions

Our goal is to connect aging adults and their caregivers with the support and services they need.

### **Considering Home Care?**

Our home care referral program assists families in finding in-home care services. A care advisor will assess your needs and assist in arranging free in-home consultations with local agencies.

**[Click here to find home care in your area.](#)**

### **Making Senior Housing Decisions?**

Have a care advisor provide you with pricing information and a list of services for communities available in your area.

**[Click here to find assisted living in your area.](#)**

### **Have More Questions?**

**[Find Answers & Support on the AgingCare Forum!](#)**