

AgingCare

The Caregivers' Newsletter

Articles from AgingCare

Compassion Fatigue: When Caregivers Go Beyond Burnout

Although caregivers are often cautioned against the dangers of burnout, there is an even more serious phenomenon called compassion fatigue that can be detrimental to both care providers and recipients.

What Is a Do-Not-Resuscitate Order and How Does It Work?

A do-not-resuscitate order (DNR) is an advance care planning document that specifies what potentially life-sustaining medical interventions a person does not want to receive. A basic DNR order usually states a patient's wish to avoid undergoing CPR.

Caring for a Loved One with Lung Disease

For seniors with lung disease, difficulty breathing is a common symptom that can affect energy levels and limit activities. Explore tips on how to help someone with respiratory problems improve their sleep quality, nutrition and overall health.

Coronavirus Stimulus Checks: What Seniors and Caregivers Need to Know

Millions of Americans are set to receive economic impact payments from the government. Learn about eligibility requirements, amounts and how to submit updated information to ensure older Americans get their coronavirus stimulus checks.



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Discover how Simple Meds can streamline your daily medication management process and get you back to doing what you enjoy with no extra cost to you. Call today at (877) 512-2643.

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Questions and Discussion from Caregivers

Q: Spending too much time together in the house: What's driving YOU crazy?

Husband is driving me crazy with all this cooking! Trouble is, he's a SLOB. In capital letters. My kitchen looks like a bomb hit it. How's being cooped up together working for YOU? Let's share a laugh or two, I think we all need it!

Q: How to emotionally detach from my dad while still providing care oversight?

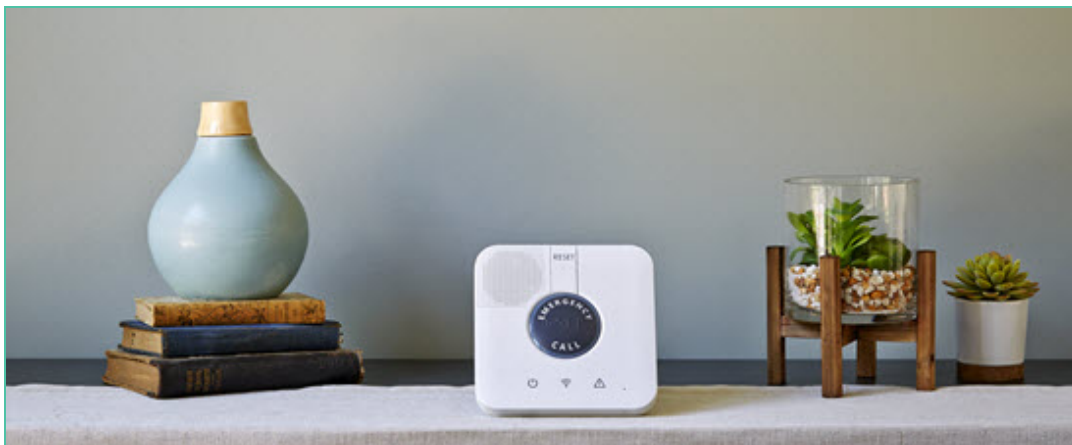
I think my dad is very angry. I do feel bad that he is unhappy, but I have hit my wall with him. I need to set some boundaries without making him feel alienated. Really I want to emotionally disconnect but don't know how.

Q: How do you respond to a spouse who says they love you, but will not let you connect with brothers and sisters you need for support?

I can't leave her overnight, we have no one to stay with her, and she refuses to go with me to see family I need for my own emotional support and well being.

Q: I've just found out my mom's tax return was hacked. Working on fixing that. Anyone else experience this?

Someone sent in a tax refund request with her name and SS info, etc. It's already been paid by the IRS! I'm her POA. Any thoughts on how I should handle this?



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Helpful Elder Care Resources from our Partners

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

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Simple Meds organizes your medications into single-dose packets and delivers right to your door. Learn more about how Simple Meds can take the confusion and hassle out of medication management at no extra cost to you.

Get a Medical Alert System

Don't wait for an emergency! Get the "Get Help if you Fall" Medical Alert System. Make the decision that provides confidence, security and safety.

Making Senior Housing Decisions?

Have an expert care advisor provide you with pricing information and a list of services for communities available in your area. Our FREE service helps families find the best senior housing options.

Considering in-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.



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