



Aging with Grace™

Your solution to eldercare stress

Our mission is to educate, coordinate and facilitate individualized eldercare options one family at a time



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Caring for the Caregiver

Chronic Stress & Caregiving depletes a person not only physically, but also emotionally and spiritually. Perhaps you, like Terry, are one of the 54 million Americans caring for a family member. You know firsthand that caregiving depletes a person not only physically, but also emotionally and spiritually. Caregivers of someone with a chronic illness have a 63% chance of dying early. Women who care for grandchildren have a 55% greater risk of heart disease. It's no wonder caregivers often experience troublesome feelings such as depression, resentment, worry, helplessness, exhaustion, guilt, anger, and sadness. However, when you care for yourself as conscientiously as you care for others, these statistics and severe emotions can be drastically reduced.

Here are 10 easy tips to help you care for you:

- 1. Eat properly and regularly.** Include meats, fruits, vegetables, grains and dairy in your diet every day. Keep healthy foods and snacks on hand. Make double recipes and freeze leftovers for quick meals. Drink three or four glasses of water a day.
- 2. Exercise a little everyday, even if it is only for 10 minutes.** Take a short walk, use that treadmill or do calisthenics indoors.
- 3. Get adequate sleep.** (Easy for me to say!) Try to get seven to eight hours of sleep per night, though it may be interrupted. Sleep when your care recipient sleeps. Leave the dishes in the sink another hour and take naps.
- 4. Schedule time out for yourself every day.** Use relaxation or stress-management techniques such as meditation, visualization, biofeedback, and yoga. Find respite care so you can regularly take time away to nurture yourself.
- 5. Pay attention to your own feelings and emotions.** Talk to friends and family; join support groups. Seek counseling if needed.
- 6. Pray—every day.** Read spiritually uplifting books and listen to those programs and tapes. Attend church or synagogue.
- 7. Stay actively involved with friends and hobbies.** When it is hard to get out, invite others in. (But don't clean first!)
- 8. Subscribe to supportive caregiving periodicals and magazines.** Today's Caregiver and Caring Today, are some good ones. Read inspirational encouraging books such as Chicken Soup for the Caregiver's Soul.
- 9. Tap into community-based and national resources for support.** The National Family Caregiver's Association, the Family Caregiver Alliance, and the Area Agency on Aging, are great places to start.
- 10. Ask for help.** Friends and family want to help, but have no idea how; they are eager to hear your needs and they welcome your suggestions. When someone offers, say "Yes!" Tell them how their company would be appreciated and how great a home-cooked meal would be. Let them sit with your loved one, even for 30 minutes, so you can read or pray or walk. When you care for yourself with the same devotion you do for others, your loved one will receive care from a happier, healthier caregiver; and you will feel cared for, too—a much needed and overdue reward.

Visit the [Aging with Grace](http://www.agingwithgrace.net) web site to learn more about our value added programs:



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Blooming Baby Boomers Prepare Working Caregivers for the Future

Philadelphia, PA. With the first of the baby boomer generation turning 60, and the advent of the "silver tsunami" upon us, many of the moms of today are taking on the added responsibility of caring for aging parents or other loved ones. What was once referred to as the "sandwich generation", is now becoming the "club sandwich generation." Today's moms, ages 35-45, are sandwiched between caring for their own families, and assuming the responsibility of their parents and, in many cases, grandparents or even aunts and uncles.

Balancing all the responsibility has truly become a juggling act. Attending a child's final soccer game versus taking grandma to a medical appointment has become a stressful decision that tugs at the hearts of caregivers. Coupled with working full time, the reality of the days growing longer as the nights grow shorter becomes increasingly evident.

It is not surprising that statistics show the burden of caregiving still falls on the woman of the household, as the majority of informal caregivers remains the female gender. Interestingly enough, the number of men in this role is increasing steadily with a 60/40 ratio of female/male caregivers.

The role of assisting an elderly loved one is not a one-time event. It is ongoing and constantly changing as medical, social and financial needs evolve. This added responsibility compounds the stressors of daily life and in many cases a resulting negative change occurs in the complexion of the family. "Often, I meet family members who feel overwhelmed by guilt, confusion and fear, because they made a promise to take care of their parents. Out of love, many feel the responsibility to provide eldercare themselves," says founder and CEO Patricia Grace, "Most often this is not the best choice."

In addition, today's slumping real estate market further exacerbates the need for caregivers, as many elderly are choosing to remain in their large family homes. Then suddenly, a health crisis arises and the caregiver is faced with making arrangements without full knowledge of what elder care options are available. Searching for appropriate care and/or services is often a confusing and daunting task. Not knowing which options would be most appropriate for one's individual situation makes it more complicated and frustrating. Furthermore, the "maze" of eldercare options available on the internet can often lead to more confusion. Rita Files, partner and COO, says "Helping families find the right care option while offering them the healing touch of patience, understanding, and knowledge is the cornerstone of the Aging with Grace program."

The Aging with Grace program, created by Grace & Files, brings an affordable option to many working caregivers faced with issues related to eldercare responsibilities. Baby boomers themselves, their program addresses an issue that is expected to reach major proportions in the next 10 to 15 years. In light of the aging workforce, coupled with a decrease in the available workers needed to replace them, more and more forward thinking employers and labor groups are offering the AWG program to help their workers manage this growing issue. By placing expert help a phone call away for their working caregivers, these companies and health & welfare funds are taking good care of their business by taking good care of their employees and members.

In a collaborative effort, Patricia Grace and Rita Files have developed this new and innovative approach to eldercare stress. It is not surprising that the recent announcement of the new Aging with Grace Network has been positively embraced by many in the industry. However, even with this success, they both hold steadfast to their mission of *educating, coordinating and facilitating individualized eldercare options one family at a time.*

Tips for Managing Medications Safely

- Never increase or decrease a medication's dosage without checking with the prescribing doctor.
- Only give medication that was prescribed.
- Give the entire prescription even if symptoms are gone unless your doctor tells you otherwise.
- Give medications with a full glass of water unless instructions say to do otherwise.
- Don't crush pills or capsules unless you check with your pharmacist. Many medications have a coating to protect the throat or stomach lining. A crushed pill could release all the medicine at once instead of the way it's intended. For this same reason, don't allow someone to chew pills or capsules unless you've checked with the pharmacist that this is okay.
- Don't cut pills in half unless they have a line across the middle to show they can be broken and you have checked first with the pharmacist. Ask the pharmacist if the pills come in smaller doses or ask the pharmacist to break them for you.
- Throw away all medications that are past the expiration date.



Store all drugs in a cool, dry area. Don't store medications in the bathroom. The warm and damp conditions can cause medications to deteriorate.

The *Aging with Grace* Caregiver Tool Kit

A convenient system for organizing all the important information about your loved one.

Provider Spotlight: Welcome Maxim Healthcare Services

Maxim Healthcare Services - Compassionate Homecare You Can Depend On

When your health or the health of a loved one is compromised, all of the treatment options can seem a bit overwhelming. Often, many patients and their families choose to receive medical care in the familiar surroundings of home. It's a soothing alternative to the hurried pace of a hospital, nursing home, or assisted living community. With Maxim Healthcare Services, you'll receive in-home care that's comforting, safe, and secure.

As a trusted homecare provider since 1988, Maxim Healthcare Services ensures continuity of care for children and adults in the calming surroundings of home. Our qualified nursing professionals specialize in providing around-the-clock care to preserve quality of life, promote independence and individual success, and offer you and your family peace of mind and confidence in the quality of your care. Whether you need 24-hour clinical care or just assistance with things around your home, Maxim can help. Together, we'll create a care plan that meets your individual needs.

Why Choose Maxim?

- A trusted national provider of homecare services that are tailored to meet individual needs
- A level of service that meets and exceeds the healthcare industry's highest standards
- Maxim's homecare offices are accredited by the Accreditation Commission for Health Care (ACHC)
- 24-hour services, including all holidays and weekends
- Highly trained, screened, and credentialed healthcare professionals
- Client-to-caregiver matching service to ensure compatibility
- Regular assessments by management to ensure client satisfaction
- Flexible payment options, including the acceptance of most insurances



Maxim Healthcare Services, Inc. is based out of Columbia, MD, with over 220 corporately owned and operated offices nationally. To find the Maxim office that services your area, please visit www.agingwithgrace.net or call (800) 626-9440.



Look for information about our newest value add program in our July Issue

To remove your name from our mailing list, please [click here](#).
If you have questions or comments, please [contact us](#) or call 215-672-8090