

Institute for Disability Studies

ShareCare Notes

March 10, 2005

In this Stress-Buster Edition:

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1) Alzheimer's in the News

Census data suggests that the number of Alzheimer's cases in the U.S. will continue to rise over the next several years. It is also suspected that accurate prevalence rates for the disease are difficult to gauge since symptoms are often mistaken for signs of normal aging. See http://news.mywebpal.com/news_tool_v2.cfm?pnpID=728&NewsID=616146&CategoryID=3481&show=localnews&om=0 for more details. New studies are beginning at the NYU School of Medicine to investigate the benefits of counseling to reduce psychological stress among those caring for loved ones with Alzheimer's. For the complete story, see <http://www.innovations-report.com/html/reports/studies/report-41341.html> .

2) Stress and Depression

Research has suggested a strong link between caregiver stress and depression. For more details and tips on recognizing stress and depression, visit http://www.caregiver.com/articles/caregiver/depression_in_caregiver.htm .

3) Stress and Coping with Negative Emotions

Negative emotions often leave caregivers feeling guilty and discouraged about their ability to cope with them in a healthy and constructive way. The stress of caregiving contributes to and may be exacerbated by these negative feelings. Visit <http://www.ec-online.net/Knowledge/Articles/stressidentifyreduce.html> and

http://alzheimers.about.com/cs/coping/a/thought_stop.htm for strategies to help you cope with negative emotions in a way that is productive.

4) Stages of Caregiving

Though the journey of each caregiver is unique, there are six stages that caregivers commonly progress through while caring for their loved one. For further explanation of the stages of caregiving, visit <http://www.caregiving.com/years/index.htm> .

5) Caring for the Caregiver

Caregiver stress can have serious implications for both the caregiver and care recipient. Stress may be manifest in both physiological and psychological symptoms. Research has indicated that humor can directly challenge the effects of stress on caregivers. See <http://www.timesargus.com/apps/pbcs.dll/article?AID=/20050214/NEWS/502140304/1003/NEWS02> for more details.

6) Upcoming Events

March 23, 2005, 11:45 a.m. – 1 p.m.

Caregiver Brown Bag Lunch, “Stress Busters in Action,” presented by Dr. Susan Bone, Assistant Director of Wellness, Southern Miss Recreational Sports.

The meeting will be held in The University of Southern Mississippi Student Union, Room H.

Pain (any pain--emotional, physical, or mental) has a message. The information it has about our life can be remarkably specific, but it usually falls into one of two categories: "We would be more alive if we did more of this," and, "Life would be more lovely if we did less of that." Once we get the pain's message, and follow its advice, the pain goes away.

Peter McWilliams , Life 101

Take care of yourselves!

Sincerely,

Angel Jernigan