

Archived ShareCare Notes January, “Caring for the Caregiver”

Institute for Disability Studies
ShareCare Notes
January 21, 2005

In this Edition:

- 1) Long-distance Caregivers
- 2) Sibling Relationships among Caregivers
- 3) Caring for the Caregiver
- 4) Upcoming Events

1) Long-distance Caregivers

Individuals are often thrown into the role of caregiver when crises occur with loved ones living far away. Long-distance caregiving can have additional burdens such as travel and difficulties related to missing work. See

http://www.caregiver.com/articles/caregiver/long_distance_caregiving.htm which provides tips for long-distance caregivers who want to be involved in the care of their loved one in spite of the distance. You can find the long-distance caregiver’s handbook at http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1034 .

2) Sibling Relationships among Caregivers

Sibling relationships can provide both a source of support and frustration for caregivers; to learn more, go to

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=868.

3) Caring for the Caregiver

As you all know, caring well for yourself is critical to your ability to provide care for your loved one. Take the caregiver self-check survey at

<http://www.caregiverresource.net/selfchecksurvey.html> to gauge your current level of distress. If you find that you are in significant distress, please contact us for assistance. A great source of information about a variety of health-related topics can be found at http://www.aoa.gov/eldfam/Healthy_Lifestyles/Healthy_Lifestyles.asp .

4) Upcoming Events

January 22, 2005, 8:30 a. m. – 11:30 a. m. Red Cross Caregiver Training, topics include general caregiving skills, positioning your loved one, assistance with personal care, healthy eating, caring for the caregiver, and legal/financial issues. For more information or to register, call 582-8151.

January 26, 2005, 11:45 a. m. – 1 p. m. Caregiver Brown Bag Lunch, “Roundtable Discussion: Seeking Solutions for Individual Caregiver Concerns,” University of Southern Mississippi, Student Union, Room C.

January 31, 2005, 6 p. m. – 9 p. m. Red Cross Caregiver Training, topics include general caregiving skills, positioning your loved one, assistance with personal care, healthy eating, caring for the caregiver, and legal/financial issues. For more information or to register, call 582-8151.

Institute for Disability Studies
ShareCare Notes
January 27, 2005

In this Edition:

- 1) Meditation
- 2) Anticipatory Grief
- 3) Faith
- 4) Caring for the Caregiver
- 5) Upcoming Events

1) Meditation

Meditation has been shown to reduce stress, anxiety, and tension. Go to http://www.caregiver.com/articles/general/tapping_wellspring.htm for information on meditation for caregivers.

2) Anticipatory Grief

Anticipatory grief involves feelings of loss prior to a loved one's death, often connected to the loss of the relationship with that person. The following sites offer definitions, signs and symptoms, and suggestions for coping with anticipatory grief.

<http://www.thehospice.org/anticipatorygrief.htm>

<http://alzheimer.wustl.edu/adrc2/Education/SpecialTopics/CaregiverGrief.pdf>

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=404

3) Faith

Many caregivers discuss faith as a critical component to their survival. Seeking help from the faith-based community can provide opportunities for spiritual, emotional and physical support for caregivers.

See <http://www.agingcarefl.org/caregiver/fourStages/stageTwo/section02> for

more information, including tips for tapping into resources in your faith-based community.

4) Caring for the Caregiver

As you know, care for the caregiver is of the utmost importance when one is responsible for caring for a loved one.

http://www.voicesinthenight.com/newsletter/newsletter_jul2002.htm offers some suggestions for self-care, while http://www.lifeproject.org/cr_15.htm provides well-deserved praise to caregivers.

5) Upcoming Events:

February 8, 2005, 6:30 p.m., Caregiver Support Group, Parkway Heights Methodist Church

February 9, 2005, 11:45 a.m. - 1 p.m. Caregiver Brown Bag Lunch, Student Union, Southern Miss

February 10, 2005, 10:00 a.m. - 2:00 p.m. Health Fair, Student Union, Southern Miss

February 10, 2005, 6:30 p.m., Caregiver Support Group, Elm Room, Forrest General Hospital.

February 23, 2005, 11:45 a.m. - 1 p.m. Caregiver Brown Bag Lunch, Student Union, Southern Miss

Take care!
Sincerely,
Angel Jernigan