

October, 2003



PLEASANT VIEW

# News You Can Use...

Pleasant View Wants To Help You Be...  
In The Know with Helpful information and  
tips for seniors and their families.

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## Managing Your Loved One and Yourself

Source: Alzheimer's Home Companion

There are meaningful moments in caring for an elderly loved one. For example, you may find it meaningful to gently brush your loved one's hair or to witness a contented smile. Some caregivers enjoy watching the spiritual aspects of their elder's life continue to blossom. Caregivers who are single or have no children of their own may find the role of parenting a loved one particularly meaningful, cherishing the opportunity to nurture their aging loved one.

Nevertheless, caring for an elderly loved one can take a toll on you and your family. You may experience symptoms of stress, such as fatigue, stomach problems, headaches, and difficulty sleeping. Caregiving requires long hours and a lot of energy. As a result, you may feel angry, guilty, depressed, and overwhelmed. If your loved one lashes out at you or no longer recognizes you, you may feel grief and sadness. Your marriage may suffer and your financial reserves may be pushed to the limit because of caregiving expenses and loss of work time. And, as your loved one's age progresses, you may have even less time for yourself.

In order to manage the needs of your loved one and still have some time for yourself, you need to develop a plan of action. The article on the back of this newsletter will give some suggested steps to take in doing so.



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# Suggestions for Managing Your Loved One's Needs In Addition To Your Own (Source: Alzheimer's Home Companion)

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- 1. Write a daily schedule.** A sense of routine and stability is important for an elderly person. Structuring a day of planned activities will help in this area. If you are the primary caregiver, take brief breaks from caregiving responsibilities by having a home health aide or visiting nurse come in for a few hours; a trained helper can assist with bathing, toileting, preparing meals, and taking medication. Considering respite care for a short nursing home stay can give caregivers a break as well.
- 2. Take advantage of available resources.** Utilize services and information available from county health or social service agencies. Tell family and friends specifically how they can help, for example, making a list of things that others can do. Ask for help in a way that expects a positive response. Instead of complaining that no one offers to help, make a list of things others could do. Perhaps you could delegate tasks such as handling bills, making phone calls, providing occasional meals, or finding out what support services are available locally. Ask a relative to call your loved one daily to chat.
- 3. Be realistic about your loved one's changing capabilities.** Many caregivers expect too much and get frustrated when their elder cannot remember or perform tasks as he or she did in the past. The best thing to do is to concentrate on your loved one's remaining strengths. This approach will help him/her feel valued and give a sense of accomplishment.
- 4. Cope with change.** Try to recognize what you can and cannot do. Ask reliable friends to help you out by taking turns staying with your loved one for a few hours on a designated morning, freeing up some time for you. Join a support group where you can freely vent your frustrations and feelings.
- 5. Do not rush your elder.** Plan accordingly, allotting enough time to accomplish daily tasks, get to doctor's visits, etc. to reduce stress levels.

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## **Pleasant View's Upcoming Community Events.....Join Us!!!**

- October 2nd—Free Blood Pressure Screening at  
Rock Falls Golden Meals 10:30-11:30 a.m.
- October 3rd—Free Blood Pressure Screening at  
Community State Bank, Morrison 9-11 am
- October 9th—MS Support Grp 6 p.m.  
at Pleasant View
- October 25th—Craft Show & Bake-Off 9-Noon  
at Pleasant View
- October 27th—Alzheimer Support Grp 5 p.m.  
at Pleasant View

**The Fall Craft Show and Bake Off** are Scheduled for Saturday, October 25th at Pleasant View. Residents & area crafters will be selling their crafts from 9 am—noon. There will be a coffee hour with homemade cinnamon rolls for sale between 9:30-10:30 a.m. The Prairie Facilities Auxiliary is hosting a bake-off starting at 9:00 am. So, enter your favorite homemade cakes and fruit pies for a chance to win a prize for 1st, 2nd, or 3rd place. Join us for a day of fun and creativity!