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Considering a Caregivers Agreement? • January 14, 2016 • Issue #882

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Chairperson Mom

Sometimes our most important work as family caregivers includes being able to juggle what your loved one truly needs with what they truly believe they want. From them not wanting to consider medical alert systems to the value of taking part in appropriate clinical trials and, most important of all, to their acceptance of in-home care. Reframing how you approach a tricky subject can make all the difference in improving your loved one's quality of life. Even if your loved one is no longer able to cognitively participate in his or her care, the fact that you are treating them with respect is something that is still felt and appreciated. [...more](#)

IN THIS ISSUE

[Chairperson Mom](#)

[Caring at Work](#)

[A Child's Turn to Take
Care of Mom or Dad](#)

[Twenty Ways To Care for
Caregivers](#)

[CareVerses](#)

FEATURED ARTICLE

Caring at Work

By LeAnn Thieman

Are you one of the 65 million Americans who care for a family member? One of the 20-50% of employees who tend to a loved one before going to work, then return to care again after a long hard day on the job? Feeling torn between both “jobs” and trying to perform well at each, causes so much stress that working caregivers are often plagued with more mistakes, conflicts, and stress-related illnesses. These simple tips will help ease that stress: [...more](#)

GUEST ARTICLE

When It's A Child's Turn to Take Care of Mom or Dad - A Caregiver Agreement May Be in Order

By David Cutner

As our parents become elderly and infirm, the parent-child relationship is often reversed. Our parents are no longer taking care of us, and now it’s our turn to take care of them.

However, many seniors are reluctant to admit that their bodies, or their minds, are starting to fail. They don’t want to give up control of their lives or their checkbooks. While children want to help, they have their own lives, jobs, and families, and they may be conflicted, or even resentful, about spending their time caring for Mom or Dad, particularly when siblings are not doing their “fair share.” [...more](#)

CARETIPS

Twenty Ways To Care for Caregivers

Twenty of the best tips and ideas collected from Caregivers and care managers of the Medicare Alzheimer's Project in Broward and Dade Counties, Florida.

- Laugh about something everyday
 - Take care of yourself physically.
 - Eat a well-balanced diet.
 - Talk with someone every day. [...more](#)
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CAREVERSES

I Take My Job To Heart

By Darlene Totten

I take my job to heart
It's someone's life I'm dealing with.

I take my job to heart
It's a privilege and an honor to assist.

I take my job to heart
I am their confidant and respect them so.

I take my job to heart.
My time is spent soothing tears
and listening to their deepest fears.

I take my job to heart.
Lord, when it's my time of need,
please send someone who will

Take their job to heart.

Enjoy more caregiver poems
or share one of your own

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