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Home Care: Why Work Through an Agency? • July 21, 2016 • Issue #936

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Top Ten Things a Caregiver Needs from a Health Care Provider

1. Attention: The caregiver's loved one may be the 27th similar case you've seen today, but to the caregiver this is Mom or Dad, Sister or Lover.
2. Compassion: Be diligent in its application.
3. Time: A few moments of your undivided time is some of the strongest medicine you'll ever administer -- and it costs so very little. [...more](#)

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FEATURED ARTICLE

Hiring Private Duty Home Care Workers: Why Work through an Agency?

By Rona S. Bartelstone, LCSW, BCD, CMC

One of the greatest long-term needs of older adults and those with chronic illnesses is for in-home, custodial care services. These workers are often referred to as home health aides, certified nursing assistants and custodial care workers. These in-home workers make it possible for people with functional limitations to remain at home in a comfortable, familiar environment. Home health aides (as we will refer to this class of workers) provide a wide range of assistance with activities of daily living (ADLs), such as bathing, dressing, grooming, assisting with ambulation or transferring, toileting, feeding and providing medication reminders. [...more](#)

GUEST 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](#)

CARETIPS

Recharge

By Mary Damiano

Recharging your batteries is one of the most important ways to help your loved one.

R: Rest. One of the most important things a caregiver can do for the person they're caring for is to take care of themselves. A caregiver who wears himself out, and keeps going 24/7 risks burnout.

E: Eat right. Take a cue from your loved one's diet and take the opportunity to eat healthy things as well. Maybe you don't have to adhere to such a strict diet, but eating right certainly never hurts. [...more](#)

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CAREVERSES

No Wonder

A Tribute to my son, Paul

By Marque Henson

One week's improvement wiped away by the sweep of a bad day.

One year's progress erased by the next six months of errors.

Caught in a battle to free one's self from a bad dream extended over months.

Differences glitter along the branches of life like a spider's web spun in an
Oak tree.

The patterns woven in an unseemly trap destined for failure.

A small boy struggles to break free from the ties that bind.

Never to break free caught in a memory spread throughout eternity.

No wonder he doesn't matter, for months he didn't even exist.

New wounds will tear at his heart hardening it against those who offer false
hopes and dreams.

Dreams that are dreamed for years dashed by forces he doesn't understand.
A mother weeps as the boy cries in her arms.
No wonder nothing seems to matter to him anymore.
Time has been an enemy this year, stealing the last of his faith in those who
profess to help.

No wonder the small boy clings to his mother dreading going to that place.
How will the boy soar among the clouds when shackled by mistakes
unforgotten?
In his quiet place among the highest bowers, he reaches for his dreams and
for a brief moment, freedom is his.

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