

**From:** AgingCare Newsletter <newsletter@agingcare.com>  
**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 10/15/2016 6:01:46 AM  
**Subject:** How to unplug from caregiving; What can I do about dad's increasing memory care costs?

---

*Over the years, countless members have helped each other by sharing experiences, advice, laughter, tears and words of encouragement. Compassionate individuals like yourself truly are the heart of AgingCare.com. Thank you for everything you do for one another!*

## News And Articles

### Understanding Senior Housing Options ☆

A common problem for family caregivers is the inability to take well-deserved respite time or a vacation without feeling guilt or worry. Use these tips to help you truly disconnect and decompress. [Read More »](#)

### How to Unplug from Caregiving ☆

While each caregiving situation is unique and the idea that you will be worry free during your trip or vacation is a bit optimistic, there are steps you can take to prepare for a good time. [Read More »](#)

### Happy 80th Birthday Charlie ☆

Although AgingCare is only nine years old today, we'd like to celebrate by honoring one of our wonderful bloggers and her quirky husband, Charlie. [Read More »](#)

### How to Approach Open Enrollment: A Guide for Caregivers ☆

It's that time again! Starting today through December 7, Medicare beneficiaries will be able to make changes to their Medicare plans and coverage. [Read More »](#)

## You Don't Have to be a Nurse to be a Great Caregiver

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

[See all products →](#)

## Questions and Discussions From Caregivers

### Q: What can I do about dad's increasing memory care costs? ☆

I don't know what I'll do with Dad if the rent exceeds what he makes.

### Q: How do I explain to my mother she needs to be in a care facility? ☆

I believe she would be happier and certainly better cared for in the facility, but she harbors a fear of nursing homes.

**Q: Is it selfish to not want to retire because my mom will expect me to take care of her? ☆**

Mom has a part-time helper 6 days a week but expects me and my husband to be her fill-in.

**Q: How do I prevent losing my life over this while ensuring Mom is comfortable? ☆**

I want nothing other than what is best for my mom, but want to be careful that I don't sacrifice my life. My goal is to find a healthy balance.

## The "Get Help if You Fall" Medical Alert System

Finally, peace of mind with Medical Guardian. Don't wait for an emergency, call today (800) 951-7993. Operators available 24/7.

[Learn more →](#)

## Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

### [Get Pricing on Senior Housing Options](#)

Learn about the different types of senior housing with current market information on services and costs.

### [Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

### [Find Out if You Qualify for Help Paying for Care](#)

A life insurance policy can be converted into a long-term care benefit account to pay for the cost of senior care directly each month.

### [Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

### [What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

### [Get Your FREE Veterans Benefits Guide](#)

Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

### [Get Your Free Home Care Guide Now](#)

This resource will guide you through creating the ideal in-home care arrangement for your loved one.

### [Get Your Complimentary Caregiving Guides Now](#)

Become empowered and educated about caregiving.

© 2016 AgingCare.com . [Facebook](#) . [Twitter](#) . [Pinterest](#)

Add [notifications@agingcare.com](mailto:notifications@agingcare.com) to your address book or safe list.

[Change your email address](#) | [Unsubscribe](#) | [Privacy Policy](#)

AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109

