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Reducing the Caregiver Squeeze - 10/6/15 • September 29, 2015 • Issue #851

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Thought Leader Interview

Kimberly Haugstad, MBA, Executive Director

Gary Barg: Tell me about the goal of Hemophilia Federation of America and your services and programs.

Kimberly Haugstad: Our mission is to assist and advocate for people with bleeding disorders. We are first and foremost an advocacy-based organization, and that could be from a legislative or regulatory and administrative perspective or from a personal perspective. We are not representing anything except the patient families. From a social perspective, that includes education on living and coping with and understanding your disorder. It includes peer networking to bring folks together on a regular basis. And we invite folks to come and get involved and be a part of this community and learn and then share with others. .

[..more](#)

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An Interview with Kimberly Haugstad

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Little Miracles

**Lessen The Squeeze:
Caregiver Coping Skills**

FEATURED ARTICLE

The Caregiver's Role

While the clinical care for a relative with bipolar disorder lies in the hands of psychiatrists and health professionals, your involvement as the caregiver is of vital importance. The caregiver's major concern is to make sure that your loved one realizes that they have a mental illness and that they need treatment to help themselves. Your acceptance of the disorder and your willingness to handle the situation, can alleviate much of the fear your loved one experiences.

[...more](#)

GUEST ARTICLE

Little Miracles

By Dianne M. Ullrich

My mother died of advanced breast cancer in September 1999. She had battled the disease for 12 years – successfully for eight of those 12 years. In 1995 the breast cancer reoccurred in her lung and quickly began to spread to the rib cage and sternum. After ten years of successful treatment with hormone therapy, chemo was required. We were told there was only a fifty-fifty chance that Mother's cancer would respond to treatment. [...more](#)

CARETIPS

Lessen The Squeeze: Caregiver Coping Skills

By Carolyn K. Schultz

According to the Alzheimer's Association (2000), 5.75 million Americans are in the "Sandwich Generation" of caring for both children and parents, and women represent the majority of caregivers for family members.

As a certified long-term care specialist, daughter, mother and Sandwich Generation member, I've experienced first-hand the impact an event requiring long-term care can have on young families and caregivers. [...more](#)

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CARENOTES

From Maria:

I need some help. My 78 year old mom has dementia and is currently living alone in New Jersey. I work at school and was wondering if she moved with me in Orlando, will Medicare pay for someone to watch her from 8-3 while I work? ..
[.more](#)

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