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Multiple Roles: Caregiver Stresses and Strains • October 25, 2016 • Issue #959

Fearless Caregiver Profile

Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.

JANICE BOUTTE

How did you become the caregiver for your loved one?

I work from home.

What is the hardest thing about being a caregiver and the most rewarding thing?

The hardest is seeing she is uncomfortable and being unable to do anything to fix it. Most rewarding is bringing a smile to her face when you know she doesn't feel like it. [...more](#)

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FEATURED ARTICLE

Multiple Roles: Handling the Guilt

By Helen Hunter, ACSW, CMSW

There are many stresses and strains in the relationship between adult children and their aging parents, but one of the greatest of these stresses is the daily responsibility of caregiving. Providing hands-on care, food, shelter, clothing, transportation and companionship, as well as serving as financial manager and counsel has become commonplace for many adult children. [...more](#)

GUEST ARTICLE

6 Strategies To Deal With The Stress Of Home Care

By Patrick Philbrick

Caring for an elderly person can sometimes be demanding to the point of taking us to the breaking point. Those of you who care for seniors at home, or in care facilities know how this feels. It is essential that we take time out to care for ourselves or we too will become sick. [...more](#)

CARETIPS

Tips to Help Seniors and Their Caregivers Prepare for Surgery

By Ryan Mackey

Few diagnoses can create such a transition from the routine in life, as does arthritis. Activities such as sports, traveling, and driving are often too painful to continue, and realizing the physical limitations can be disappointing. Being a caregiver in times such as this can be a stressful situation, but here are some tips that may allow the caregiver to alleviate a loved one's emotional and physical pain associated with arthritis. [...more](#)

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CARENOTES

From Margaret in North Carolina:

I have been caregiver for my mother for several months and she is bedridden. She and I didn't have a close relationship as I was raised by my grandparents. I'm 72 yrs old and have numerous health issues myself and am trying to raise a six year old grandson too. I'm all but ready to give up. She won't go to a nursing home because she has a dog that she worships. How can I tell that I can't do it anymore? [...more](#)

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