

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 2/10/2016 9:02:24 AM  
Subject: The blizzard and me; What do you do when your mother outright lies?

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## *Answers And Emotional Support While Caring For An Elder*

### News And Articles »

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#### Facing Reality: Caregiving Has Changed Your Life

When you go from living your own life to becoming someone's primary caregiver, your world turns upside-down. Learn how to adjust to the new normal. [Read More »](#)

#### The Blizzard and Me

One of our bloggers experiences a disruption in his daily routine due to a winter storm. See how he turned a snow day into an opportunity for quiet reflection. [Read More »](#)

#### Helping a Senior Adjust After Moving to Independent Living

Moving is a notorious source of stress, regardless of an individual's age or life situation. Utilize these tips to help alleviate tension during this big transition. [Read More »](#)

#### Treatments Chronic Obstructive Pulmonary Disease

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Memorial planning made easy. A final tribute should be as unique as the individual. [Request your FREE Personal Planning Guide today](#)

### Community Questions And Answers »

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#### Q: What do you do when your mother outright lies?

My mother has always been fairly dramatic but it has gotten way out of hand.

#### Q: How to address Mom letting the caregiver go?

My mother does not understand what it is like to struggle. I am having nightmares about her falling and my stress levels are like nothing I have ever felt.

#### Q: Has anyone taken someone with dementia to the eye doctor?

I'm not sure Mom could manage all the questions involved in an eye exam.

#### Q: Advice needed re: respite for Mum?

Right now I feel like taking her to the respite home on moving day and not going back to pick her up.

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