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**Spotting Problems at the Wheel** • January 31, 2017 • Issue #987

## 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.*

## JOYCE GRAYS

### How did you become the caregiver for your loved one?

I became Nicky's caregiver, but first, I became his mom. My 13 year old son was diagnosed with Ewing's Sarcoma in 2002. Most recently, I am now caring for my mother who has Alzheimer's.

### What advice would you give to other caregivers?

Do unto people as you want them to do to you. [...more](#)

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#### FEATURED ARTICLE

## The Home Caregiver's Guide to Coping

# With the Hospitalization of Your Loved One

*By Deidre A. Grab*

As a caregiver, one of the most stressful things you may experience is the hospitalization of your loved one, especially if the hospitalization is in an intensive care unit. As an intensive care unit nurse for many years, I have had the opportunity to work with many families in this situation. Your stresses will be different than the person who is admitted after a sudden event like a heart attack or car accident. The purpose of this article is to help you cope with the unique feelings you experience when confronted with the hospitalization of your loved one. [...more](#)

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## GUEST ARTICLE

### Art Therapy Q & A

#### The Importance of Using Art Therapy with Adults with Dementia

*By Diane Alvy, M.A., ATR-BC*

Q. During the week, I drop my husband off at an adult day care center and they offer regular art classes and art therapy groups. What are the differences between regular art classes and art therapy groups for people with cognitive impairments?

A. Regular art classes focus on the individual's interaction with the art media and the finished art product. Art therapy groups are aimed to activate the language center of the brain. [...more](#)

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## CARETIPS

### Spotting Problems at the Wheel

Here are some signs that an older person may be having problems driving

- drifting out of lane
  - getting lost in familiar places
  - having trouble moving the foot between the gas and the brake pedals, or confusing the two. [...more](#)
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### CARENOTES

#### From Cassie:

My dad is coming home after an accident that affected his spinal cord. He is slowly learning to walk again but is mostly bed ridden. We are going to get him a hospital bed. My mom wants to put the bed in the spare bedroom but because he will be in it most of the time, I suggested the family room where he could be with other people more regularly. She thinks he can just be in the wheelchair when out in the family room but I am unsure how comfortable this would be for a stretch of time. Any thoughts on the best place to put the hospital bed? [...more](#)

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