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**Introducing Fearless Caregiver Profiles** • July 5, 2016 • Issue #931

## 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.*

## DARLENE DOMINGUEZ

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

My father was paralyzed from the waist down and I needed to help for the passion I had for my love one and realized that there's other family loved ones who need help too.

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

To see them suffering to take care of themselves and the rewarding part is that I'm able to help [...more](#)

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## FEATURED ARTICLE

# Keeping Your Balance

*By Hilary Gibson, Staff Writer*

There are many different theories regarding the emotional impact experienced by caregivers when placing a loved one, especially one who is living with dementia, into a long-term care facility. Some people feel that this may alleviate the stress experienced by a family member caring for someone with cognitive memory impairment, however, others worry that there may actually be a significant increase in the feelings of guilt when transferring someone into a long-term care facility. In a recent, multi-site study published in the prestigious Journal of the American Medical Association (JAMA), there has been strong evidence showing that the latter may be true, with caregivers suffering additional emotional trauma following the decision to place the person they care for into a facility. [...more](#)

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## GUEST ARTICLE

# Helping Mom Remember Coping with Dementia

*By Celine Goins*

“Am I 90 yet?” Mom asked. I heard those words many times during the last year of my mother’s life. Her memory was fading. Nevertheless, she was still sharp in certain areas—remembering her standing Saturday morning hair appointment, biweekly manicure or that I was too slow in picking up her dry cleaning. [...more](#)

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## CARETIPS

# Hyperbaric Oxygen Therapy

*By Angela Blakely, Staff Writer*

Hyperbaric Oxygen Therapy (HBOT) is a pain-free routine where a patient enters a chamber with high air pressure which results in an increase in oxygen flow to the tissues in the body. It is based on the importance of oxygen in the body, specifically body tissue, in order for a person to survive. Witness the fact that a human being can survive without nourishment for weeks, while he or she can't survive without oxygen. Healing requires oxygen in the tissues where illnesses and injuries exist. Used in the correct dosage, it can save lives, it can wake a person from a coma, and it can even mean the difference between paralysis and movement. [...more](#)

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## CARENOTES

# From Veronica in New York:

I am 76 years old. My mom is in a nursing home and she wants me to bring her home to live with me. I would have to modify bathrooms because she is in a wheelchair and she also has dementia. I don't know what to do because I feel so guilty. [...more](#)

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