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To: Kester, Tonykester@aging.sc.gov
Date: 3/21/2017 9:08:36 AM
Subject: When Stroke Happens

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When Stroke Happens • March 21, 2017 • Issue #1001

Today's Caregiver Friendly Award Previous Winners

The Caregiver's Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself

By Carolyn A. Brent, MBA

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Publishing

Everything you need to know to ensure that your elderly loved one is being properly cared for. People today are not only living longer, they are also living sicker—making aging and caring for elderly loved ones more complicated than ever before. In this extensive guide, caregiver advocate Carolyn Brent outlines a step-by-step process so caregivers know what to do and what ...[more](#)

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FEATURED ARTICLE

When Stroke Happens

By Jennifer Bradley, Staff Writer

Strokes, or “brain attacks,” disable Americans more than any other disease. With an interruption of blood to the brain, a stroke may have similar symptoms; but as everyone’s brain is different, so are the effects of each person’s stroke.

There is no rhyme or reason to the severity of strokes or to the recovery a person may need to undergo. Stroke damage can affect a loved one’s entire body and cause a wide range of disabilities, from mild to severe. Paralysis, difficulty thinking and speaking, as well as a multitude of emotional issues are just some of the challenges a caregiver can expect to see a loved one experience post-stroke. [...more](#)

GUEST ARTICLE

The Realm of Resiliency

By Diana Hull PA-C, MPH

“Out of clutter, find simplicity. From discord seek harmony. Through difficulty lies opportunity.”

Caregivers know what it is like to face adversity. The ability to bend without breaking, to hold steady when a gale-force of stressors threaten stability, to remain curious through confusion and energized by uncertainty—skills needed by every care-giver and found in those with the highest resiliency. [...more](#)

CARETIPS

End of Life Tips for Caregivers

By Ryan Mackey

At the end stages of life, do not underestimate the loved one's need for spiritual growth and care through local clergy or religious communities however insignificant it may seem to you.

Locate and understand all financial and legal papers such as wills, power of attorneys, and bank accounts. [...more](#)

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CARENOTES

From Georgia & Alec in Alabama:

We think it would be extremely beneficial to us hear from those who give and RECEIVE caregiving. "Straight from the horse's mouth" kind of thing. Physical or mental or financial tips from them may enable us to be better caregivers. [...more](#)

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