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## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Caregiver Dad

As a wise person once stated, there are “lies, damned lies, and statistics.” For example, when we started hosting conferences in 1998, three years after both *Today's Caregiver* magazine and caregiver.com were launched, the statistics would have suggested that only around 20 percent of our 350 attendees would be male caregivers. Yet, as we walked around the conference hall, by our rough estimates, at least 40 percent of the caregivers in attendance were men.

[...more](#)

## IN THIS ISSUE

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## FEATURED ARTICLE

# Finding the Best Long Term Care

Whether or not you have thought about long-term care for yourself or an elderly loved one, the reality is that human life expectancy has increased steadily over the past few decades. The number of people living past 70 has dramatically increased and because of higher standards of living, by the year 2040, the percentage of nursing home residents will jump from 50 to 130 percent. [...more](#)

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#### GUEST ARTICLE

## Wrestling with Care

*By David Gillaspie*

Caregiving in America is in great demand, from adult foster home owners offering familiar surroundings, to assisted living center staff patrolling hallways to answer assist request buzzers and lights. Rehabilitation centers employ physical therapists, speech therapists, occupational therapists, and the caregivers on site. Some nursing homes have as many as twelve “patients” for each worker. They are all on the job and working hard. [...more](#)

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#### CARETIPS

## Heat Stress in the Elderly

Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
  - They are more likely to have a chronic medical condition that changes normal body responses to heat.
  - They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration. [...more](#)
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CAREVERSES

### **It's Right**

*By Jo Mason*

This thing I do...  
I've heard those words;  
Haven't you?

Most people hope to avoid  
This thing I do.  
It's impossible without the Lord.

As well as my husband dear,  
Without whose help  
My ability would disappear.

This thing I do  
Wears and tears on me;  
But joy comes too from caring for you.

Some nights become long.  
Some days are so hard.  
Yet I know it can't be wrong

When your eyes shine bright,  
And I see you smile.  
I know this thing I do is right.

**Enjoy more caregiver poems  
or share one of your own**

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