

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 1/13/2016 9:03:07 AM  
Subject: Caregiver tips for staying active; Was putting your loved one in a nursing home a mistake?

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

### News And Articles »

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#### Was Putting Your Parent in a Nursing Home a Mistake?

This question plagues many families, but there are some key things to take into consideration before allowing yourself to feel guilty. Analyze the situation realistically by answering these questions. [More »](#)

#### Top Tips for Family Caregivers: Start the New Year Off Right

Don't let your personal pledges for the New Year fall by the wayside. See what other caregivers recommend for staying active, social and committed to resolutions. [More »](#)

#### Learn to Back Off and Accept Risks While Caregiving

Caregiving is emotionally, financial and physically taxing. Learn how to keep the balance between your duties as a caregiver and your loved one's independence. It's not as easy as you think. [More »](#)

#### Preserving a Dementia Patient's Sense of Self

One of our bloggers explores the concept of keeping a loved one's identity intact. How do you help them hold onto themselves when their memory is fading away? [More »](#)

#### Unforgettable Memorials

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 are peoples thoughts on advanced directives?

I really don't believe in keeping someone alive if they wont have a good quality of life.

#### Q: Family member caregivers -- who pays for the food?

It's affecting my husband and I financially every month because we get caught short for about 2 weeks until Social Security comes in.

#### Q: What can I do if my Father was misdiagnosed for five years?

He was told he would never be able to revert back to "normal," but recent tests show he does not have dementia or Alzheimer's.

#### Q: How to deal with no help from family?

I have two brothers and a sister that do not help. I am so upset about this because I feel like I gave up my life for her.

### [You Don't Have to be a Nurse to be a Great Caregiver](#)

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

[View the latest caregiver products and education from Sage.](#)

## Products And Services From Our Partners

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