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Subject: 3 must-have legal documents for healthcare; How to safely pick a senior up after a fall

THE CAREGIVERS' NEWSLETTER

*The Caregivers' Choice:
Top 10 Articles and Questions for September 2016*

News And Articles

10 Signs of Caregiver Stress

Did you know that those who experience caregiving-related stress have a 63% higher mortality rate? Take this important step to recognize the warning signs and find ways to deal with stress. [Read More »](#)

Choosing Housing for A Person With Dementia

There are some basic guidelines one can follow when searching for senior housing, but there are more specific details and priorities involved when this decision is made on behalf of someone who has dementia. [Read More »](#)

5 Helpful Caregiver Tips for Delaying Mental Decline

Spreading awareness of Alzheimer's disease is important, but it is also crucial to recognize and implement actual strategies for protecting your brain. [Read More »](#)

How to Safely Pick a Loved One (or Yourself) Up After a Fall

Don't begin autumn with a broken hip or an injured back. Knowing how to prevent falls is one thing, but if one does occur, use these guidelines to get your loved one back on their feet without causing additional injury to them or yourself. [Read More »](#)

3 Must-Have Legal Documents for Elderly Healthcare

Many never think about making healthcare decisions until a crisis hits. Avoid additional stress and costly consequences by obtaining these documents well in advance. [Read More »](#)

Senior Housing Options

Learn about the different types of senior housing with current market information on services and costs.

Get this free guide →

Questions and Discussions From Caregivers

Q: I just put my mom in assisted living. How can I continue to connect with her?

The guilt I feel is unreal, and because she doesn't keep her cell phone on, I cannot connect with her.

Q: My mom has a UTI and now sepsis. Can this be fatal?

The doctor at the hospital said she has a blood infection (sepsis) and "it's the bad kind."

Q: My sister is in long term care and her children are not helping. What can we do to force the issue?

We want my sister's adult children to step up and move their mother to a location near them, but as of yet, none have offered.

Q: Is there a specific time that Sundowner's symptoms appear?

Every night is the same, but Friday and Saturday nights are three times worse.

Q: Will my IRA have to be depleted before I can apply for assistance from Medicaid?

I would like to give my children a monetary gift from my IRA, but I'm concerned how it will affect my Medicaid eligibility.

You Don't Have to be a Nurse to be a Great Caregiver

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Learn about the different types of senior housing with current market information on services and costs.

[Get Your FREE Veterans Benefits Guide](#)

Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

[Find, Hire and Manage Home Care](#)

Get connected and speak with home care agencies. They will work with you to create a care plan and find the right caregiver for your loved one.

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