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Beating Caregiver Burnout • December 13, 2016 • Issue #973

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.

DUOSHUN PLEDGURE

How did you become the caregiver for your loved one?

My grandmother in-law was recently diagnosed with dementia. She lives by herself, the dementia has proven to be aggressive and because of this needed additional care for the weekends. This led me to sign up to be a part-time home care worker.

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

The hardest thing about being a caregiver is the emotional investment. It is difficult to watch someone you love struggle with a condition they can't control. But the most rewarding thing is getting to be a part of their life in a special way.

[...more](#)

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Featured Fearless Caregiver:
DUOSHUN PLEDGURE

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Recovering Caregiver**

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Loved Ones**

CareNotes

FEATURED ARTICLE

Caregiver Burnout

By Dr. M. Ross Seligson

Being able to cope with the strains and stresses of being a Caregiver is part of the art of Caregiving. In order to remain healthy so that we can continue to be Caregivers, we must be able to see our own limitations and learn to care for ourselves as well as others. [...more](#)

GUEST ARTICLE

Confessions of a Recovering Caregiver

By Daphne Simpkins

Since my three-year stint as my father's caregiver I wrestle with socially unacceptable urges to comfort, feed, and water just about anybody.

I do not have to know you personally to offer you a cough drop when you choke. I say "Bless you" before you finish sneezing, and my right hand will automatically fidget for an Aloe-enriched, bacteria-killing tissue. [...more](#)

CARETIPS

Legally Protect Your Aging Loved Ones

By Terry Abrams Berger, Esq.

Abrams Berger, P.A.

Without proper legal planning, caring for aging loved ones is often emotionally and financially distressing for everyone involved. Families struggle at the last minute to find information, guidance and assistance to handle the complex health care, financial and legal needs.

By planning ahead and obtaining the right legal documents, families can help their aging relatives gain security, take advantage of public benefits, and preserve their assets. [...more](#)

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CARENOTES

From Ruth in New York:

My daughter is 46b and has MS. She is incontinent. How can I get her to wear adult diapers. ...[more](#)

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