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Here's How to Take a Break Now • January 13, 2015 • Issue #780

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Caregiver Thought Leader: Dr. Bettie Borton

*President of The Board of Directors,
American Academy of Audiology*

Gary Barg: Can you tell me about the work of the American Academy of Audiology?

Dr. Borton: The academy is the professional membership organization for audiologists in the United States and its mission is to promote quality hearing and balance care by advancing the profession of audiology through leadership, advocacy, education, public awareness, and research efforts.

Gary Barg: Over the years, we have heard from family caregivers who say it is more difficult to talk to a loved one about hearing loss challenges than most anything else. Why is it so difficult to communicate with our loved ones that they might need to visit an audiologist? [...more](#)

IN THIS ISSUE

**Caregiver Thought Leader:
Dr. Bettie Borton**

Helping From Far Away

**Multiple Sclerosis:
Getting and Managing Health
Care Needs**

**Forty-Eight Mental Breaks
for Caregivers**

CareNotes

FEATURED ARTICLE

Helping From Far Away

By Kate Shuman

Because Americans have become such a transient culture, adult children are now finding themselves having to deal with an ever-growing crisis: taking on the new-found role as long-distance caregiver. A recent study on long-distance caregiving showed that the out-of-pocket expense of caring for an elderly or physically challenged loved one who lives more than an hour away has doubled since 1997 [...more](#)

GUEST ARTICLE

Multiple Sclerosis: Getting and Managing Health Care Needs

By Grace Curry

If you are caregiving to a friend or relative with Multiple Sclerosis, you already know how difficult it can be to manage that care. Services once covered by health care insurance no longer are available. Managed care and increased benefit cutbacks in both private and federal health care agencies have made getting quality care difficult. It is not just the person with Multiple Sclerosis who is affected by this. Many others dealing with various diseases and disabilities have found trying to obtain adequate care, a very frustrating concern ...[more](#)

CARETIPS

Forty-Eight Mental Breaks for Caregivers

Caregiving takes a lot of time. Even if you had spare time to daydream in the first place, it's probably gone now. However you must give yourself a mental break once in a while. The following list is intended to make you think back to a simpler time in your past, and possibly one in your future. Use them sparingly (one at a time), or be a glutton (overdose on all of them at the same time). The goal here is to make you feel better. If you really want to make yourself feel better, use this as a "to do" list ...[more](#)

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CARENOTES

From Kim:

How can I help eliminate frequent nighttime bathroom visits for a 94-year-old woman?

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