

From: AgingCare Newsletter <newsletter@agingcare.com>
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Subject: 4 red flags to look for when visiting your parents; Exercise your right to rebel

Connecting Caregivers to Answers and Support

News And Articles

[This Fourth of July, Exercise Your Right To Rebel](#)

A 'rebellious caregiver' may seem like a potentially dangerous oxymoron, but there are actually quite a few opportunities for you to engage in safe, satisfyingly seditious acts in your day-to-day life. [Find Out How](#) 

[Tips to Extend Independence of a Senior at Home](#)

You and your loved one may be fighting for your own independence when it comes to daily tasks. From assistive equipment to in-home help, see what options are available to promote increased freedom for both of you. [Read More](#) 

[What to Serve Seniors at a Cookout](#)

Accommodating different palates, health concerns and dietary restrictions can be tricky, but these tips will help you plan a healthy cookout menu that all of your guests will enjoy. [Read More](#) 

[4 Red Flags to Look for During Holiday Visits With Parents](#)

Family members who do not live near one another may only have the opportunity to get together over holidays. Enjoy this special time together, but also take note of what key indicators you should keep an eye out for during these visits. [Read More](#) 

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.

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Questions and Discussions From Caregivers

Q: [Tips on getting caregivers to do their jobs?](#)

I am growing more agitated at the things our caregiver misses.

Q: [Why am I so angry at my Mom?](#)

Maybe I just need a break from the guilt trips...

Q: [Anyone know about the drug Citalopram for anxiety and depression?](#)

I have refused any and all anti-psychotic drugs, but still cannot make up my mind to okay this drug.

Q: Step mom is reluctant to leave Dad's house which we need to rent or sell to pay for his memory care. Any thoughts?

She says she's not ready for 'senior living' and claims she won't be able to move out of the house.

The "Get Help if You Fall" Medical Alert System

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Products And Services From Our Partners

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[Get Pricing on Senior Housing Options](#)

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

[Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

[Find Out if You Qualify for Help Paying for Care](#)

A life insurance policy can be converted into a long-term care benefit account to pay for the cost of senior care directly each month.

[Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

[What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

[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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