

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Caring for a loved one with dementia; Why it's hard to relax

Answers And Emotional Support While Caring For An Elder

News And Articles »

Relaxing: Why It's Hard, and How Caregivers Can Learn to Unwind

Why is it so hard for a caregiver to switch into "me" mode? Learning how to let go is not easy, but here are a few ways to break out of the caregiver mindset and let it all go. [More »](#)

Medigap Plans: When Do They Make Sense?

There are so many different Medicare Plans. Do you really know which ones are the right fit for you? Find out which plans have the coverage you need. [More »](#)

"I Promised My Parents I'd Never Put Them in a Nursing Home"

It's easy to make a promise when your loved ones are healthy, but when the time comes for you to make good on your word, do you follow through? [More »](#)

Caring for a Loved One with Dementia: It Takes a Village

Even with the best intentions, not everyone can handle being a caregiver. One of our bloggers shares her family's experience with balancing these overwhelming duties. [More »](#)

How Much Does a Memorial Service Cost?

Find out pricing and other important details when planning for a memorial service for your loved one.

[Get started with your FREE Personal Planning Guide today.](#)

Community Questions And Answers »

Q: Am I responsible for my mother-in-law who cannot take care of herself?

She is currently in the hospital being treated for a serious infection and is receiving daily wound care. They cannot release her to skilled care until she is less combative.

Q: How do you tell your Mom to change her clothes, without offending her?

I try to tell her in the sweetest way and she still gets offended. It comes to a point where her clothes starts to smell.

Q: My Dad is living in filth and family doesn't care. Any advice?

My brother says to just let him live the way he wants and if he doesn't want to bathe don't make him.

Q: How can I help my Mother get over the loss of her pet?

My mother, who has Alzheimer's, just lost her beloved dog after a terrible storm. He was given to her after the death of my father 6 years ago...

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The "Get Help if you Fall" Medical Alert System

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Get connected and speak with home care agencies. They will work with you in creating a care plan and finding the right caregiver for your loved one. [Begin your search >](#)

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