

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
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Subject: Strategies to overcome holiday depression; Drawing the line on a loved one's demands

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## *Answers And Emotional Support While Caring For An Elder*

### News And Articles »

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#### 3 Family Concerns When Hiring Home Care

It's natural to have questions and concerns prior to hiring a professional caregiver. Be prepared for upcoming family visits by seeing how other families manage their apprehensions. [More »](#)

#### Be Grateful this Holiday Season

One of our bloggers shares her take on the hectic holiday season. Take time to appreciate another point of view during this emotional time of year. [More »](#)

#### Drawing the Line on a Loved One's Demands

Many family members feel they can get away with more during the holidays. Don't let that happen to you. Use these easy tips for setting boundaries. [More »](#)

#### Holiday Depression: Strategies for Overcoming Holiday Blues

While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate. Find out what one thing is most important to keep in mind. [More »](#)

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### Community Questions And Answers »

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#### **Q: What activities, as a caregiver, can I do at home to relax?**

I am needing to fit in more activities for my own self care, self development and I am looking for some at home ideas.

#### **Q: Caregiver abandoned us 2 days ago and I've hired a temp. Mom is refusing to cooperate. Advice?**

I would have had a degree of respect left for her, but to literally desert mom in a sneaky, tricky way like this is...

#### **Q: My Dad wants to bring Mom home to take care of her because he says she's not improving at NH. Anyone been through this?**

I tried to tell him the logistics of it all but it fell on deaf ears. He's also trying to save money not realizing it could cost him MORE having Mom back home.

#### **Q: What is my responsibility in caring for my parents?**

I don't know what to do, whether to fly back home and leave my husband for a few months alone and go help my parents or just wait till there is an emergency.

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