

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 12/12/2015 6:01:54 AM  
Subject: Strategies to overcome holiday depression; Drawing the line on a loved one's demands

---

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

### News And Articles »

---

#### 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 »](#)

#### **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.

[View the latest caregiver products and education from Sage.](#)

### Community Questions And Answers »

---

#### **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.

#### [Senior Safety Walk-in Bathtubs by American Tubs](#)

Customizable senior safety walk-in bathtubs with Air/Hydro massage, Chromatherapy, Aromatherapy, Micro Bubbles System, and quick drain system. [Learn more about American Tubs.](#)

## Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

### [An Unforgettable Funeral Requires a Plan](#)

A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide >](#)

### [Need 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. [See if you qualify >](#)

### [The "Get Help if you Fall" Medical Alert System](#)

Don't wait until an emergency happens to think about protecting your loved one. Make the decision that provides confidence, security and safety. [Request a free brochure >](#)

### [Get Pricing on Senior Living Options](#)

A senior living advisor can answer your questions and help you determine the right senior living options for your loved one based on your unique situation.

[Get pricing today >](#)

### [What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance. [Visit Vitas to learn more >](#)

### [Get a Veterans Benefit Resource Guide](#)

Learn how to find, use and manage veteran benefits for a veterans, their family caregivers, dependents and their survivors. [Get Your FREE Veterans Guide >](#)

### [How to Search for Home Care](#)

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 >](#)

### [Get Complimentary Caregiving Guides](#)

These eBooks provide caregivers with instructive and inspirational information. Become empowered and educated about caregiving. [Download your eBook now >](#)

© 2015 AgingCare.com . [Find Us On Facebook](#) . [Follow Us On Twitter](#)

To ensure delivery, add [newsletter@agingcare.com](mailto:newsletter@agingcare.com) to your address book or safe list.

[Change your email address](#) | [Unsubscribe](#) | [Privacy Policy](#)

AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109