

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Coping with caregiver stress; What you need to know about Medicare and travel

Answers And Emotional Support While Caring For An Elder

News And Articles »

Emotional Lability and Future Rage

One of our bloggers shares his fears about becoming emotionally unstable as his cognitive impairment progresses. Do you have similar thoughts? [More »](#)

Advance Directives in End-of-Life Care

Assure your loved one that their wishes will be carried out by helping them put these key documents in place. [More »](#)

A Self-Help Approach to Coping with Caregiver Stress

Handle stress by creating your own wellness program. Learn how to alleviate stress on your own time and help maintain your own health and happiness. [More »](#)

Medicare and Travel: What Seniors Need to Know

Do you have a thirst for travel, but want to make sure you'll be covered by Medicare? Before you embark, read these top questions and answers about Medicare coverage and travel. [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: Home health care, or assisted living with eventual nursing home?

If you had the choice between using mom's funds to put her into an ALF or...

Q: Hospice did not inform us they started to administer morphine- isn't this illegal?

Today when I arrived I thought my grandma was dead. I've never seen her look so poor and not in control whatsoever of her body functions.

Q: My Grandfather's wife has POA and has placed my grandfather in a facility unjustly. He does not need to be in there. Any advice?

I'm concerned he is going to feel imprisoned and will mentally deteriorate being surrounded by people who really do need to be in there.

Q: How can I control my temper when I am so tired?

I am so tired and I am foggy. I know this is not an excuse to call mom a name. I do love mom and I feel so horrible.

Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual. [Request your FREE Personal Planning Guide today](#)

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 >](#)

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 >](#)

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 >](#)

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 >](#)

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 >](#)

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 >](#)

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