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**Home Healthcare Alternative** • May 21, 2015 • Issue #814

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### And Away We Go!

Just taking a small break before heading out on the road once again. It has been kind of a busy few weeks with events in Albany and Augusta, Georgia, West Palm Beach, Florida, and Georgetown and Wilmington, Delaware. Whew, are my arms tired (as is that joke)!

I am slowly unpacking the advice, wisdom and courage I have learned from my fellow caregivers in all of these many conference centers so I can share them with you in this newsletter. [...more](#)

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## FEATURED ARTICLE

# Home Healthcare: An Attractive Alternative

*By Michael Plontz, Staff Writer*

The majority of caregivers would like to keep their loved ones as close to them as possible. It's a way to gain better control over their care and studies show that loved ones often fair better in familiar surroundings. However, giving care in the home can be a little overwhelming while trying to keep up with life's other responsibilities. Home healthcare may be the answer. [...more](#)

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## GUEST ARTICLE

# Fighting Caregiver Fatigue

*By Kristine Dwyer, Staff Writer*

Calvin's day begins before 5 A.M. He knows another exhausting day lies ahead. He allows himself only enough time to have a cup of coffee and read the paper before lying back down by his wife's side until 6 A.M. when the daily routine begins again; toileting, showering, dressing, wheelchair transfers, laundry, meal preparation, housekeeping, correspondence, paperwork, yard work, personal care. [...more](#)

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## CARETIPS

# Adaptive Equipment – A Driving Force

*By Frances Maguire Paist*

To those for whom mobility is limited, the ability to move around freely is a gift whose benefit can only be truly understood once it has been taken away. Imagine having to rely upon someone else for everything that you do – each trip to the grocery store, each run by the dry cleaners, each foray to the library or each errand to the pharmacy, doctor's office or your child's school. And then imagine how marvelous it would be if this opportunity, sometimes taken away so unexpectedly, could be returned to you through the use of adaptive equipment added to your car, van or truck. [...more](#)

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CAREVERSES

## Wheelchair Grace

*by Donna Combs*

I went out today.

I went by myself.

I looked for you.

But could only see memories.

We shared so much.

We were so close.

I wandered through the crowd.

I looked but you were not there.

I cried inside.

I didn't want people to stare.

I passed many couples.

Walking hand-in-hand.

I felt a tinge of guilt.

But no one held my hand.

I watched the sky.

As if I might get a glimpse of you.

It did not happen.

But the sky was so blue.

I sadly went to my car.

I drove straight back to you.

I hoped I'd find you like you used to be.

For you see—I went out today—just me.

Enjoy more caregiver poems  
or share one of your own

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