

From: [AgingCare Newsletter <newsletter@agingcare.com>](mailto:newsletter@agingcare.com)
To: Kester, Tonykester@aging.sc.gov
Date: 7/8/2015 9:01:34 AM
Subject: Avoid burnout and find respite care; What happened when I told my boss about caregiving

Answers And Emotional Support While Caring For An Elder

NEWS AND ARTICLES »

[Need a Break from Caregiving? Avoid Burnout: Find Respite Care](#)

If you are a caregiver you deserve a vacation now and then, just as everyone does from any other job. Find a way to take it, and there is no need for guilty feelings. The cost is often reasonable, though it varies a great deal among states and regions. It is certainly worth looking into.

[[from Caregiver Burnout »](#)]

[What Happened When I Told My Boss about Caregiving](#)

[[from Life as a Caregiver »](#)]

[Stop Incontinence from Sabotaging Your Summer](#)

[[from Incontinence »](#)]

[Beneficiaries Should Exercise Caution When Allocating Trust Funds](#)

[[from Timely Topics »](#)]

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COMMUNITY QUESTIONS AND ANSWERS »

[Q: Creation of a trust, can it be a house with an existing mortgage?](#)

[[Read caregiver answers »](#)]

[Q: How do I get my husband to see our marriage is suffering from his fierce obligation to his Mother?](#)

[[Read caregiver answers »](#)]

[Q: At my wit's end and want out to live my own life. Any advice?](#)

[[Read caregiver answers »](#)]

[Q: How do I stop waiting for death?](#)

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[What You Should Know About Hospice](#)

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