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What Is Your Role in Rehabilitation? • October 20, 2015 • Issue #857

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Lainie Kazan

You probably know Tony award winning actress Lainie Kazan from her many roles on screen, stage, and television; in particular her role as the bride's mother in the mega-hit "My Big Fat Greek Wedding."

Gary Barg: You know, as a person who flies a lot, I've heard about DVT over the years; but now it seems that DVT affects a lot more people than commonly thought and affects more people than just long-distance travelers.

Lanie Kazan: DVT affects roughly 3 million people each year, and 300 thousand die annually from a DVT complication called pulmonary embolism. That's more than breast cancer and AIDs combined. [...more](#)

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FEATURED ARTICLE

Helping From Far Away

By Kate Shuman

Because Americans have become such a transient culture, adult children are now finding themselves having to deal with an ever-growing crisis: taking on the new-found role as long-distance caregiver. A recent study on long-distance caregiving showed that the out-of-pocket expense of caring for an elderly or physically challenged loved one who lives more than an hour away has doubled since 1997. It is estimated that long-distance caregivers spend about \$392 a month on phone calls, travel expenses, medicine, medical supplies, meals, and home maintenance, as well as other necessities, compared with monthly expenditures of about \$196 seven years ago. [...more](#)

GUEST ARTICLE

The Caregivers' Role in Rehabilitation

By Sean Kenny

The ever expanding role of caregivers has grown by leaps and bounds in the last few years. Primary caregivers have always been extensions of their medical facility based counterparts, whether they are doctors, physiologists, nutritionists, or psychologists. The field of rehabilitative medicine is no different.

There is a growing need for rehabilitative and therapeutic practice beyond the traditional medical setting. Even many health clubs are now providing several rehabilitative services once found only in the clinical setting. Caregivers are also in a unique situation to help administer rehabilitative prescriptions for their loved ones as part of the care team.. [...more](#)

CARETIPS

Fall Risks for Older Adults

Activities that take place in the bathroom, such as showering and bathing, are a simple part of most peoples' daily routine. Yet, slips in the tub and falls in the shower or from the toilet may cause serious injuries.

New CDC Research

According to a new CDC study published in the Morbidity and Mortality Weekly Report (MMWR), an estimated 234,000 people ages 15 and older were treated in U.S. emergency departments (ED) in 2008 for injuries that occurred in bathrooms. Four out of 5 of these injuries were caused by falls—which can have especially serious consequences for older adults. [...more](#)

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CARENOTES

From Alicia:

Well, I'm glad I found this website. I actually am have terrible feelings of guilt . My husband is in a nursing facility and I swore I wouldn't let this happen, but after he had fallen a few times it began to scare me and when I was trying to work it consumed my every thought. He had a stroke in 2012 and now he has Hep C and his damaged kidneys are killing him slowly. It is so awful nobody should die this way. The pain I feel having to watch him suffer is unbearable. I know in my head he is better off there. I can see him anytime and it is a really nice place and he is safe. My heart says how could you leave him there he wants to come home. You see my dilemma? [...more](#)

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