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**Help Seniors See the Need for Home Modifications** • December 6, 2016 • Issue #971

## Fearless Caregiver Profile

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### LINDA ANN JONES

#### How did you become the caregiver for your loved one?

My husband had surgery to remove his bladder and prostate due to cancer. He got a yeast infection throughout his blood stream which affected him like he had a stroke. The effect on his brain has lingered. He can't work, drive or do a lot of things.

#### What is the hardest thing about being a caregiver and the most rewarding thing?

Not having time for myself. Taking care of someone who has taken care of me before. ...[more](#)

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#### IN THIS ISSUE

**Featured Fearless Caregiver:**  
**LINDA ANN JONES**

**Help Seniors See the Need  
for Home Modifications**

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#### FEATURED ARTICLE

## A Balancing Act: Simple Steps to Help Seniors See the Need for Home Modifications

*By Mary Becker-Omwig, MS, OTR/Lfa*

There are questions caregivers face on a daily basis. How do we balance between too much and too little care? How do we balance what we think needs to be done with what might be most helpful?

Sadly, family members and other caregivers often sabotage well-intended efforts to help their loved ones simply because they haven't thought about answers to basic questions. And when it comes to recommending changes in someone's home, the balancing act can be particularly acute. This is a place where someone has lived all his life, where she feels comfortable, where he feels safe. The fact is, however, that while most people say they want to live in their homes as long as possible, most are not designed to allow them to age successfully in place. [...more](#)

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#### GUEST ARTICLE

## Depression in The Elderly

*By Estee Bienstock, R.N.*

Depression affects more than 20 percent of our elderly population, aged 65 and older (U.S. Department of Health and Human Services, 2009). For many, depression presents initially late in life. Depression in older persons is closely associated with illness or injury and can cause great suffering for the individual and the family. [...more](#)

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## CARETIPS

# Surviving The Holidays

*By Jennifer Kay, L.C.S.W.*

Holidays and special occasions can bring out the best and the worst in us. The prospect of wonderful, happy times abound, filling us with somewhat unrealistic hopes for our relationships. We are often disappointed by how these special occasions turn out. Add to the normal tensions of holidays, the image of someone you love being ill or incapacitated, and you have the makings of very difficult times. Many times we wish we could just disappear until the holidays are over. [...more](#)

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## CARENOTES

### From Dianne in Colorado:

My mother passed away 4 years ago and my sister jumped in to take care of my dad. But that didn't turn out so good. I found out after a phone call that my dad was talking crazy on the phone about children trying to get in the house and how Mexicans (sorry his words) were trying to get into his house and steal his motor home and many other things. I rushed out and saw this shell of a man. My heart broke and my sister won't help me help him. I don't know where to start. I will not let him move in with my husband and me. I have a condo 1 mile away but he is way to needy. The simplest of things sets him off into fits of anger. He thinks every time we go anywhere, I'm going to leaving him off at a nursing home. Even a doctor appointment, he has fits about. He asks the same question over and over. He always says that all I want you to do is come over and spend the day talking but that's every day. He doesn't respect boundaries at all. I have a husband of 46 years and grandchildren I pick up from school. I need help. [...more](#)

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