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**The Attack of the Shower Chair** • August 02, 2016 • Issue #939

## 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.*

## JOAN LOWDER

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

I was oldest sibling with Power of Attorney (POA.) I stepped forward. I'm the one she wants. Mama is almost 94 and healthy now.

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

Hardest was seeing Mama not herself. Next was dealing with my sister who doesn't like me, because of POA. My sister and I can speak to each other as long as on topic. Mama is now in a retirement complex with her own apartment and she seems so happy. [...more](#)

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#### FEATURED ARTICLE

## VTE and Strokes: A Family Connection

*By Jennifer Bradley, Staff Writer*

Watch out, brothers and sisters—if a sibling has experienced blood clots, you may have a 50-fold increase in risk for the condition.

Researchers in Sweden are the first to link venous thromboembolism (VTE) and the risk in other family members in a nationwide setting, sorted by age and gender. They used a nationwide hospitalization registry to explore the influence of sibling history on these dangerous blood clots. This is a quick look at VTE, the sibling connection and some preventive tips for people of all ages. [...more](#)

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#### GUEST ARTICLE

## The Attack of the Shower Chair

*By Susan Leck*

My husband Bud had Huntington's Disease. I was his caregiver. One of the hardest things for Bud was to have to depend on me or anyone else for toileting and hygiene.

Bud hated not being able to get into the shower any longer, and I was determined that this was one thing he could continue to do---we just needed to make a couple of adjustments. [...more](#)

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#### CARETIPS

## Diet and Nutrition Tips

Make dining social. Elderly people often fail to eat well because they don't like to eat alone.

Take notice of food content in their loved-one's home. Keep their refrigerator well stocked and watch for and remove old or spoiled food in the fridge. [...more](#)

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### CARENOTES

## From Jeannie in Tennessee:

Why can't long term care insurance pay me as the daughter as a caregiver for my mom? ...[more](#)

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