



A Community of Caring...One Mind at a Time

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Stop and smell the roses by giving yourself a break from caregiving

Canby, OR—

Feelings of guilt are common emotions for caregivers of someone needing 24 hour care. “I should be able to do this.” or “It’s my responsibility to take care of her/him” are phrases you’ll often hear from a caregiver.

According to Christine Kennard on About.com, “Caregiving carries a health warning. Caregivers go to their doctors for their own health problems 50% more often than non caregivers, they receive 70% more prescribed medications than non caregivers, they go to the hospital or ER 25% more than non-caregivers, they suffer the effects of stress including high blood pressure, heart disease, and suffer emotional problems that include anger, despair, hopelessness, guilt and depression. All these things highlight the fact that as a caregiver you must find the time to look after yourself.”

While it’s true that no one can replace you or what you do for your family member because you know them and you know what they need better than anyone else. But it’s OK to let someone else do the best they can to provide care so you get away from your awesome responsibilities long enough to rest, relax and recharge your own batteries. Taking good care of yourself ultimately means you are able to provide better care for your loved one for a longer period of time.

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When we get on an airplane the flight attendant will say, “Put on your own oxygen mask first, before assisting others”. If we don’t take care of ourselves, we’re not going to be any good for anyone else so it’s OK to stop, take a break and smell the roses!

Where do you do to get that break you so desperately need?

- Ask a family member, neighbor or friend to stay with your loved one for a few hours each week.
- Use Minders Keepers offered by Thelma’s Place every Thursday from 10-2PM.
- Call Country Side Living to arrange for an hour, a day or even a week’s stay for your loved one in a safe, secure setting complete with walking paths around a 10,000 sq. ft. backyard.

The Minders Keepers program at Thelma’s Place is a fun program for older adults concerned about memory loss. Our goal is to improve or maintain mental, physical, and emotional health of older adults or middle aged adults with early memory loss. Music, exercise, Tai Chi, friendship, and lunch are just some of the things that participants can expect. Visit www.thelmasplace.org for more information.

Country Side Living specializes in the care of those with Alzheimer’s or other dementia by providing homes for 35 residents. Caregivers who need a break can call anytime to arrange for a few hours stay or even a whole day. If a room is available, your loved one can even spend the night so you can take a trip to the beach or attend an out of town function with your family. Getting away can cause a bit of anxiety and guilt at first but it’s so important for the caregiver to remember that taking care of yourself is just as important as taking care of your loved one. Only when you are strong and rested are you the best caregiver you can possibly be to a person who depends so much on you.