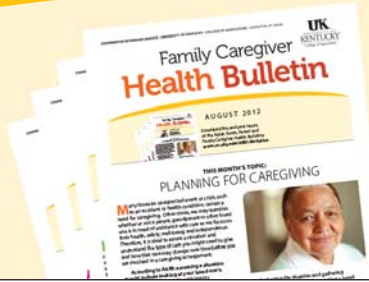


Family Caregiver Health Bulletin



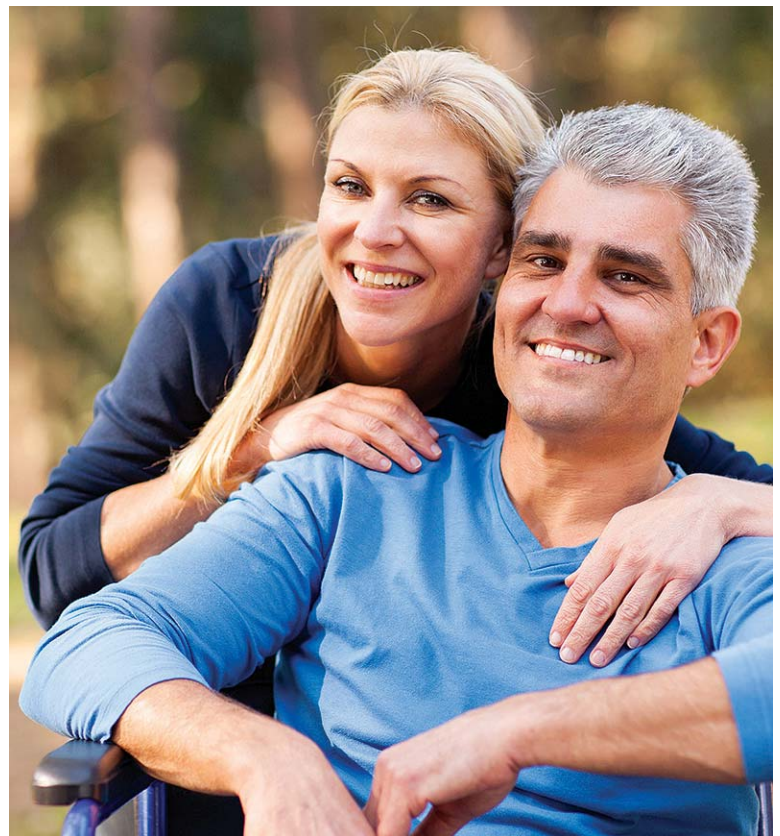
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THIS MONTH'S TOPIC: ADVICE FOR NEW CAREGIVERS

According to Rosalynn Carter, former first lady and president of the board of directors of the Rosalynn Carter Institute for Caregiving, "there are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." Despite the fact that most individuals will serve in some care role at some time in their life, there are almost no programs preparing individuals to serve as caregivers. This can lead to increased distress surrounding the care process. The Rosalynn Carter Institute for Caregiving addresses caregiving issues around the world by supporting and implementing evidenced-based programs and interventions. These programs focus on both family and professional caregivers for individuals of all ages living with chronic illness, disability and other health concerns. To browse RCI resources, go to rosalynncarter.org/resources/ or call (229) 928-1234.



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It is easy to become overwhelmed with caregiving responsibilities. Remember that you are not alone.

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Gathering resources and seeking support from organizations such as RCI are important first steps when it comes to caregiver preparation. According to Caregiver.org, additional steps include:

- **Seeking an accurate diagnosis.**

It is essential to get a handle on the condition with which the person you are caring for is living. You should know how to best deal with it and plan for the future. Understanding a disease or diagnosis can also help the caregiver better understand a person's behavior.

- **Talking about it.**

If the care recipient is competent and able, he or she should be included as an active contributor and voice as part of the caregiving team. Filing a Durable Power of Attorney can help caregivers make financial and health care decisions on behalf of a care recipient when the care recipient can no longer make decisions for themselves. To draw up such documents, contact an elder law specialist.

- **Taking advantage of respite care.** Respite care is short-term care that provides a break to caregivers and helps them better support and maintain a caregiving relationship.

- **Taking care of yourself.** It is easy to become overwhelmed with caregiving responsibilities. Remember that you are not alone. Support

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

Rosalynn Carter

Former first lady and president of the board of directors, Rosalynn Carter Institute for Caregiving

groups can be a healthy avenue for forming relationships with people who understand what you are going through.

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RESOURCE:

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Family Caregiver
Health Bulletin

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