

CAREGIVING FOR YOUR AGING PARENT

COMMON QUESTIONS ON CARING FOR THE ELDERLY

Question 1: *"Where will he or she live?"*

Answer 1:

- Own residence
- Caregivers home
- Retirement community
- Smaller home or apartment
- Nursing home
- Hospital or hospice

Question 2: *"Which community resources will have the answers I need?"*

Answer 2:

- Senior citizens centers, geriatric day care, older adult service agencies, mental health centers, social service agencies, Meals on Wheels, medical transportation services
- Family physicians, clergy, visiting nurses, home health aides
- Veterans Administration, Social Security Administration, Medicare, Medicaid, private insurance carriers, pension programs, National Institute on Aging, local area Agency on Aging, American Association of Retired Persons (A.A.R.P.)
- Support group for caregivers, hospice programs, hospital programs, mental health programs

Question 3: *"When is it appropriate to encourage an older person to leave their home for care?"*

Answer 3:

- When the individual lacks adequate mobility for essential daily activities-bathing, dressing, eating, paying bills, cooking, cleaning-and cannot afford at-home care
- When the person is unable to take medication correctly
- When he or she experiences acute physical injury/illness severe enough to cause confusion or disorientation
- Or, if he or she exhibits signs of severe depression or other emotional disorders which place this individual or others in danger

Common Questions on Caring for the Elderly (continued):

Question 4: “What type of placement is best?”

Answer 4:

- Consult with your family physician about alternatives
- Call and visit facilities being considered and obtain literature on special features (exercise room, physical therapy, counseling, outdoor activities/outings)
- Ask for references and discuss satisfaction issues with families of current residents
- Hold a family conference with your parent present if possible. Discuss alternatives and make a decision

Question 5: “How can I best cope with the emotional issues?”

Answer 5:

- Communicate your concerns and feelings to your parent and listen to theirs
- Discuss ways to resolve the concerns and deal with the feelings
- Don't forget to care for yourself
- Recognize your limitations
- Take breaks from the routine of caregiving; arrange for back-up and go on a vacation (even for one day)
- Make time for your family and their needs
 - Do nice things for yourself
 - Rest
 - Outings
 - Hobbies
- Seek out a support group for caregivers. This provides an opportunity to share feelings and ideas with others who are faced with the same dilemmas
- Check out books, magazines and other sources of information from your local library
- Learn to accept those things that you cannot change

For more information on caregiving, contact:



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202