



In Care of You

A NEWSLETTER FOR CAREGIVERS FROM GREENE COUNTY COUNCIL ON AGING

JULY-AUGUST 2024

DON'T GIVE UP ON CAREGIVING



Feeling like you want to give up being the caregiver of a loved one? Don't be too hard on yourself, it's normal to want out of a difficult, no-end-in-sight situation. Caregiving is not always fun; it can be exhausting and challenging. Before you decide to throw in the towel, consider the following points summarized from an article on daughterhood.org; "Throwing in the Towel...questions to ask when you want to quit caregiving."

Examine expectations: Do the best you can to focus on the most important things – look at the big picture. You or your care receiver may have a list of how things "should be," but that may not be possible in your situation. Try not to let "shoulds" pull you down. Talk about why some things are not possible or practical. Caregiving is rarely perfect.

Prioritize: Consider all the things that you do as a caregiver. Separate the tasks into columns – things that only you can do; things other people can do; things you want to do but it makes more sense for someone else to do; things that no longer make sense to do. Be serious about these lists. Taking items off your to-do list will give you well deserved time.

Ask for help: Ask people and agencies that are willing to help with your caregiving responsibilities. Many people will look to distanced family members who have no desire to assist – focus on the people

who are most willing to help so that tasks actually get done, and negative energy doesn't contribute to your feelings of burn out.

Take a break: Stepping away from caregiving can be helpful to restore and revive you. Tap into all those helpers so that you can take a day for yourself, a week for a vacation, a month for surgery. Look for respite programs, adult day-care, short-term in-patient care. Remember you deserve to be cared for just as much as those for whom you care.

Your health comes first: if it doesn't you may not be able to care for another.

Long term placement of your loved one does not mean you are no longer caring for them. It just means that someone else is doing the heavy lifting while you get to enjoy more relaxed time with your loved one, you get time to take care of yourself, and time to enjoy your life – all while being a caregiver who looks out for the things that the facility doesn't. **Remember:** treat yourself as well as you would a friend; self-compassion to the rescue!





In Care of You

Providing support for those who support others

Hydrating Foods

As the weather gets warmer, drinking enough water is more important than ever.

Even if you're just mildly dehydrated, it can lead to fatigue and changes in mood. Dehydration has been associated with many health issues, including confusion, impaired cognition, falling, and constipation. Dehydration can also increase the risk of hospital stays.

Here are helpful ways to stay hydrated especially during the hot weather:

- Drink at least 8 ounces of fluid every time you take medication.
- Keep water bottles in handy locations such as by the bedside, at the kitchen table, and by the TV. And, coffee, tea, juices, and sports drinks count, too. (Coffee is no longer thought to be dehydrating.)

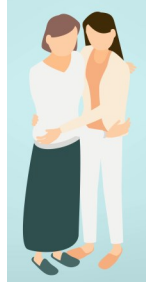
Did you know that 20 percent of your water intake comes from the food you eat? So select plenty of fruits and vegetables at your meals and through the day as snacks that provide important nutrients as well as hydrating water:

- Apples: 84% water
- Blueberries and blackberries: 85% water;
Strawberries: 92% water
- Broccoli: 91% water
- Spinach: 92% water
- Cantaloupe: 92% water
- Tomatoes: 94% water



Powerful Tools for Caregivers

This is a program that teaches empowerment for family caregivers. Caring for a family member is hard work. This 6-week class helps family caregivers develop better skills for self-care and well-being. This class will teach you how to reduce caregiver stress, change negative self-talk, manage emotions, be better able to make difficult caregiving decisions, and improve communication regarding challenging situations.



The workshop will be held at the Council's Xenia office on Tuesdays, 2:30 to 4pm, Aug. 20 through Sept. 24. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional caregiver resources. A Grab'n'Go meal will be provided. Space is limited. Contact the Council to reserve your spot or to learn more.

Changes to Newsletter

This newsletter has moved to a bi-monthly schedule instead of every month. The next newsletter will be the September-October edition.

Support Groups

- 1st Monday of the month at 6pm, First Presbyterian Church, 314 Xenia Ave, Yellow Springs
- 1st Wednesday of the month at 11:30 am, GCCOA Xenia office
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton-Xenia Rd, Beavercreek

Weekly Radio Segment: Partners in Caregiving every Thursday soon after 6pm, WBZI—FM 100.3 AM 1500