



Caregiver's Answers, Topics, and Helpful Information

In an effort to continually assist caregivers in their search for pertinent information regarding eldercare, our Family Caregiver Support Coordinator addresses topics of most frequently asked questions via Caregiver's Answers, Topics and Helpful Information (CATHI). Additionally, caregivers are also invited to e-mail individual questions to the Family Caregiver Support Coordinator at caregiver2@senior-resources-guilford.org.



The theme for National Family Caregivers Month November 2017 is



“Caregiving Around the Clock”

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer's or a child with special needs can be draining. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

Morning: Getting off to work. The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day before getting yourself out the door for work.

All Day Long: Managing medications. Up to 70% of the time, the family caregiver – not the care recipient – manages the medications, especially when the care recipient has a more serious condition. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date medication list.

During the Workday: Juggling caregiving and work. Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Evening: Family time and meal time. Ensuring that you get proper nutrition will help you

maintain strength, energy, stamina, and a positive attitude. Nutrition is as important for you as the caregiver as it is for your loved one. Caregiving affects the whole family.

Late at Night: Taking time for yourself. Late at night might be the only time you get a few minutes for yourself. Make sure you take time to rest and recharge. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

The Middle of the Night: Emergency room visits. Have you ever had to take your loved one to the emergency room in the middle of the night? Be prepared ahead of time with what you need to know and what you need to have with you.

**If you would like to join our mailing list to learn more about programs and services available to you please email caregiver2@senior-resources-quilford.org*

For referrals to community organizations in Guilford County that assist older adults and caregivers, contact Senior Resources of Guilford's SeniorLine at (336) 884-6981 in High Point, all other areas (336) 333-6981 or the Caregiver Support Coordinator, at (336) 373-4816 in Greensboro or (336) 883-3586 in High Point.



North Carolina Family Caregiver Support Program
Completing the Care



Community Partner