



EXCELLENCE IN CARING™

# HEALTHY AGING INFORMATION

*We have all your aging needs covered*

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## **Caregiver Burnout: Frequent and Fierce**

Regardless of how well we take care of ourselves, healthy aging is not always a given. *Sometimes unexpected ailments and other debilitating health conditions appear or worsen later life, causing extra stress, time constraints, and unexpected burdens on unprepared caregivers and family members.*

When aging family members need increased care, it's usually family members who are called to action, but *not everyone can give their loved ones what they really need.* Someone has to provide care, but whom? It's usually a natural assumption in the life cycle for adult children to care for their parents, but that's not always feasible. The decision to call in outside help must be made after an open and honest discussion with your loved one.

### **The role of the primary caregiver is huge:**

- Helping with doctor's appointments and errands
- Buying and preparing food / Helping with finances
- Bathing, dressing, toileting, and medication management

It's a lot to take on for anyone. Take help if it's offered, but seek other resources along the way. There are options for support:

- City senior centers
- Find a skilled nursing home to provide care for a loved one
- Talk to a long-term care ombudsman for transitioning from home.

### **Other resources include:**

- Menorah Park's Wellness Resources Dinner Conversations
- MenorahPark.org
- Mandel Adult Day Center
- Menorah Park Center 4 Brain Health
- Menorah Park's Home Health Services in Beachwood, Akron, Canton.

**For more info, call Community Liaison Kathleen Parrino at 216-402-0895**