In Just Five…Time of Renewal for Caregivers

by Jan E. Sturges, M.Ed., LPC, Caregiving Coordinator

This month is special for two reasons - The Thanksgiving holidays, and National Caregiver Month.

Both events give us the opportunity to appreciate our loved ones, and to thank caregivers everywhere for devoting time, energy, resources and emotional support to dependent older adults who rely on them. Whether someone is a caregiver out of love, or obligation, they add a dimension of quality and dignity to the life of the person needing assistance that might not be available otherwise.

Here is a ‘tip’ from caregivers I have known: Treat yourself to the gift of renewal - time for yourself that is pleasurable every week (an evening out, a good book, relaxing music, an afternoon hike...). When you take care of yourself, it’s a win-win because you have more energy to care for the person who needs you. And, find someone with whom you can share your fears, and most importantly, your hopes. Join other caregivers who attend the UA Caregiver Support Group that meets on the 2nd and 4th Wednesday of every month at noon in the Student Union. For more information, click here.

I also hope you will attend the Caregiver Consortium’s 14th annual Family Caregiver Conference, A Caregiver’s Harvest - Hope and Support, on Wednesday, November 18, 2009 at the Doubletree Hotel in Tucson, sponsored by the Pima Council on Aging and Tucson Medical Center - Senior Services. Click here to download a brochure or email Jan Sturges, Caregiving Coordinator for more information.

For resource and appointment information about child care and work/life support, contact Caryn Jung, MS, Senior Coordinator. For resource and appointment information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator.