

## **FOR IMMEDIATE RELEASE**

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### **Mothers Caring for Mothers** *Home Care Solutions for Family Caregivers*

**NEW HAMPTON, NH (April 24, 2014)** Mother's Day is around the corner again and with that, honoring these most important ladies in our lives should be top of mind. Mother's Day to you might mean flowers and brunch, but have you thought about how to relieve stress for the mother in your life?

When it comes to running the family, mothers are getting pulled in many, many directions, including caring for their own mothers. Many of those daughters are neglecting their own needs, putting their mothers at risk. According to the National Alliance for Caregiving and AARP, approximately 67% of family caregivers are women. Like their caregivers, most care recipients are female (68%), and are the mothers of their caregivers.

It seems like a natural fit for daughters to take care of their own mothers, but in many cases, it's a role for which they are not prepared. Social workers are reporting that the majority of family caregivers are not prepared for many aspects of their aging relatives' care, including the financial burden, the amount of time it takes to provide care and the emotional toll it can take on their own nuclear family. As a Mother's Day gift this year, encourage your wife, mother or friends to accept outside caregiving help.

### **Care for the Caregiver**

Too often our mothers get run down and even sick because they have not taken time out for themselves. Help them by sharing that taking a break is not an act of selfishness. It is actually an act of great giving. Encourage them and share the following tips to keep them from caregiver burnout:

1. Caregiving is a job, and respite is your earned right. Reward yourself with respite breaks.
2. Watch out for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, accept and suggest specific ways they can help.
4. Educate yourself about your loved one's condition.
5. Be open to technologies and ideas that promote your loved one's independence.
6. Trust your instincts. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back.
8. Grieve for your losses, and then allow yourself to dream new dreams.
9. Seek support from other caregivers. There is great strength in knowing you are not alone.
10. Stand up for your rights as a caregiver and a citizen.
11. Join a support group. For homebound caregivers, Internet-based support groups are a blessing. Or arrange for home care to attend a local group to get out of the house.
12. Find a time each day, even just ten minutes, to relax and not provide care. This should be protected time to read, listen to music, exercise, etc.

## Respite Care is a Gift

Respite allows for relief from the daily responsibilities of family caregiving. Although there are different approaches to respite care, all have the same basic objective: to provide caregivers with care that is planned, temporary, intermittent and substitute.

Giving the gift of respite care could be one of the greatest gifts you have ever given. To know what works best for your family situation, learn about the types of respite care available:

- **An adult day center:** Taking the care recipient away to a safe environment once or twice a week can provide many benefits.
- **The home of the person being cared for:** This is the most typical type of respite care, and the least disruptive to the care recipient.
- **A residential setting such as an assisted living facility or nursing home:** Depending on the level of care need, this may be a possibility for a few days or during a caregiver vacation.
- **A vacation setting:** In-home care, wherever “home” is, can be arranged.

For many, staying in the home is the best and easiest option. In-home respite care usually involves the following types of services:

- **Companionship:** Having another person to supervise and monitor the situation while just talking/listening to the client allows the caregiver some quality time away.
- **Personal care:** This involves bathing, shampooing, skin and mouth care, shaving and dressing, so that the care recipient presents fewer responsibilities that day for the caregiver.
- **Homemaking:** Meal preparation, shopping, cleaning and laundry services allow for a needed break.
- **Skilled care services:** Administering medications, providing therapy and noting changes in the loved one’s condition for professionals to review can help with consistent care.

Effective, sustainable caregiving depends on meeting caregiving women’s needs for nurture, reassurance, support and respite. By accepting respite care from an in-home care agency, women can better concentrate on also being a daughter, a mother, and a spouse. Whether for a few hours a day or as an ongoing relief, whenever respite is needed, Live Free Home Health Care can be there. Call Live Free Home Health Care today or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com) to find out how easy and comforting extra care in the home can be.

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### About Live Free Home Health Care:

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client’s physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a

cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com).