



CaringMonth™ by HelpingYouCare™

Helping You Care for Aging Parents & Elderly Loved Ones

www.HelpingYouCare.com and www.HelpingYouCare.org

A Comprehensive Caregiver's Resource, Support Community & Your Voice for Health-Care Reform

CaringMonth™ is a Free e-mail Newsletter, providing updates on the latest news & helpful information for family caregivers from HelpingYouCare.com™.

This first issue is longer than usual, as it is a special combined issue including posts from more than one month.

Please forward this Newsletter on to your friends and any family caregivers you know, and invite them to:

[Subscribe to CaringMonth™ – The Free E-mail Newsletter From HelpingYouCare™ – and Forward this to Your Friends](#)



Caregiving News & Events:

[Working Caregivers Face Wellbeing Challenges](#)

According to the recent findings of a large, ongoing Gallup Research Poll, in the U.S., working caregivers face significantly higher challenges to their wellbeing than workers who do not shoulder caregiving duties. Among other surprising findings, the study found . . . → Read More: [Working Caregivers Face Wellbeing Challenges](#)

[Statistics on Family Caregivers and Family Caregiving](#)

“More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for . . . → Read More: [Statistics on Family Caregivers and Family Caregiving](#)

[Who are the Caregivers?](#)

FCA: Women and Caregiving: Facts and Figures, by Family Caregiver Alliance. Confirms that women are the major caregivers in the U.S. Cites findings that the value of the informal care that women provide ranges from \$148 billion to \$188 . . . → Read More: [“Who are the Caregivers?”](#)

[Silver Tsunami: Burdens Weigh Heavy on the Sandwich Generation](#)

Baby boomers increasingly find themselves in the sandwich generation — caring for elderly parents and for children at the same time. Some estimates conclude that about 20 million Boomers find themselves in this dual caregiving role. A study by the Pew Research . . . → Read More: [Silver Tsunami: Burdens Weigh Heavy on the Sandwich Generation](#)

[Long-Term Care Solutions You Should Be Talking About Now](#)

by Ken Dychtwald Ph.D., Gerontologist, psychologist, author, entrepreneur and public speaker for the Huffington Post Two-thirds of people 65 and over will need some kind of long term care. In fact, many of us aren’t prepared for it or . . . → Read More: [Long-Term Care Solutions You Should Be Talking About Now](#)

[Caregivers Need the Gift of Respite](#)

by Rita Altman, R.N. National Director of Memory Care Services for Sunrise Senior Living for The Huffington Post At this time of year, family caregivers for seniors, especially those with Alzheimer’s disease, may not get the break that they . . . → Read More: [Caregivers Need the Gift of Respite](#)

[Ambassadors for Aging Day – March 15, 2011](#)

The Florida Department of Elder Affairs announces “Ambassadors for Aging Day” to be held at the Florida State Capitol in Tallahassee, Florida on Tuesday, March 15, 2011 from 10:00 a.m. to 2:00 p.m. What is Ambassadors for Aging Day? Hosted . . . → Read More: [Ambassadors for Aging Day – March 15, 2011](#)



AnswersForCare™ – Practical

Caregiver Tips & Skills:

[Video Lecture Series on Helping Seniors with Finances: Financing Options for Care](#)

Video Series Published by MetaCafe; Lecturer: certified senior advisor Mary Alexander from Home Instead Senior Care. The publisher indicates that this video series teaches you how to help your senior loved one manage his/her finances and prevent him/her from . . . → Read More: [Video Lecture Series on Helping Seniors with Finances: Financing Options for Care](#)

[Checklist of Some Legal Issues for Seniors & Their Family Caregivers](#)

© 2010 by Constance R. Barnhart, Attorney At Law, [View/ Print as a PDF Document](#), Following is a checklist of some of the legal issues that may arise for seniors and their family caregivers. For each of these issues that may apply to you, you should consult a qualified attorney practicing in that area. → Read More: [Checklist of Some Legal Issues for Seniors & Their Family Caregivers](#)

[Top 10 Tips for Taking an Elderly Parent to the Emergency Department](#)

Video lecture on “Top 10 Tips for Taking an Elderly Parent to the Emergency Department,” presented by Malika Fair, MD, of EmergencyCareForYou.org.

[Check for Safety: A Home Fall Prevention Checklist for Older Adults](#)

A thorough checklist by the Centers for Disease Control and Prevention Foundation and MetLife Foundation. Caregivers should review this carefully and implement these suggestions for their elderly loved ones. >>View . . . → Read More: [Check for Safety: A Home Fall Prevention Checklist for Older Adults](#)

[The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease](#)

We recommend highly this classic book on caregiving for those with Alzheimer’s: The 36-hour Day, by Nancy L. Mace and Peter V. Rabins, completely revised and updated 2008 publication. This is the place to start if your loved one . . . → Read More: [The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease](#)

[Podcast: Caregiving tips for Alzheimer’s disease](#)

Podcast from the Mayo Clinic Dr. Glenn Smith, a Mayo Clinic neuropsychologist, who specializes in the treatment of

Alzheimer's disease, gives caregiving tips on how to deal with the challenges of difficult issues faced by seniors. Listen»

[Alzheimer's Association – Classes & Workshops](#)

The Alzheimer's Association offers classes and courses on many aspects of Alzheimer's Disease and caregiving for Alzheimer's patients. The classes are offered at a nominal fee, and are held locally in many different cities where the Alzheimer's Association is . . . → Read More: [Alzheimer's Association – Classes & Workshops](#)

[More Practical Tips, Skills, Tools & Checklists for Caregivers](#)



AnswersForCare™ – Wellness for Seniors & Caregivers:

[Featured Wellness Column by Ruth Mansmith](#), MS, RN, CRRN, RAC-C,

[The Caregiver Conquers Holiday Stress](#)

The Caregiver Conquers Holiday Stress By Ruth Mansmith, a former CEO for a national chain of health-care facilities and author of the international award winning Fit For Life Wellness Program offers wellness strategies for people of all ages. She . . . → Read More: [The Caregiver Conquers Holiday Stress](#)

[Caregivers Unite for Breast Cancer Awareness Month](#)

By Ruth Mansmith, **Breast Cancer Is On The Rise** October is national breast cancer awareness month. Not only is it important for family caregivers to be screened for breast cancer, but of even more importance is for our older family members to be screened. . . → Read More: [Caregivers Unite for Breast Cancer Awareness Month](#)

[Dimensions of Wellness – Occupational Wellness for Seniors](#)

Good discussion of “Occupational Wellness” for Seniors, from NetWellness.org, Consumer Health Information published by the University of Cincinnati, The Ohio State University and Case Western Reserve University. As pointed out, one must not underestimate the value of an occupation . . . → Read More: [Dimensions of Wellness – Occupational Wellness for Seniors](#)

Wellness: Emotional Wellness

A description of what “Emotional Wellness” means, and what is involved in the path to Emotional Wellness, from the University of California, Riverside:

Mayo Clinic Blog on How to Beat Stress

Read tips from the Mayo Clinic on how to handle stress, and preserve your emotional well being:

How Insomnia Can Affect Your Health; And Some Things You Can do About it

HealthCentral.com, from Reuters Health – Sleep Disorders News. >>View Info

How To Reverse The Aging Process

Carolyn Rosenblatt in her column on Aging Parents written for Forbes.com writes of the importance of exercise and its effects on the aging process. Also, strengthening our bodies is important to deal with the physical and emotional toll of . . . → Read More:

[How To Reverse The Aging Process](#)

What are your Greatest Concerns as a Caregiver?

What are your biggest issues, problems and concerns as a caregiver? Medical care Financial and/ or legal issues Emotional support Lack of information How to deal with difficult elderly behavior Other (please describe): survey_questions_per_page = 1;

What are Your Greatest Concerns as a Caregiver? – Results of this Survey will be published here

The results of this survey will be published here, as soon as the survey is closed.

More on Wellness: Diet, Exercise, Mental Acuity & Other Areas of Wellness for Seniors & Caregivers



AnswersForCare™ – Medical Conditions Commonly Faced by Seniors:

Alzheimer's Disease/ Dementia:

Alzheimer's Disease/ Dementia

See our extensive resources on Alzheimer's Disease/ Dementia, and caregiving for senior loved ones with Alzheimer's/ Dementia
Read More: [Alzheimer's Disease & Caregiving for Alzheimer's/ Dementia](#)

C-Dif:

Clostridium Difficile Infections: MedlinePlus

Good overview and links to additional information on Clostridium Difficile Infections from MedlinePlus, the website of the U.S. National Library of Medicine, National Institutes of Health. Contains information on: * Overviews * Diagnosis/ Symptoms * Alternative Therapy * Specific . . . → Read More: [Clostridium Difficile Infections: MedlinePlus](#)

Clostridium Difficile General Information – From the CDC

The Centers for Disease Control and Prevention (CDC)'s website contains good general and introductory information on C-Dif, in the form of Frequently Asked Questions. This is a good place to start in learning more about this increasingly deadly superbug. . . . → Read More: [Clostridium Difficile General Information – From the CDC](#)

Depression:

When a Family Member is Depressed

By Cleveland Clinic. ClevelandClinic.org. Living with a depressed person: Tips for caregivers. >>View Info

[A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression — Treatment Options for Late-Life Depression](#)

By the Geriatric Mental Health Foundation, gmhfonline.org. A good discussion of the treatment options, including a particularly detailed discussion of the potential antidepressant medications and their side effects, as well as general discussions of other options, such as psychotherapy . . . → Read More: [A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression — Treatment Options for Late-Life Depression](#)

[Depression](#)

Pamphlet by the National Institute of Mental Health, NIH, a component of the U.S. Department of Health & Human Services. Good comprehensive discussion of the medical aspects, types, symptoms and causes of depression, along with a discussion of how . . . → Read More: [Depression](#)

[Tips for Caregivers](#)

from New York State Office for the Aging. Includes the following tips for the caregiver of a person with depression: • Educate yourself about the symptoms, causes, and treatments of depression. You need to understand what you're dealing with . . . → Read More: [Tips for Caregivers](#)

Diabetes:

[How You Can Help Your Loved One with Diabetes](#)

by National Diabetes Education Program, a Joint Program of the National Institutes of Health and the Centers for Disease Control and Prevention, U.S. Department of Health & Human Services >>View Info

[Diabetes: Treatment and Research](#)

National Institutes of Health –Senior Health. Explains that there is no known cure for diabetes, but it can be managed. Discusses role of diet, exercise, medications, and self-monitoring in the management of diabetes. Includes links to basic information on all aspects of diabetes in seniors.>>View Info

Four Steps to Control Your Diabetes for Life

National Diabetes Education Program, by National Institutes of Health and Centers for Disease Control & Prevention, U.S. Department of Health & Human Services. >>View Info

What I Need to Know about Diabetes Medicines

50 page booklet by the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, National Diabetes Information Clearinghouse, U.S. Department of Health & Human Services. >>View Info

Am I at Risk for Diabetes? Taking Steps to Lower Your Risk of Getting Diabetes

20 page booklet from the National Diabetes Information Clearinghouse, U.S. Department of Health & Human Services, National Institutes of Health. >>View Info

What I Need to Know About Eating and Diabetes

52 page booklet by National Institutes of Health, Diabetes Information Clearinghouse, U.S. Department of Health & Human Services. >>View Info

What I Need to Know About Physical Activity and Diabetes

24 page booklet by the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, National Diabetes Information Clearinghouse, U.S. Department of Health & Human Services >>View Info

A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes

by the National Diabetes Education Program of the National Institutes of Health and Centers for Disease Prevention and Control. >>View Info

Diabetes in Older People – A Disease You Can Manage

by National Institute on Aging, National Institutes of Health. Good introduction to causes, types, stages, symptoms, diagnosis, and management of diabetes in elders. >>View Info

Eyesight Problems:

[Aging and Your Eyes, AgePage](#)

Brochure by National Institute on Aging, National Institutes of Health, U.S. Department of Health & Human Services. Lists five steps to protect eyesight, as well as basic information on several eye problems commonly experienced with aging >>View Info

[Get Your Vision Checked; Quick Guide to Healthy Living](#)

Healthfinder.gov, U.S. Department of Health & Human Services. Basics on the benefits of getting regular eye exams as the best way to protect your vision >>View Info

[Eye Health Tips from the National Eye Institute](#)

Simple Tips for Healthy Eyes. Lists some steps you can take to keep your eyes healthy and prevent eye problems in senior years. View Info » [Healthy Eyes, Eye Health Tips \[NEI\]](#).

[Trends in Vision and Hearing Among Older Americans](#)

Aging Trends by Centers for Disease Control and Prevention, National Institutes of Health, U.S. Department of Health & Human Services. Reports statistics on visual impairment, which increases steadily with age. 92% of people 70 years old or older wear . . . → Read More: [Trends in Vision and Hearing Among Older Americans](#)

[Take this Eye-Q test — See how much you know about glaucoma](#)

By the National Eye Institute, National Institutes of Health. Glaucoma is a leading cause of blindness in the U.S., and very common among the elderly. Take this quiz to learn how much you know about Glaucoma, and begin to learn how to reduce your risk and that of your elderly loved one. >>View Info

[Health Information: Eye Diseases and Disorders](#)

National Eye Institute, National Institutes of Health, U.S. Department of Health & Human Services. Provides detailed medical information on the characteristics, causes, treatments, and prevention of a lengthy list of eye diseases and disorders, including the following conditions commonly . . . → Read More: [Health Information: Eye Diseases and Disorders](#)

Incontinence:

[Controlling Incontinence](#)

A video introduction by Dr. Dean Edell on HealthCentral.com, covering types of incontinence, their occurrence and management. >>[View Info](#)

[Evaluating Prescription Drugs Used to Treat Overactive Bladder: Comparing Effectiveness, Safety, and Price](#)

by Consumers Union, ConsumerReports.org. >>[View Info](#)

[Urinary Incontinence, Causes, diagnosis and management.](#)

By National Institute on Aging, National Institutes of Health, U.S. Department of Health & Human Services. >>[View Info](#)

[Urinary incontinence](#)

By MedLine Plus, NIH, a component of the U.S. Department of Health & Human Services. A comprehensive discussion of urinary incontinence, its characteristics, causes, diagnosis, treatment, and management, with links to additional information >>[View Info](#)

Other Medical Conditions Common in Seniors:

See our extensive links to information on other common senior health conditions, including:

[Arthritis, Osteoporosis & Rheumatic Conditions](#)

[Falls/ Fractures/ Mobility Loss](#)

[Hearing Loss](#)

[Heart Disease & Stroke](#)

[High Blood Pressure](#)

[Parkinson's Disease](#)

[Skin Cancers](#)

[Urinary Tract Infection \(UTI\)](#)

General Health Information:

[Cleveland Clinic – A-Z Guide to Consumer Health Information](#)

Cleveland Clinic's website features an A to Z guide to consumer health information. This is a very good place to start to obtain basic information about any of a great number of diseases or conditions that may affect your . . . → Read More: [Cleveland Clinic – A-Z Guide to Consumer Health Information](#)

[Diseases and Conditions – MayoClinic.com](#)

Link to Mayo Clinic's Information on Medical Conditions and Diseases - A to Z. This is a good place to start in your research of the various medical conditions with which your senior loved one may be challenged. Get . . . → Read More: [Diseases and Conditions – MayoClinic.com](#)

[THE MERCK MANUAL MEDICAL LIBRARY: The Merck Manual of Medical Information–Home Edition](#)

The Merck Manual of Online Health Information is a recognized comprehensive resource of health and medical information for consumers. The Editorial Board of the Online Version consists of 15 Medical Doctors (MD's), and each of the Editor-In-Chief, Senior Assistant . . . → Read More: [THE MERCK MANUAL MEDICAL LIBRARY: The Merck Manual of Medical Information–Home Edition](#)

[NOAH – New York Online Access to Health](#)

This website of NOAH provides excellent links to a wealth of good online information on health, categorized under the general headings: * Health Topics (a topic listing of NOAH content by body area or disease category) * Index A . . . → Read More: [NOAH – New York Online Access to Health](#)

[CAPHIS | Top 100 Health Websites You Can Trust](#)

Links provided by the Consumer and Patient Health Information Section (CAPHIS) of the Medical Library Association, to what they deem the “Top 100 Health Websites You Can Trust.” This is an excellent resource to search for quality medical information.

... → Read More: [CAPHIS | Top 100 Health Websites You Can Trust](#)

[FamilyDoctor.org – American Academy of Family Physicians](#)

Good source of “Health information for the whole family” provided by the American Academy of Family Physicians. Includes health information on conditions – A to Z – plus links to Health Tools, including, * Dictionary * Calculator * Trackers ... →

Read More: [FamilyDoctor.org – American Academy of Family Physicians](#)

[More Medical Resources via HelpingYouCare™](#)



AnswersForCare™ – Other Information & Resources for Caregivers:

[About Home Health Care](#)

[About Senior Housing & Care Facilities](#)

[Legal & Financial Issues](#)

[Featured Columns & Articles](#)

[Other Resources for Caregivers](#)



OurTimeForCare™ – Caregiver

Self-Care:

[Caregiver Self-Care, Stress Management & Survival Tips](#)

[Inspiration & Humor for Caregivers](#)



CaregiversCollege™ – Classes, Webinars & Our CaringTube™ Videos:

[Classes, Courses & Webinars for Caregivers](#)

[CaringTube™ – Online Videos for Caregivers](#)



BooksForCaregivers™ – Bookstore & Book Reviews:

[Visit Our Bookstore for Caregivers](#)

[Reviews of Editors' Selections of the Month](#)

[Your Picks of the Month](#)



CareHelpFinder™ – Locator Tools to Find the Resources You Need:

[Find Home Health Care](#)

[Find Nursing Homes, Assisted Living, Independent Living, Respite Care & Other Care Facilities](#)

[Find Care Managers & Other Professional Advisors](#)

[Find Other Care Resources](#)



ThingsForElderNeeds™ – Technology, Equipment, Supplies & Clothing:

[Helpful Technology, Products & Supplies](#)

[Helpful Medical Equipment](#)

[Comfortable & Adaptive Senior Clothing](#)



VoicesForCare™ – News, Info & Editorials on Health-Care Reform:

[Central Provision of Health Care Law Is Ruled Unconstitutional](#)

On Monday, December 13, Federal District Court Judge Henry E. Hudson of the Federal District Court in Richmond, Virginia ruled that the provision in the recently adopted health reform law requiring most Americans to obtain health insurance is unconstitutional. . . . → Read More: [Central Provision of Health Care Law Is Ruled Unconstitutional](#)

[More News on Health Care Reform](#)

[As a caregiver, do you view the recently enacted Health Care Reform Law mostly favorably or mostly unfavorably?](#)

Please go to [As a caregiver, do you view the recently enacted Health Care Reform Law mostly favorably or mostly unfavorably?](#) to view the survey

[As a caregiver, do you view the recently enacted Health Care Reform Law mostly favorably or mostly unfavorably? – Results will be published here](#)

The results of this poll will be published here as soon as the poll is closed.



CaregiversLikeUs™ – Online Support Community & Forums:

[Visit our Online Support Groups & Participate in the Discussion in our Forums – at CaregiversLikeUs™](#)

[Caregiver Stories – Listen or Read & Contribute Your Story](#)

[CareWiki™ - Help Other Caregivers by Adding Your Tips](#)

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