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Issue  
**ONE**

A Monthly Insight Into Issues Concerning Family Caregivers

# The Caregiver's Journal

## current topics >>>

### Caregivers Journal Magazine Is Now Available on-Line

Family caregivers can now find information, training exercises, how to obtain assistance, updates on medical duties and responsibilities enabling them to be more confident and happy

Your hospital has made it possible to view these informative, compelling and uplifting articles about the emotional and physical stresses you are experiencing. This easy to read magazine may be the very thing you have been looking for to feel better and more successful.

For more information go to:  
[www.familycaregiversdirectory.com](http://www.familycaregiversdirectory.com)



## New Caregivers Directory

### Find Everything You Need To Know In One Place!

*Finally a directory that enables family caregivers to find every bit of information they need, and all may be found in the hospital's Family Caregivers Directory. More than 260 valuable categories invite you.*

Family Caregivers have so much to do and so little time to do it. Searching for critical caregiving information that should have been previously provided

Seems like a task too confusing and time consuming with which to bother. But receiving the information is still critical to the care. So we have found it for you. We have collected, for the first time ever, all of the resources and necessary

information to fully function as family caregivers. The Family Caregivers Directory is a training and information break-through. Now you can have it all; all the information, training, assistance, medical applications, counsel, advice and knowledge, all available on a click of your own computer. This is our gift of appreciation for your kind, devoted care.

No longer must you scramble all over the web to find help. It is now consolidated into one helpful website. Never before have caregivers been able to go to one place to find all of the

**Over 260 categories,**  
**480,000 questions and**  
**answers, 520 videos,**  
**47 blogs, magazines,**  
**books and newsletters.**

answers to troubling emotional and physical issues. Now, with your new Caregivers Directory that is finally possible. You will find magazines, newsletters, blogs, books, reports, research, counsel, webinars, reports etc.

With the new directory, Family Caregivers will be able to obtain needed information, not previously available. Answers for loneliness, fatigue, loneliness frustration, entrapment, patient abuse, defensiveness, anger, lost love, etc., may be found when you need it.

To register use password:  
[www.familycaregiversdirectory.com](http://www.familycaregiversdirectory.com)

Needed news >>>

## Caregivers Don't Have to Be Lonely - Not Anymore

*Researchers tell us that the first emotional stress caregivers feel is that of being lonely. There are effective ways to overcome those lonely feelings and begin to feel better again.*



### You Can Change

Caregivers comment that caregiving separates the willing caregivers from their normal lives and the people who are in it, all adding to their loneliness.

They miss not only the loved one to whom they offer care, whom they may now feel is missing due to illness, but they also miss the other people in their lives. They become lonely. Don't be the one to miss the routine, the things and the people you love – call someone.

### Enemy to Happiness

Loneliness is an enemy to a happy life. No one wants to be lonely. Being lonely is contrary to being happy. Besides loneliness, there are other difficult stresses that need to be managed, but loneliness comes first and stays longest.



### Tired of Being Tired

A certain amount of stress might invigorate us; in fact, most of us need some kind of mental pressure to get going. However, when stress levels become excessive, they can easily cause fatigue. Stress and worry are two emotions that commonly cause tiredness. And for the caregiver, not being in control because of fatigue over a situation can be frustrating, annoying, and all consuming. Resting is so good.

encouraging advice >>>



## Family Caregivers Ought To Be Happy

*There is no one, singular secret for being happy. Happiness comes differently to everyone. The only logical conclusion is that there are many ways to find it and real joy can be experienced on the journey in many different ways. The journey may be just as important as the realization.*

Hope is the foundation of a happy life

### New Hope!

*Believing and hoping can change a life filled with fear and doubt into one of constant happiness, joy and fulfillment.*

Dare to believe that through your efforts and your hope, you can bring about any desired result you seek. Good things will happen. Life can be better, health can be improved and happiness can fill your days. Never, ever, give up hope! Never, ever, give up on yourself or your loved patient! Hope is crucial to the re-establishment of a happy life.

What does it mean to be truly happy? Happiness is the result of our choices. After 40 years of research, social scientists attribute happiness to three major sources: genes, events, and values. Armed with this knowledge and a few simple rules, we can improve our lives and the lives of those around us. We can even construct a system that fulfills our founders' sure promises and empowers all of us to pursue joy and happiness. Choose today to be happy.





# Why Don't We Talk About End-of-Life?

*One common complaint, often expressed by family caregivers, is that no one seems willing to discuss what happens at the end or near the end of life. Few geriatric departments are left to train physicians who must train caregivers..*



Dr. Atul Gawande' wrote a best-selling book, *Being Mortal*. Dr. Gawande is a Surgeon at the Brigham and Women's hospital located in Boston, and a professor at Harvard Medical School. In his book, he stated the following: *"People now live longer and better than at any other time in history. But scientific advances have turned the process of aging and dying into experiences, matters to be managed by health professionals. And the medical world has proved alarmingly unprepared for it."*

The majority of caregivers became caregivers with little or no warning and little or no understanding. Often with no warning or indication their loved one, patient, will now require considerable time and also attention. Dr. Gawande suggests that millions of loved ones have become tragic victims in very untimely, difficult circumstances, similar to a very strange reality in a movie or TV show.

Similarly, these very same medical and accidental incidences have now thrust caregivers into the same old proverbial spotlight. So often individuals in these precarious scenarios are not prepared for what is coming. They often don't feel adequate for the tasks. They don't want their roles to increase. But they don't have a choice, because the choice has already been made for them.

So to whom will they turn for advice? The physicians are busy, many hospital Geriatric departments are closing. So who will advise patients about difficult end-of-life issues? It must happen soon. In the meantime, family caregivers must insist on info from anyone qualified.

ask the experts >>>

**Q:** Can Love Get Lost?

**A:** Love Doesn't Get Lost,  
*It just Goes Into Hiding*

Love is the driving emotion that could make the most difference in the attitude, motivation and relationship of caregivers and their loved ones. That kind of love, if constant, can help change the life of another. Love insures that tasks are made lighter, work made not so difficult, and long hours made more manageable. But if love is lost the tasks become extremely trying. Love makes life better and relationships more lasting.



## Don't Ever Think About Quitting!

*As hard and as unfair as it might seem, family caregivers are the last resistance to pain and discomfort to their loved ones. They must step up! Quitting is not an option – caring is!.*

## Taking Care of Yourself...

As a care-giver it's critical that you take good care of yourself - even while you're taking care of your aging loved one. Finding that balance can be a challenge, but now is the time to establish some healthy goals and habits. If you're already nearing the point of burnout, it's time to alter course. Finding real peace begins with believing in yourself. Caregivers have far too much to do. They must not get trapped in duties.

## You Don't Have to Be a Victim Anymore

When you feel like a victim you tend to not take action and then you don't have to risk. For example, rejection or failure. In that scenario, you don't have to take the sometimes heavy responsibility. In the short term it can feel like the easier choice is to not take personal responsibility. However, it can feel good to take responsibility and be liberated.

# final thoughts...

*Everyone deserves to be loved.. Everyone should take the time and opportunity to love another. Caregivers choose to do that – even if left without a choice. But regardless of the choice, loved ones need tender attention. Your joy could come helping them find it.*



Harmony is when you feel happy. Harmony is functional when people are all getting along together. Harmony is when people are nice to one another. Imagine what it would be like if everyone acted in harmony.

Imagine people throughout the world feeling happy and helping each other. Also, imagine a situation in which people live and work well with other people, or in a way that doesn't ever damage things, events or others around them.

Now imagine a caregiving relationship typifying many of those kind responses

Love is the answer. Loving is the process. Happiness for everyone is the ultimate reward. Love and happiness actually can change hearts and lives. It can also change yours with that same effort, lovingly and sincerely extended to your loved one. Yes, everyone deserves to be loved, including you and your patient. Everything you do to show and renew your love will be worth it.

**coming soon >>>**

## **In The Next Issue**

- *10 Ways to Tame Your Temper*
- *Determining How Ready You Are*
- *Who Is Helping the Helpers*
- *What If Your Loved One Isn't Loving*

Contact: [info@caregiversdirectory.com](mailto:info@caregiversdirectory.com)  
Site Link: [www.familycaregiversdirectory.com](http://www.familycaregiversdirectory.com)

# Family Caregivers Directory

A Directory Helping Family Caregivers Find Everything They Need

