

Calvert County Newsletter for Caregivers

Term: Summer | Issue 6 July 1, 2018

Useful Tips

Seek support from other caregivers. You are not alone.

Take care of your own health so that you can be strong enough to take care of your loved one.

Accept offers of help and suggest specific things people can do to help you.

Learn how to **communicate effectively** with doctors.

Caregiving is hard work; **so take respite breaks often.**

Watch out for signs of depression and don't delay getting professional help when you need it.

Be open to new technologies that can help you care for your loved one.

Organize medical information so that it's easy to find.

Make sure legal documents are in order.

Give yourself credit for doing one of the toughest jobs there is.

Calvert Pines Senior Center is now offering a drop-in time for caregivers to come see one of our Social Service staff without an appointment to talk about resources.

When:

1st Wednesday of each month at 10:30 am

Where:

*Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, MD 20678*

The yearly Caregiver's Grant for \$500 is closed for the 2017/2018 season. You can apply again after October 1, 2018. All receipts and timesheets must be dated after October 1, 2018.

My mother, a gardener, has always loved flowers and watching things grow. I wanted her to always have flowers in her nursing home room, but I find they wilt or died quickly, which became another chore to keep them fresh. I decided to buy her amaryllis bulbs each week for the winter months; she will enjoy watching their growth and the anticipation of what color the next bloom will be!



It is not how much you do, but how much love you put in the doing.

Mother Teresa, Missionary