

Caring For Caregivers



Elderhaus Cares for Caregivers

Fall 2019



GIVING

G-Gratitude is an attitude

I- Invite joy into your life

V-Voice your needs

I-Intensity, dial it down

N-Name your strengths

G-Gather family/friends

A Laugh or Two

They say that even death can't cure an idiot. Tite Kubo

If you die in an elevator be sure to push the up button. Sam Levenson

You know you are old if your walker has an airbag. Joan Rivers



Giving Thanks

In the midst of caregiving, it feels almost impossible to feel gratitude. What is there to be thankful for? Why should we even try to be grateful?

Many recent studies have concluded that gratitude is uniquely important to well-being. The many positive effects of gratitude include higher levels of happiness, mental and physical health, and self-acceptance. Those who practice gratitude are less depressed and experience less distress. The evidence is clear, gratitude is a good attitude.

How do caregivers add gratitude to their day? The important thing is to start however we can. Consider writing your gratitude list in a new and special journal. Tying gratitude to an activity we do everyday, like walking the dog, or brushing our teeth, helps us to remember to put gratitude in our days. The fall leaves are beautiful, the spark of recognition in our loved ones eyes are things to be grateful for. Expressing our thanks to those people who support and help us could be in the form of a short note.

We can focus on what we have lost, or we can focus on the good in our lives. Try Gratitude!

Free Stuff /Gratitude

A Hot Shower. No Lines at Super Walmart. Hot Towels Out of the Dryer. Laughing at an Inside Joke. Playing with a New Puppy. Friends. Beautiful Sunrise. Chocolate Chip Cookies. Hearing the Perfect Song at the Right Moment. Having a Good Laugh. Sleeping in on a Rainy Day. Enjoy!

Revolutionizing Dementia Care: Friday Night at the Movies, Nov. 8, 2019
Timberline Church, East Auditorium 5-7:30 p.m.
Vendor Booths 4 to 5 p.m.
The movie features those living with dementia and local experts.
Registration required at DementiaFriendsNoCO.org

Elderhaus Caregiver Groups

Life Transitions Group

Every Monday 1-3 p.m. or
Every Wednesday 9-11 a.m.
At Elderhaus

FTD Caregivers Group

Third Tuesday Monthly
2:30-4 p.m.

Daz Bog @ Cherry and Mason

Caregiver Cues

“If There’s Anything I Can Do, Let Me Know.”

Most caregivers hear this vague offer of help many times. Usually we respond “Thanks I will let you know. or I’m okay.” If you believe you should be able to handle it all, you are “shoulding” yourself. Don’t be a martyr! Learn to say yes to help, remember most people feel good when they help others. Put together a task list and let people choose what they would like to do.

Name It, Accept It

Denying your loved one has a terminal illness like Alzheimer’s or another dementia does not serve anyone’s well-being. Accepting is not giving up, it is the doorway to you and your loved one savoring the time left. With eyes wide open, caregivers can find realistic solutions. Our loved ones need to know we understand how frightened they are. Chasing after miracle cures takes the focus off of the only day we have—today.

CAREGIVERS ARE HEROES
Happy Thanksgiving to all.

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