

“Taking Care” (Caregivers)

Taking care of someone else can be exhausting and stressful.
Caring for live-in, elderly parents or relatives who have become forgetful, disabled, ill or unable to care for themselves can be especially difficult.
The strain can be overwhelming: the daily demands -- while witnessing the physical or mental decline of someone you love.
For an adult child, this can be a sad, <i>and</i> frustrating experience
Stress, fear, fatigue and (anger) can make you feel like you're about to explode. And some people do – not meaning to -- they physically or mentally hurt a person they love.
If the stress and strain of caring for an older person is taking its toll, please get help. There are people available to give you a break when you need one. Call the Department of Elder Affairs for more information.

