



JANUARY 2011

- Next support program session to begin Feb 10th
- Submit your "Caregiver's Story" by email
- Contact us by phone or email to reserve your spot

## Support group to begin 1st session in February.

Caregiver Chaos is just what you need to help take control of the chaos of care giving in 2011. Riverside Murfreesboro will begin the next eight week support program on February 10th. The last session was a great success with participants learning problem solving skills and positive coping mechanisms to deal with the stress involved in caring for a loved one.

Care giving is not just defined by who provides the day to day hands on care of someone, but by any involvement in assuring that care is given and decisions are made for someone requiring assistance. Family members make up the largest percentage of caregivers.

If you are feeling the stress of

decision making, caring for or overseeing the care of someone, then you would benefit from a support program such as this.

Call Riverside Murfreesboro today to reserve your spot in the upcoming Caregiver Chaos support program. Participants will meet once a week for eight weeks on Thursday evenings beginning Feb 8th, from 5:30-7:30 pm at our outpatient program located at 352 W. Northfield Blvd., Suite 4C, Murfreesboro.

"This helped me realize what I am really facing. I got a lot of information and understanding. It was a safe place to discuss my concerns. Excellent program!" -former participant

It is estimated that the number of older persons living within communities of America who need care giving assistance vary from 2.25 million to 5.1 million depending on how care is defined. Family members are essential to the well being of these older adults and make up the largest percentage of care giving persons.

### A Caregiver's Story: by Debra Gonnion, RNC, Riverside Murfreesboro

This is the first column of a caregivers story. Submit your story to encourage others in the telling.

As facilitator of the program I will share my recent experience with my 80 yr old mother who lives in my hometown of Waco, Texas. As a registered nurse and her only daughter I am depended on to help her with health care decisions. She is facing a series of procedures and surgeries to remove several abnormally large kidney stones. She is frightened and worried about each surgery and will be hospitalized several days each time. My brother lives

in Austin, TX and is doing his best to take her to appointments, keep in touch with the doctors and keep accurate information flowing between us. He quickly became overwhelmed with the demand on his time and emotions. I had to take over managing things from miles away and dealing with the guilt of not being there for each of her procedures. One operations was just prior to Christmas and one was the week of Christmas. I couldn't rearrange my schedule to fly out to be with her and I didn't want to leave my family during the holidays. All I

could do was let her know what to expect, send up some prayers and advise her and my brother by phone.

Even though she sailed through and is doing well, I still felt the stress of it from miles away and certainly felt the guilt of "not being there". This reinforced that the stress of care giving is not limited to the hands on or day to day duties of the caregiver. I found myself feeling guilt, stress and fatigue. I was not only supporting my mother but other family members as well. But I know I am equipped to deal with these issues and those in the future.

Call or Email

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