We are still here for you

Caregiving for someone we love is a very rewarding experience but can also be very draining. We know that most caregivers give of their time and energy with sometimes little thought about themselves. It is very easy to put yourself on the “back burner” when the loved one in front of you needs so much. Stress, exhaustion and feelings of isolation can sneak up on us and we may not even be aware that we have those feelings. As a caregiver myself, I have experienced similar feelings that I did not know were simmering inside. A recent saying comes to mind “It’s OK to not be OK”.

Fortunately, there is help and support for all of these issues. It is a true sign of strength to ask for it. The Alzheimer’s Association Website, alz.org, is a great resource. Sometimes we may find ourselves needing another layer of support to deal with the very real feelings of depression and isolation that can occur. May I suggest the NAMI organization as well as Mental Health America as reliable resources for further personal help and information. Staying well both physically and mentally is more important now than ever. Call a friend or chat with a neighbor. We owe it to ourselves and we are worth it.

Click for information on NAMI

Click for information on Mental Health America

Lori Myers
Regional Director, Fredericksburg, VA