

# SHARE THE CARE NETWORK



## The Falling Leaves



By *Shirley Polk*  
CEO President, *Share the Care Network*

Fall is here! It's one of my favorite seasons, right after summer. Living in SoCal, we don't have drastic seasonal changes like Vermont or other eastern states. Maybe that's why I like the color "orange" it's my connection to the season. Orange pumpkins rusty color foliage. Look outside your window and enjoy them too.

I love a breathtaking sunset like this one. I had the pleasure of spending a mini vacation at the beginning of this summer season at a desert resort spa near Scottsdale, Arizona. It was important to take my summer vacation at the start of summer than towards the end especially if you're spending it in the desert. Sunsets over the ocean are my all time my favorites that was until I saw the beauty of the desert at sunset. Wow, what an awesome God we have.

The spa resort had its benefits as well. Having a massage, facial restored my inner self and balance. As a professional care provider and businesswoman operating a business I felt my candle burning at both ends very fast. We must identify the **red flags** when our physical and mental health is screaming out to you. Caring for your loved one who is elderly, disabled or



*Breath taking summer sunset in Phoenix, AZ*

suffering from a dementia can be a challenge. There's lots of pressure to want to do everything, but sometimes we're not prepared for this challenge. You have to stop, get off your caregiver "treadmill" and take care of yourself first.

October, celebrates several causes: [Breast Cancer Awareness](#); [National Liver Awareness](#). If these have regard to your role as a family caregiver then click on the links to these events this month found on Page 2.. As always our goal at Share the Care Network is to keep you informed and encouraged to seek better ways of caring for yourself.

Be well, stay calm and love self first!

*Take some time to stop, and smell the roses.*



## Take the pledge!

Remind yourself everyday that “you” must take care of self first. This caregiver pledge will fortify the importance of putting your needs in order.



## Caregiver's Pledge

1. I will control how the care I offer affects me and my loved ones
2. I will take care of myself
3. I will simplify my lifestyle
4. I will allow others to help me
5. I will take one day at a time
6. I will structure my day
7. I will allow my sense of humor to shine through
8. I will remember that my loved one's behavior and emotions are distorted by illness
9. I will focus on and enjoy what my love one can still do
10. I will remind myself that I am doing the best I can at this very moment
11. I will remind myself that God loves me.

Here are some of the links to the events celebrated this month :  
<http://www.liverfoundation.org/chapter/lam2009>; National Breast Cancer  
Awareness <http://nbcam.org/>



## Helping Your Elderly Parents with In-Home Care

Here are some excerpts taken from an article written by Dana Carr of Carr and Associates.

When parents are elderly and have difficulty caring for themselves. One of the best gifts they can receive from a concerned adult child may be the gift of a paid, in-home caregiver. But how do you know when it's time to consider in-home assistance for your elderly parents? Try watching for the red flag warning signs such as:

- **Changes in personal hygiene** -Failure to bathe on a daily basis. Wearing the same clothes all the time and possibly sleeping in them.
- **Passive responses** –Examples such as, *“Why should I bathe/change my clothes, I don't go anywhere?”*
- **Lack of Food** – No food in the refrigerator or regular to-go orders delivered. This may signal difficulty driving, the fear of inducing near accidents, or physical inability to lift groceries out of care once home.
- **Forgetfulness** – Food is left cooking on the stove, water is left running, medications are missed, the phone is left off the hook or bills are paid late or not at all.

Once a decision is made to pursue in-home care, adult children need to take steps to assure the appropriate caregiver is hired and used in a professional manner. The elderly should be part of the discussion before hiring a caregiver. Recognize the potential amount of fear that may exist on the part of the elderly person once they realize they are not functioning well on their own. Define the caregiver's task. Suggest to



Living at home is better, when you have in-home care support system that works!

your parent they “try out” the caregiver with basic housekeeping tasks first or as a companion to drive the elderly to movies or church. Limit the caregiver's role. The caregiver should NOT have access to credit or ATM cards belonging to the elderly or the family. Notice feelings. Pay close attention to the elderly adult. Look to see if there is any uncomfortable issue with the worker. Don't be afraid to speak up.

Finally, remember that the elderly must be assured that in-home assistance is not the beginning of the end, but an active step to prolong their ability to live in their lifelong home for as long as possible. An in-home caregiver is an extension of preventative medicine, like exercising or taking vitamins, and can help the elderly lead healthy, active and happy lives.



### ONE HEART CPR & FIRST AID TRAINING CLASSES

[www.oneheartcpr.com](http://www.oneheartcpr.com)

Share the Care Network  
1704 W. Manchester Ave., #207A  
Los Angeles, CA 90047  
Phone: (323) 280-3586 (323) 280-3586  
Website: [www.sharethecarenetwork.com](http://www.sharethecarenetwork.com)  
E-Mail: [info@sharethecarenetwork.com](mailto:info@sharethecarenetwork.com)

