Mothers...the Greatest Caregivers

Center for Persons With Disabilities

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There are over 85 million of them in the U.S. alone.

You know them...the ones who get you out of bed on time; the ones who make sure you have more than a chocolate chip cookie for breakfast; the ones who won’t let you out of the house wearing that dirty shirt. They make sure you are sound asleep before they will go to bed...that is after they’ve picked up your dirty clothes and got you out something clean to wear, made you a healthy lunch, put away your toys, and checked one last time to make sure that your blankets were tucked in just before dropping into bed.

They are mothers.

They are magnificent, generous, caring, and selfless.

They are exhausted.

Many of them are looking after someone who can’t fully take care of their own needs, and whether that is a young child, an aging parent, a child/adult with a temporary or a lifelong disability, they are doing their best to see to all of that person’s needs.

The question is, who is caring for these wonderful caregivers?

In the April, 2011 Be Well Newsletter published by the USU Office of Human Resources, there is an article titled Caring for caregivers that lists some ideas that you can do to help care for a mother, another family member, a friend, or a co-worker who is a caregiver.

Here are a few of their ideas:

-Offer to take the caregiver out for dinner and a movie

-Call weekly just to check up on her

-Offer to go grocery shopping or do other errands

-Offer to watch the child/adult and give the caregiver a chance to go out

-Take the child/adult out for a few hours so the caregiver can relax at home

-Let the caregiver know when you are available and that you are willing to help out

As for those wonderful, exhausted caregivers...mothers...this is for you:

As the airline stewardess said as she demonstrated how to use the oxygen masks which deploy in an emergency, “If you’re sitting next to a young child, take the mask for yourself first, then help the child! Don’t make the mistake of taking care of everyone else except yourself!”

Have a wonderful Mother’s Day!