Let's Talk! About Caring for the Caregivers

Center for Persons With Disabilities

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LET'S TALK! ABOUT CARING FOR THE CAREGIVERS

May 9, 2011 by cpehrson

The Let’s Talk! weekly blog gives you a chance to let us know how you feel about the issues and concerns that affect the lives of people with disabilities and their families and to hear what others think.

This week’s topic is about taking care of the caregivers.

People who devote themselves to the care of people who are disabled, chronically ill, or disabled can get burned out, both physically and mentally. The demands of caregiving can be overwhelming, especially if you feel that you have little control over the situation or that you are in over your head. It is essential that caregivers get the support and relief that they need.

Please share with us your thoughts and experiences about the following questions:

What do you do to take care of yourself so you don't get burned out?

What is the best thing that someone else has done for you to relieve your stress?

What advice do you have for those who are caregivers of those who are disabled, chronically ill, or elderly?

Let us know of other topics that you would like to talk about on the Let’s Talk! blog.

(Note: All comments will be filtered to maintain confidentiality and appropriateness.)