

Do not forget to take time for yourself

Doctor appointments that have to be scheduled; the constant physical and emotional care that mom or dad or your loved one needs; the endless errands to the grocery store, drug store, physical therapy sessions and, most of all, the need to know you are doing the “right thing” for that loved one you are providing care for are all taxing issues. Here at Live Free Home Health Care we understand the daily challenges you face as a family caregiver and that you most likely have little time for yourself.

But you do need time. Time to reflect, relax and recharge your batteries for at least a few hours each week. This “you time” is important to give you the strength to carry on. It is important to take that time. You deserve it and you should not feel guilty about it.

If you have questions regarding if the care you are providing for your loved one is appropriate, perhaps you should consider hiring a Nurse Care Manager. Live Free Home Health Care has Registered Nurses on staff that are available to meet with you in your home and discuss a care plan. If it is time to yourself you need, Live Free Home Health Care can provide Licensed Home Health Aides, who work under the supervision of a Registered Nurse, for as little as two hours a day to as much as round the clock care, all in the comfort of your or your loved ones home.

If you would like to discuss how we can possibly help give us a call at 603-346-4214.

In the meantime, here are three tips from CareGiver.Com:

- Accept the help others offer. Suggest specific things they can do for you and your loved one. No one is a Super Hero. Do not feel like you're the only one that can take dad to the doctor or your wife to her physical therapist REACH OUT and ask another family member – or close family friend – to assist you occasionally so you have time yourself. Trust in their willingness to help. Many times, they do not know how to reach out and help unless you are able to communicate your needs. If you do not have anyone you can turn to for help, Live Free Home Health Care in Central New Hampshire in the heart of the Lakes Region can assist you with getting your loved one to appointments.
- Ask for and accept favors such as, a friend staying with your loved one while you are able to get out of the house for a while, a dinner being cooked for you and your loved one once a week, an offer to go to the supermarket or drug store in your place. Respite can be achieved on a daily basis with the smallest of kindnesses. Again, if you do not have anyone to provide you with Respite time Live Free Home Health Care has Licensed Nursing Assistants who can provide you with a much-deserved break.
- Know your limits! If you wear yourself out caring for your loved one, who will step in to care for the both of you? Remember, caring for yourself is not selfish; it is the greatest gift you can give for your loved one.