



Caring for Family Caregivers

The National Family Caregivers Association defines a family caregiver as “someone who has a deep personal relationship with a person who is chronically ill or disabled and whose own life has been impacted by their loved one’s condition.” The family caregiver may be an immediate or extended family member, neighbor or friend providing care and support, varying from intermittent visits to care 24 hours per day.

Many caregivers dedicate 20-40 hours or more per week caring for loved ones – and it is both physically and emotionally demanding. Often care is provided by older individuals or those with their own medical conditions. At other times, parental care is provided by adult children trying to balance it with work, spouse’s and children’s needs. The NFCA’s “Principles of Caregiver Empowerment” presents guideposts for caregivers in their search for direction and inner peace:

- Choose to take charge of your life. Don’t let your loved one’s illness or disability always take center stage.
- Honor, value and love yourself. You’re doing a difficult job and deserve some quality time just for you. Self-care isn’t a luxury: It’s a necessity.
- Seek, accept and, at times, ask for help. Don’t be ashamed to cry for help, or too proud to accept assistance when it’s offered.

Caregivers frequently are under-recognized and receive little help and support in their tasks, so Cedar Hospice is committed to tending to their needs by developing services, support and assistance to help meet those needs.

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