

Who is Going to Care for our Senior Loved Ones?



The United States is recognized as the provider of the most sophisticated health care in the world at an annual cost of \$1.7 trillion. But while spending significantly more money on health care than any other leading industrialized nation, the U.S. also retains a significantly larger population of un-served or underserved citizens. To further complicate matters, America's elderly population - the consumers of the largest portion of our health care dollars - is rapidly increasing. In 2011, 77 million baby boomers will start turning 65.

As our population continues to age, how are we going to take care of our loved ones that are in this age category? According to the National Family Caregiving Association, More than one quarter (26.6 percent) of the adult population has provided care for a chronically ill, disabled or aged family member or friend during the past year. Based on current census data, that translates into more than 50 million people. How can we keep up this pace with this number increasing as we approach 2011?

How Do We Recognize The Signs That A Senior Loved One Needs Help?

When a pattern of neglect develops -

- Poor grooming
- Basic tasks
- Isolation
- Erratic Attitude
- Dementia
- Health

When you finally decide that a senior loved one needs help, what do you do?

No One Plans To Be The Primary Caregiver of a Senior Loved One.

We should, but we don't. We save money for our own retirement; we save for our children's education, weddings and such. We take vacations, spend money on cars and the like... But do we think about caring for a senior family member, who would.

Typically, when a parent becomes ill, or grows frail, one sibling gravitates toward the role of primary caregiver and

takes on the majority of the work. This person may be closest to the parent geographically or emotionally. Typically they may be the one who always takes charge, the one with the most time to give or the one who typically takes care of others.

As a family caregiver, you may also experience depression. You may believe that you cannot do enough for the person you care for. You may also be angry because your efforts go unappreciated and unrecognized. Perhaps, you don't get the help and support from other family members. Like many caregivers, you were thrust into this role without much preparation or planning.

You may have believed that no matter what would happen to your loved one, you would have an abundance of love, strength and courage to care for them. But now as the caregiver, you are faced with the realities of the job, your stamina is dwindling and you are feeling resentful.

According to the National Family Caregiving Association, An estimated 61 percent of family members who provide 21 hours or more of care per week suffer from depression. You need to recognize the signs of caregiver fatigue and stress. If not addressed, it can negatively affect your own health, well-being and your ability to provide care. In extreme cases, it can lead to inadequate care or even verbal and physical abuse of the care receiver. Caregiver fatigue and stress can be managed so you can maintain or improve your physical and emotional well being.

This is where a Private Duty/In-Home Care service company like Cypress HomeCare Solutions can help. Family members providing care to loved ones need respite care (respite care is intended to provide a time period of relief for the primary caregiver). Services provided by Cypress are customized to meet your needs, whether for a few hours, a whole day, once a week or every day. Cypress is dedicated to providing the highest quality, cost effective services, so your loved one can enjoy their independence, enhanced quality of life, and peace of mind. Our trained caregivers are experienced, compassionate and willing to support your needs, as well as those of your loved ones. Call us at 602-264-8009, we answer our phones 24 hours a day, 7 days a week. We are here to support you.