

Give Them a Break, Before They Break!

Family members are the major providers of long-term care for their aging loved ones. Many family Caregivers are on call 24/7, caring for loved ones with disabilities related to aging. Extensive research has shown that Caregiving exacts a heavy emotional, physical and financial toll. A study of elderly spousal Caregivers (aged 66-96) found that Caregivers who experience caregiving-related stress have a 63% higher mortality rate than non-caregivers of the same age.¹

Studies consistently report higher levels of depression and mental health problems among Caregivers than among their non-caregiving peers. Recently, Beverly and I sat with an elderly individual who had been placed on suicide watch due to overdosing on prescription drugs.

Caregivers need a break, before they break!

4 Eagle Senior Care is dedicated to giving Caregivers a break as we serve their elderly loved ones. The REST (Respite Education and Support Tools) training we received, helped us understand our role, our boundaries, how to support and affirm the Caregiver and engage the senior. We covered areas such as legal liabilities, communication with the hearing impaired or blind, emergency response, and simply sharing love and care. It is an honor when Caregivers trust their loved ones to us. Our REST training will help us honor their sacred trust.

Do you know a Caregiver who is needing a break? Please call us, we can help.

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