



Caregiver Corner

Got a Friend who is a Caregiver?

by Diana Wood

I think it is fair to say that we all know someone who is a caregiver, most often to care recipients over 55. With our aging population this is very common. Caregiving is a job most people didn't apply for and never received proper training in, and to be quite honest it does not pay very well. This puts caregivers in a league of their own. Because of their role they often feel that they don't have the right to ask

for help, that they should be able to do this for their loved one without assistance.

But like I said, there is no training manual for what they are doing. And they are often surprised by how all consuming it is. They often need help even though they don't like to admit it.

So what can we do to help out? While it's easy to offer a vague "Let me know if there is anything I can do," it might be appreciated if you were more specific. How about offering to make a meal for them, or offer to mow their

lawn, or pick up groceries, or taking the kids off their hands for a while. These are specifics that they might not have even thought of at the time.

And keep in mind that being a caregiver can be very isolating and it might be nice to offer to take them out for a walk, or out to lunch, or out to a concert, or anything else that might remind them that they are still a whole vibrant person. Letting them know you care is the most important thing we can do for them.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



Terrace Hospice Society <http://caregiversofthenorthwest.org>
#207 - 4650 Lazelle Ave Terrace, BC V8G 1S6 · Phone: (250) 635-4811