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News For Caregivers

Family Caregivers Don't Have To Feel Alone

By Emma Dickison, Certified Senior Adviser (NAPSA)-If you are or expect to become a family caregiver, you should know that you're not alone.

Not only are there about 34 million Americans in a similar situation, according to the AARP, there are organizations that have been created to help you all. These groups and companies can assist with such things as:

- planning for the future
- taking into account each individual's wants, needs and hopes
- determining how each person involved can contribute.

The Problem
Often, a lack of communication can lead to misunderstanding and, ultimately, choices that aren't as good for anybody. It's important to respect the contributions each member of the caregiver team can make.

The People
Here are a few of the more common caregiving roles:

- The Planner
- The Camp Director
- The Doer
- The Dreamer
- The Rescuer.

None of them is more important than the others. You may find yourself playing multiple roles or your family may divide responsibilities and roles a little differently.

The Planner
The Planner gravitates toward tasks that will come up sooner or later and prepares for them; things like knowing where the life insurance policies are, and making sure the wills and other documents are up-to-date.

The Planner has a plan and any deviations from it should be communicated clearly to this person.

The Camp Director
This person is like the project manager for the team. He or she needs a clear understanding of what is possible and this is very important-who is doing what and which tasks have been checked off.

The Doer
This is the one who's there day to day, who handles the routine errands and helps with the household tasks.

The Doer can feel isolated from the rest and it's important that teammates respect and recognize his or her contributions. This is also the person with the most frequent contact with your loved one, so communication is particularly important.

The Dreamer

He or she is too often dismissed as a denier. This is the person who may, in the early going, appear to think that everything will just work itself out and go back to something close to the old "normal."

But the Dreamer has an important point of view as this person is often the advocate for the most important hopes and desires of your



Caring for an aged or ill loved one can mean playing many roles.

older loved one. They HOPE Mom can go back to caring for herself without any additional resources because they KNOW that's what Mom wants.

The Rescuer
With families more spread out these days, there's often a member of the family who really can't be involved day to day, but emotionally is still part of the caregiving team. The Rescuer comes into the picture when the plan has gone off the rails or some unexpected event occurs. The fresh perspective he or she provides can be very helpful, and often, this is the role most likely to first recognize a need because the person is not around every day.

Whichever role or roles you gave, you can get further help and advice from the experts at Home Helpers Home Care, a company that aims to give caregivers and their loved ones the resources and support they need.

Learn More
For further facts on how to care for your family, go to www.homehelpershomecare.com. You can even arrange for a no-cost-and no-obligation-in-home assessment. It's free, and it might help you identify some solutions and some work-arounds you hadn't thought of before.

• Ms. Dickison is president of Home Helpers.

999 ♦ PUBLIC NOTICES

PUBLIC NOTICE
A regular meeting of the Board of Directors of Central Lincoln PUD will be held at 10:00 a.m. on Wednesday, September 14, 2016 at Central Lincoln's Newport Office located at 2129 N. Coast Hwy. The Board will review proposed rate adjustments to Schedules 405 and 700, hear a presentation on unbundling rates, hear a report on the 2020-2024 High Water Mark, and conduct other business as it arises. To review the meeting agenda, please go to clpud.org.
Publication date: September 7, 2016

999 ♦ PUBLIC NOTICES



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Here is how it works... We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Wednesday's Graphic
Oktobefest
Sept. 9th – Sept. 11th

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Good Luck

ROSALIE BRADDOCK found the Newspaper Carrier Day Graphic on Page 9B (Shop Local - between hat & eyes) She has won a gift certificate to Big Dog Donuts & Deli.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Thursday by 3:00 PM

Saturday's Graphic

