

Seniors (and Caregivers) are Going Online in Record Numbers



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In this issue:

What is Respite Care?	3
Family Caregiver Trivia Quiz	4
Health Value of Pets	7

Family Crisis with Mom— a Daughter’s Dilemma!

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Linda is a middle-aged woman whose father died eight months ago, leaving Linda’s mother feeling helpless and hopeless. Her mother refuses to go out, will not take phone calls from her many friends, is not eating properly, and has missed paying several bills. Despite Linda’s repeated attempts to get her mother back on track, her mother is not responding. Linda is becoming increasingly concerned that her mother may be suffering from severe depression, but does not know how to help her.

Individuals facing a crisis are often confronted with fear and anxiety. In the example above, both Linda and her mother are dealing with a situation they are at a loss to handle: Linda’s mother must cope with the death of her spouse, while Linda must help her mother navigate a new life on her own. In many cases, a crisis provokes mental anguish and hardship. In addition, the mental health system can be difficult to access, leaving those that attempt to obtain resources feeling stressed and depleted.

There are trained specialists whose mission it is to act as an intermediary in obtaining access to critical resources for those in need, as well as establishing a rehabilitation plan. If you or someone you know is facing a life crisis and needs help gaining access to the resources that will get them back on their feet, consider trained professionals who specialize in Psychiatric Rehabilitation.

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