

### Caregivers: Giving Help To Those Who Need It

(NAPSA)—In addition to being a son or daughter, a wife or husband, an employee or retiree, many could claim another title and don't even realize it. They also proudly call themselves a caregiver.

You are a caregiver if you provide social or physical support to an aging relative or friend or to a person with a disability. Caregivers may make weekly visits to a sick mother still living on her own. They may bring a frail father into their home for care. They may arrange for services for a relative who lives hundreds of miles away.

What caregivers share in common is that they take time and energy from their lives to care for someone who needs their help.

According to Lisa Peters-Beumer, assistant vice president, adult and senior services, Easter Seals, "Some of the benefits of being a caregiver are knowing you're giving back to a loved one and developing a stronger relationship with the person receiving care."

#### **A Primary Source Of Care**

According to the experts at Easter Seals, informal or unpaid caregivers are the primary source of care for nearly three-quarters of the older adults with limitations who live in the community. These caregivers are usually family members. The most common type of an informal caregiving relationship is an adult child caring for an elderly parent.

Other types of caregiving relationships include:

- Adults caring for other relatives, such as grandparents, siblings, aunts and uncles;
- Spouses caring for elderly husbands or wives;
- Middle-aged parents caring for adult children with severe



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- Adults caring for friends and neighbors; and
- Children caring for a parent or elderly grandparent with a disability.

#### **Long-Distance Caregiving**

Long-distance or remote caregiving is becoming a reality for many. Long-distance caregivers are usually family members who provide support, care or care coordination for an elder who lives at least an hour away.

Although the distance may change, the responsibility and dedication remain the same.

These caregivers still provide help such as handling money, making appointments, offering reminders, checking in regularly, coordinating care and meals, and traveling, often to visit and provide respite care for local caregivers.

Easter Seals provides services, support and choices for older adults and their caregivers so they can continue to live with dignity in their communities.

To learn more, visit the website at [www.easterseals.com/caregivers](http://www.easterseals.com/caregivers).