

## The Caregiver Trifecta—Boomers Need To Include Time For Themselves When Caring For Others

(NAPSA)—Baby boomers are a generation known for taking on the issues of the world and making them their own—from civil rights and political activism to the environment. Many face the task of caring for both their children and their aging parents. But as more people depend on them for daily support and boomers find themselves increasingly sandwiched between the needs of aging parents and their own children, the need to care for themselves has never been greater.

According to a recent Pew survey, 20 percent of the U.S. population will be 65 or older—about 70 million Americans—by 2030. For caregivers of this generation and the next who are balancing so many responsibilities, “enabling” technologies will become increasingly important as the population continues to turn gray.

Parallel to this expanding group are products that can help these caregivers manage their ultrahectic lives. Ever-evolving technology holds the potential to provide caregivers with more freedom and perhaps—most significantly—peace of mind. One example is a GPS location-tracking cell phone developed by Wherify Wireless. The Wherifone allows caregivers to monitor older relatives’ location at any time through GPS technology, freeing up their own time. If Grandmother has gone on an unexpected walk or maybe has been shopping longer than planned, simply log on to [www.wherify.com](http://www.wherify.com) and you can see exactly where she is and where she has been. Designed with preprogrammable buttons, seniors can also easily call for a caregiver or emergency personnel if need be.



According to the U.S. Department of Health and Human Services Administration on Aging, the physical and emotional demands on caregivers put them at risk for health problems, including infectious diseases such as colds and flu, and chronic diseases such as heart problems, diabetes and cancer. Products that allow these caregivers more time to care for themselves are critical to the entire family’s lifestyle.

Some tips for “sandwich generation” caregivers include:

- Be wise—immunize.
- Don’t neglect your health.
- Take some time each day to do something for yourself. Read, listen to music, telephone friends or exercise.
- Eat healthy foods and do not skip meals.
- Find caregiver resources in your area early. You may not need their information or services now, but you will have them when you need them.
- Don’t be afraid to ask for help. And don’t do it all yourself. Use your family, friends or neighbors for support.