Honor our caregivers this November

October 29, 2013

National Alzheimer’s Disease Awareness Month and National Caregiver Month, both occurring in November, give us the opportunity to reflect on the massive, nationwide support structure that caregivers provide to elders. More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one. There are nearly 15 million Alzheimer’s and dementia caregivers across the United States. Take some time this month to say “thank you” to these special people who take care of their family members and loved ones.

In the spirit of this month’s focus on caregivers, read some caregiving tips here and find more resources here

Boston Senior Home Care recently celebrated our caregivers with its first annual Caregiver Conference at the Venezia in Dorchester, MA on October 24th. This was an opportunity to bring together caregivers, staff and community members to celebrate caregiving while serving as a platform to educate caregivers about the support structure BSHC offers. Balancing various responsibilities with caregiving was a core theme. Relaxation and massage sessions were offered by Perfectly Balanced Life and speaker Gena Bean, shared tips on how to emotionally and practically deal with the trials of providing care through stress-relieving yoga.

*Perfectly Balanced Life demonstrating how massages and physical interaction can relieve caregiver stress (above)*
Caregivers interacted with one another, learned about the Family Caregiver Support Program, respite services, and other support to assist them in great work that they do.