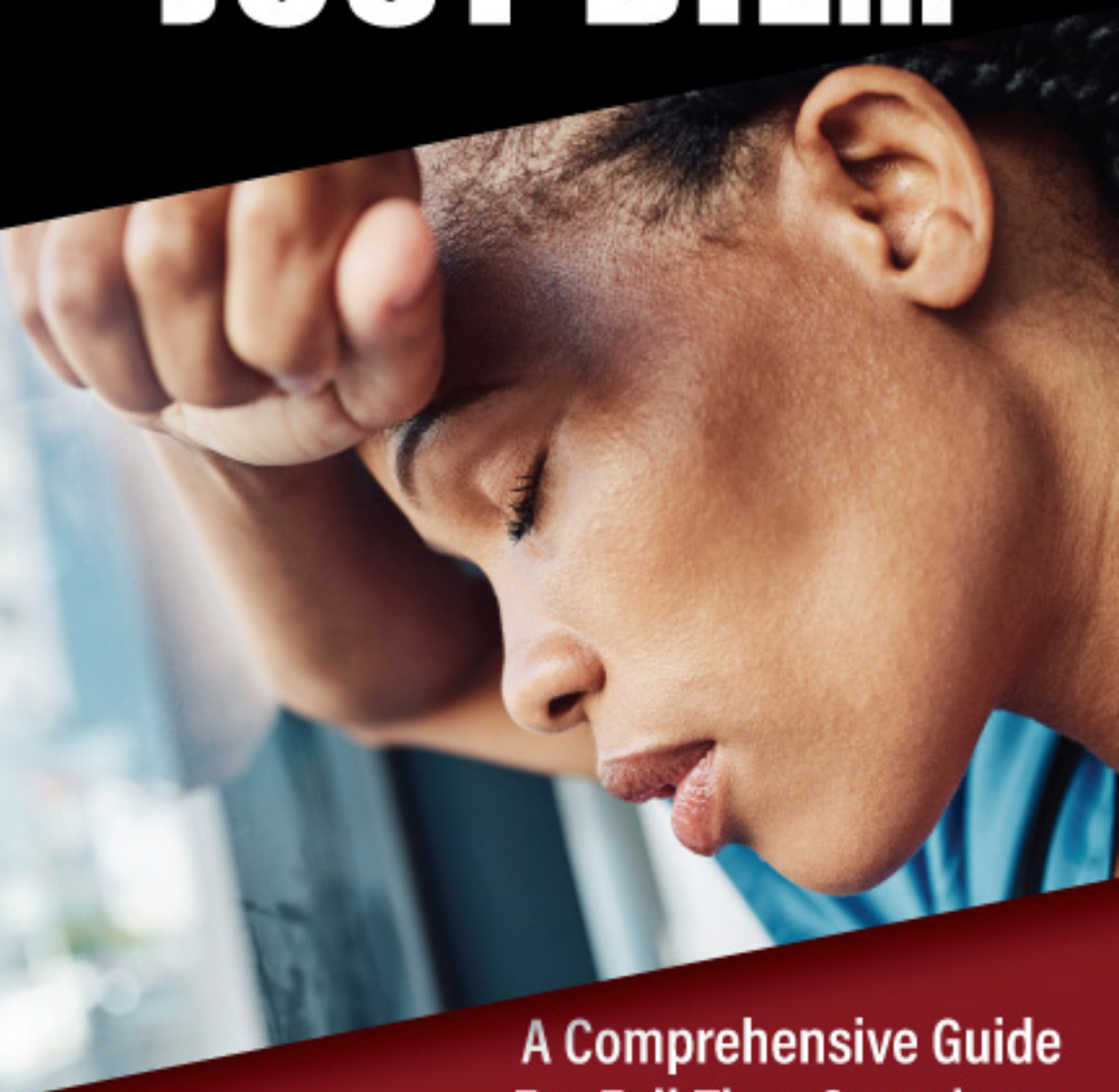


“Why Won’t They **JUST DIE...**”



**A Comprehensive Guide
For Full-Time Caregivers**

by R. Lee Moore, Sr.

“Why Won’t They Just Die!”



**A Comprehensive Guide for
Full-Time Caregivers**

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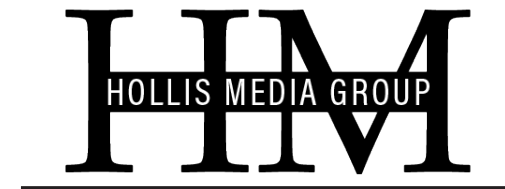
Why Won't They Just Die

by R. Lee Moore, Sr.

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Dedication

This book is dedicated to all those who have found their purpose in Caring for Others.

How Many Caregivers in the U.S.?

Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. *[National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]*

About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. *[National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]*

The majority of caregivers (82%) care for one other adult, while 15% care for 2 adults, and 3% for 3 or more adults. *[National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]*

Approximately 39.8 million caregivers provide care to adults (aged 18+) with a disability or illness or 16.6% of Americans. *[Coughlin, J. (2010). Estimating the Impact of Caregiving and Employment on Well-Being: Outcomes & Insights in Health Management.]*

About 15.7 million adult family caregivers care for someone who has Alzheimer's disease or other dementia. *[Alzheimer's Association. (2015). 2015 Alzheimer's Disease Facts and Figures.]*

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“There are only four kinds of people in the world,

Those who have been caregivers.

Those who are currently caregivers.

*Those who will be caregivers,
and those who will need a caregiver.”*

— Rosalynn Carter

Introduction

When a caregiver experiences the thought, but refrains from voicing it, “*why won’t they just die!*” they are not actually expressing a wish for the death of their loved one. Rather, this expression is a way of venting their frustration and feelings of helplessness. Caregivers provide care out of love and obligation, but it can be exhausting, especially when the recipient’s needs are demanding.

As a full-time caregiver, I never thought how enormous the task would be. I believed I could handle whatever came my way. After all, caregiving is merely watching over someone you know and love; making sure they are safe and comfortable. Boy, was I wrong! The truth is, the invisible emotional toll it takes becomes very visible in time. It is often too much to bear.

That’s why I wrote the book, “*Why Won’t They Just Die!*”

It’s important to understand the context in which caregivers use this expression. It’s often used in a moment of overwhelm, a time when the caregiver feels that they’ve reached their limit.

It's also often expressed out of a sense of desperation, a situation where they feel like they're running out of options.

Caregivers are ordinary people who take on an extraordinary responsibility. They provide care and support to family members who are aging, ill, or disabled. Caregiving is a very demanding job, and caregivers may experience physical and emotional

“CAREGIVING IS A CHALLENGING JOB”

stress, financial struggles, and other difficult situations. Misconceptions about the role of caregiving make it difficult for those who provide care, as well as for the recipient.

The good news, however, is that we don't have to go through this dark tunnel alone. In my book, I share stories of encouragement and instruction of how to recognize and manage these emotions. I offer solutions to help caregivers find the support they need and how to take care of themselves, too. Simply put, we can't take care of others if we're not taking care of ourselves first.

One of the most beneficial and intriguing features of this “info-novel” are the stories depicting caregivers' experiences. I can relate to many of them shared letting me know I am not alone. We need to be encouraged to see the brightly shining light at the end of the tunnel, the moments of joy and love that make it all worthwhile. And we need to acknowledge the moments of frustration and anger, the times when we feel like giving up, so that we can find ways to move past them.

A Caregiver Defined

A caregiver or carer is a paid or unpaid member of a person's social network who helps them with activities of daily living. Since they have no specific professional training, they are often described as informal caregivers. Caregivers most commonly assist with impairments related to old age, disability, a disease, or a mental disorder.

Typical duties of a caregiver might include taking care of someone who has a chronic illness or disease; managing medications or talking to doctors and nurses on someone's behalf; helping to bathe or dress someone who is frail or disabled; or taking care of household chores, meals, or processes both formal and informal documentation related to health for someone who cannot do these things alone.

With an aging population in all developed societies, the role of caregiver has been increasingly recognized as an important one, both functionally and economically. Many organizations that provide support for persons with disabilities have developed various forms of support for carers as well.

A Caregiver's Passion

“What I love about being a caregiver is the ability to make a positive impact on people's lives,” said Victoria.

Victoria always knew that caregiving was her calling. As a little girl, she was known for her nurturing and caring personality. She used to take care of her siblings, and they always felt well taken care of by her. Victoria felt that she could use her strengths to make a positive impact on people's lives, and caregiving would allow her to do so.

Victoria's journey to becoming a caregiver began with taking classes and earning certifications. She learned the importance of empathy, communication, and patience when working with patients. She understood that caregiving required more than just professional knowledge and certification. It required a warm and compassionate nature that comes naturally to her.

“EMOTIONAL TURMOIL OF CAREGIVERS OFTEN GO UNNOTICED”

Victoria added that “I have a genuine passion for caregiving, and I believe that my patients need that kind of passion from me. It's about more than just providing care - it's about making a difference and improving the quality of someone's life.”

Victoria landed her dream job at a local nursing home where she worked with elderly patients who needed assistance with everyday tasks. Her colleagues and patients quickly recognized her for her kind and compassionate nature. Victoria made sure to spend enough time with each patient, listening to their stories, and sharing in their joys and sorrows. She believed in treating every patient with respect, dignity, and kindness.

In Victoria's own words, “Being a caregiver is not just about providing care but also about forming connections. I believe that every patient deserves my full attention and care.”

As the years went by, Victoria formed deep connections with many of her patients. She learned about their lives

and listened to their stories. Her patients shared their sorrows and joys with her, and Victoria always tried to give them a sense of comfort and support.

“If you show genuine compassion for your patients, you get to understand more about their lives and what they have gone through. You get to create a bond that makes you more like a friend than just a caregiver,” added Victoria.

Victoria's reputation as a caregiver quickly spread among families who needed someone to care for their loved ones. She became recognized by her colleagues and seniors for her outstanding work.

Victoria's nursing supervisor shared, “Victoria is a great member of our team. She always goes above and beyond to make sure her patients are happy and comfortable, and we couldn't ask for more from her.”

Although Victoria has retired, her legacy as a caregiver lives on. Her patients remember her kindness and compassion, and the families she served are grateful for the care she provided to their loved ones.

As Victoria said, “I am proud of my work as a caregiver. I believe that being compassionate and caring is something that can stay with someone for their entire life.”

In the end, Victoria's story is a testament to the power of caregiving and the impact one person can have on the lives of many. Her passion, kindness, and compassion made her a great caregiver, and her legacy will live on in the people whose lives she touched.

Why Won't They Just Die! An overview...

As a full-time caregiver, you offer a remarkable level of dedication, compassion, and care to your loved one. However, this selfless act can often come at a cost to your mental, physical,

and emotional health. In this info novel, we aim to uncover the hidden emotions of full-time caregivers, with a focus on understanding the pain points and providing solutions. We offer stories that bring the issues to the forefront using real life examples. Throughout this book, we delve into the heart of the matter, exploring the emotional turmoil that can often go unnoticed in caregivers' lives.

“AS THE JOURNEY ENDS:
PREPARING FOR WHEN
CAREGIVING IS OVER.”

How to use this guide

This guide will assist full-time caregivers who are considering caregiving or are already in the midst of caring for someone. With this guide you will:

- Explore the various emotions full-time caregivers experience
- Learn ways to overcome the effects of those emotions
- Relate with other caregivers through the many stories shared
- Review the Frequently Asked Questions (FAQ's) which gives a concise summary of each emotion discussed.

Repeated throughout the book are reminders that being a caregiver is challenging and rewarding, that self-care is essential to both those we care for as well as the caregiver, and being proactive in seeking support from others including family, friends and professionals is key to effective caregiving.

We begin by noting caregiving has an often-quiet, unintentional beginning in “**A Quiet Beginning: The Undiscovered**

Course of Caregiving”. In this chapter we point out the benefits of caregiving, the rewards of caregiving and the joys during the journey.

We then address the silence that surrounds caregiving, shedding light on the silent struggles that caregivers endure every day in “**The Silent Struggle: Unveiling the Emotional Turmoil of Caregivers**”. We dive deep into some of the emotions that surround caregiving.

Breaking the stigma around prioritizing the importance of mental health in caregivers is the focus of “**Breaking the Stigma: The Importance of Strengthening Your Mental Health**”. We provide practical strategies to help caregivers prioritize their mental and emotional well-being, without feeling guilty or ashamed. Also, everyday challenges can be a source of constant stress for caregivers. We explore different approaches to self-care that can help caregivers manage their emotions, reduce stress, and stay positive through difficult times.

We address the importance of building a support network, so caregivers don't have to face these challenges alone. In “**Finding Strength in Community: Building a Support Network for Caregivers**”, we explore the benefits of support groups, connecting with others who share similar experiences, and finding a supportive community.

Finally, “**As The Journey Ends: Preparing for When Caregiving is Over**”. Things to consider as your caregiving journey comes to an end.

If you are a full-time caregiver, this book is for you. We hope that you will find comfort, reassurance, and practical solutions to help you navigate the emotional challenges of caregiving.

*“Caregiving
is a
Calling.”*



Chapter 1: A Quiet Beginning: The Undiscovered Course of Caregiving

As a caregiver for an elderly relative, it can feel like the weight of the world is on your shoulders. You want to provide the best possible care, but you may not know what that entails. **Before you jump into full-time caregiving, there are several things you should be aware of.**

Evaluate your own health and well-being

Caregiving can be physically and emotionally taxing. It's important to make sure you are in good health before taking on this responsibility. This includes getting enough sleep, eating well, and exercising regularly. Don't be afraid to ask for help if you need it.

Understand your loved one's medical needs

It's crucial to have a thorough understanding of your loved one's medical needs before entering into full-time caregiving. This includes any medications they may be taking, any medical conditions they may have, and any special dietary requirements.

Make sure you have a clear plan in place for managing their medical care.

Create a schedule and routine

Creating a schedule and routine can help both you and your loved one adjust to the new caregiving arrangement. This can include setting specific times for meals, medications, and activities. It's important to be flexible and adaptable, but having a basic routine in place can help provide structure and stability.

“YOU DON'T HAVE TO
GO THROUGH
THIS DARK TUNNEL ALONE.”

Educate yourself on caregiving best practices

There is a wealth of information available on best practices for caregiving. This may include techniques for managing common issues such as dementia or incontinence, tips for preventing falls, or advice on how to provide emotional support. Seek out resources such as support groups or online forums to connect with other caregivers and learn from their experiences.

Take care of yourself

Finally, it's important to remember to take care of yourself as well. This may mean taking breaks when you need them, making time for your own hobbies and interests, or seeking out professional counseling if necessary. Remember, you can't take care of someone else if you're not taking care of yourself.

By taking the time to understand your loved one's needs, creating a routine, educating yourself, and prioritizing self-care, you can provide the best possible care and ensure a positive experience for both you and your loved one.

How Did I Get Here?

How did I become a caregiver? Was it something I chose, or was it simply a responsibility thrust upon me? However, it was an undiscovered area of my life. I've never been down this road before.

Growing up, my mother was always the rock of our family. She was the one who took care of me when I was sick, who cooked our meals, who made sure I had everything I needed. She was the one who went to every school play, every teacher's conferences, and all our sports events that we participated in.

Dad was there but was always too tired after working all the overtime the job offered, never taking time off for vacations or even when he was sick. It was that dedication to taking care of the family that sent him to an early grave at age 56.

But as mom got older, things changed. Her health began to decline, and suddenly, it was my turn to take care of her, me being the only child.

At first, it was just trivial things. I would drive her to doctor's appointments, help her with her groceries, and make sure she was taking her medication on time. But as time went on, her needs grew, and so did my responsibilities.

Life has a way of rudely disrupting our life's journey without apologies.

It became very hard to form serious relationships, attend social events or even have time to myself. I was hampered with making sure mom was taken care of or burdened with guilt of even thinking about enjoying myself.

Now, I'm here almost every day, making sure she eats, helping her with her hygiene, and keeping her company.

It's not always easy, and there are days when I feel like I'm drowning in the weight of it all. But then I think about all the things my mother did for me when I was growing up, and I know that I can't let her down now.

Being a caregiver is a hard and often thankless job, but it's also one of the most gratifying things I've ever done. It's taught me patience, compassion, and the importance of putting others before myself. And when my mother looks up at me with those tired, grateful eyes, I know that every sacrifice I've made has been worth it.

So how did I get here? I suppose it was a combination of fate, circumstance, and love. But whatever the reason, as difficult as it is, I wouldn't trade this experience for anything in the world.

There are many ways that people become caregivers. Some become caregivers out of necessity, because a loved one becomes ill, injured, or disabled and needs their help. Others may become caregivers because they feel a sense of duty or responsibility to care for an aging or ill family member.

Some Ways People Become Caregivers Are:

Family caregiving: Often, family members become caregivers for a loved one who needs assistance due to a chronic illness, disability, or aging. This can include providing physical care, emotional support, and assistance with activities of daily living.

Professional caregiving: Professional caregivers are individuals who are trained to provide care to others, often in a healthcare setting. This can include nurses, home health aides, personal care assistants, and other healthcare professionals.

Volunteer caregiving: Some people become caregivers as volunteers, helping others in their community who need help.

This can include visiting elderly or disabled individuals, providing transportation, or helping with errands and household tasks.

Caregiving for children: Parents and other family members may become caregivers for children who have special needs, such as developmental disabilities, chronic illnesses, or behavioral issues.

“SMALL ACTS OF KINDNESS
CAN MAKE ALL THE DIFFERENCE
IN A CAREGIVER'S DAY.”

No matter how someone becomes a caregiver, it is a role that requires patience, compassion, and dedication.

Often a caregiver will experience being unappreciated by the one they are caring for. Although they have become the primary caregiver, fulfilling the person's every need, they can often be met with hostility and sometimes physical harm. It's easy to say it is not to be taken personally, but the truth is, it still hurts.

Let's look at the caregiver's journey with the rewards and benefits of caregiving. There are some significant benefits for the caregiver as well as those who are being cared for.

Being a caregiver is more than just employment or a menial task to perform. One must recognize that it is a calling with a higher purpose. It requires tremendous strength, empathy, compassion, and patience. It's not an easy task, but it's a gift that can bring joy and fulfillment to you and the person you care for.

Caregiving is a Calling

Here is a story about a woman named Carol who had dedicated her life to caring for others. She had a big heart and a nurturing spirit that made her perfect for the job. For many years, she worked as a nurse in a hospital, but eventually she became bored with the routine day in and day out. "I need to do something that I enjoy and that I can make my own decisions." She decided to start her own home care business.

At first, it was hard for Carol to get her business off the ground. But slowly, she built up a roster of clients who relied on her to help them with their daily needs. She would spend her days cooking meals, doing laundry, and helping her clients with their personal care. She also made sure to spend time with them, listening to their stories and providing companionship.

Despite the challenges, Carol found great joy in her work. She often told her friends and family, "I love being able to make a difference in the lives of my clients, and particularly those of whom were elderly and living alone." She knew that her presence in their lives meant the world to them, and that brought her a sense of purpose and fulfillment that she had never experienced before. She convinced those who doubted her at first that she had finally come into her own place in life.

One of her clients, a sweet elderly woman named Helene, became particularly dear to her. Helene had no family nearby and had become increasingly isolated in her home. But with Carol's help, Helene was able to maintain her independence and continue living in her own home. They would spend hours chatting and laughing together, and Carol often brought her favorite treats to share.

One day, Helene's health took a turn for the worse. Carol was devastated, but she was determined to be there for her until the very end. She spent long hours at Helene's bedside, holding her hand and comforting her. When Helene passed away, Carol was heartbroken, but she knew that she had made a difference in her life.

In the end, Carol realized that caregiving was a way for her to live out her values of compassion and service, and to make a difference in the world. She continued to care for others for many years, grateful for the opportunity to bring joy and comfort to those who needed it most. Carol remarked that, "I finally found what I was looking for. Caregiving is not just a job, but a calling."

Caregiving may not be the most glamorous job, but it is undoubtedly one of the most purposeful. The act of providing care can give you a sense of meaning and purpose that few other jobs can offer. Every task, no matter how small, has the potential to create a positive impact in the life of the person you care for.

**"CAREGIVER IS A ROLE THAT
REQUIRES PATIENCE, COMPASSION,
AND DEDICATION."**

There is also the joy of making a difference. Few professions can give on the opportunity to connect with others and make a difference in their lives. When you provide exceptional care, you could create a positive change in the world. Whether you're caring for a family member, friend, or stranger, the impact of your work can be immeasurable. The feeling of satisfaction that comes from making a meaningful difference in someone's life is unparalleled.

Caring... In Spite Of

Kenisha, an African American caregiver had been in the caregiving profession for over a decade. She had encountered all types of clients, from the sweetest old ladies to the grumpiest old men. But one day, she was introduced to a new client, a 101-year-old white woman named Elizabeth, by her son Christopher.

As soon as Kenisha entered the room, Elizabeth started yelling and using racial slurs, including the n-word, telling her to leave and that she didn't want a "black person" in her house. Kenisha was taken aback and hurt by the woman's words, but she knew that this was not about her personally, but rather a reflection of the prejudices that Elizabeth had grown up with.

**“DON'T BE AFRAID
TO ASK FOR HELP
IF YOU NEED IT.”**

Despite the initial hostility, Kenisha resolved to be patient and compassionate with Elizabeth. She started by trying to find common ground with her, asking about her background and interests. As she listened to Elizabeth's stories about growing up in the deep south, being raised by parents who were racially intolerant, she began to realize that there was more to her than just her racist beliefs. Elizabeth spoke of her mother very fondly and told how she was taught to cook and sew, as well as how to be a "lady" in social settings.

Over time, Elizabeth's behavior towards Kenisha improved, and they even developed a close bond. Kenisha

would bring her small gifts and treats, and they would spend hours chatting and laughing together. Christopher was amazed by the transformation and how much happier his mother was with Kenisha around.

One day, Christopher pulled Kenisha aside and asked her how she was able to deal with his mother's initial behavior. Kenisha replied, "To do this job, you need a little Jesus and a lot of patience." She explained that she had learned to not take things personally and to approach each client with empathy and understanding.

**“CHALLENGES CAN ALSO
BE VALUABLE.”**

In the end, Kenisha's patience and compassion had paid off, and she had not only earned Elizabeth's trust and respect but also helped her to overcome some of her prejudices. It was a reminder that sometimes, the hardest people to love are the ones who need it the most.

The Challenges of Caregiving

Caregiving is one of the most unsettling jobs you can do. There are long hours, unpredictable behaviors, and the stress of knowing that your loved one's wellbeing is in your hands. It can be especially exhausting when you're caring for someone with dementia or other cognitive impairments, as their needs can change rapidly, and it can be hard to communicate with them.

But challenges can also be valuable. They force us to grow and develop new skills, both as caregivers and as individuals. And when we rise to the challenges of caregiving, we can find great satisfaction and even joy in our work.

The Challenges of Autism

Living on a beautiful 2.5-acre farm near Moorestown, New Jersey, Joyce enjoys watching the birds and the comings and goings of wildlife, but daily life can be hard. Jerome, her son, is a bright boy with autism, and has difficulty with social and communication skills. He is active and playful, but can be unpredictable, which creates many challenges for Joyce, as well as his two brothers, Aaron and Anthony the twins, and their younger sister Charlotte.

“THERE IS ALSO THE JOY
OF MAKING
A DIFFERENCE.”

Joyce had always known that raising Jerome would be a challenge. Jerome was diagnosed with autism at an early age. This developmental disorder affects his ability to interact with others, communicate effectively, and express his feelings. For many years, Jerome did not receive the support and understanding that he needed because his condition was not fully understood. This made life very difficult for him and his family.

Jerome was now 15 years old, but he still had the energy of a young child. He was constantly on the move, running around the house and yard, and Joyce struggled to keep up with him. She was exhausted from trying to keep him safe and entertained, and she often felt like she was failing.

The impact of autism on the entire family is significant. Aaron and Anthony help with the farm chores and strive

to be supportive towards Jerome, but it can be tough for them to understand his needs. Charlotte sometimes feels neglected as Jerome gets most of their mom's attention. It creates a stressful dynamic when one member of the family requires so much attention and support. However, the family has learned to adapt, and everyone in the family has grown from handling the challenges they've faced together.

“It's hard,” she told her friend Sarah one day as they sat in the kitchen drinking coffee. “I love him more than anything, but sometimes I feel like I can't do this anymore. He's so active, and I'm just so tired.”

Sarah nodded sympathetically. “I can't even imagine,” she said. “But you're doing an amazing job. You're an incredible mom.”

Joyce smiled weakly, but she didn't feel like an incredible mom. She felt like she was barely keeping her head above water. And it wasn't just Jerome who was a challenge. Her other three children were also a handful.

The twins, Aaron and Anthony, were 17 years old and constantly bickering with each other. They were both involved in sports and had busy schedules, which made it difficult for Joyce to keep track of everything. And then there was Charlotte, who was 13 and going through a moody teenage phase.

“It's like a never-ending juggling act,” Joyce said to her husband Allen over dinner one night. “I feel like I'm constantly trying to keep everyone happy and I'm failing at it.”

Allen reached across the table and took her hand. “You're not failing,” he said. “You're doing the best you can. And we'll figure this out together.”

But even with Allen's support, Joyce still felt overwhelmed. She struggled to find time for herself, and she often felt guilty for not being able to give each of her children the attention they deserved.

"It's like I'm always putting out fires," she said to her sister-in-law one day. "I can't even think about the future because I'm so focused on getting through each day."

"IT'S WORTH IT, WHEN I SEE JEROME SMILE."

Her sister-in-law nodded sympathetically. "It's tough," she said. "But you're doing an amazing job. You're a warrior."

Joyce appreciated the kind words, but she didn't feel like a warrior. She felt like a woman who was barely keeping it together. But then, one day, something shifted.

Jerome had always struggled with communication, but he had recently started using a communication device that allowed him to express himself more fully. He started to share his thoughts and feelings, and Joyce was amazed by what he had to say.

"He's so much smarter than we thought," she said to her husband one night. "He's been trapped in his own world for so long, but now he's starting to break free."

And as Jerome started to express himself more fully, Joyce started to feel like she was making progress. She started to see the challenges as opportunities, and she started to appreciate the little moments of joy that came with caring for a child with autism.

"It's not easy," she said to her friend Sarah one day.

"But it's worth it when I see Jerome smile. Despite the challenges, the love and strength of family are what keeps Jerome and his family going. The bond they create during their challenges that develops their strength. It creates strength and makes them give to Jerome the dedication he needs.

Finding Support and Resources

Finding support and resources is essential for parents of a child with autism. Many organizations, like the Autism Society of America offer a wide variety of services and resources for families affected by autism. Joyce has connected with other autism moms through social media, which occasionally helps her recharge from all the challenges of caregiving.

The Importance of Understanding and Acceptance

Understanding and acceptance are essential in helping Jerome and his family cope. It's been hard to keep people from treating him strangely, and even bullying him out of ignorance. Misunderstanding leads to being afraid of his unusual behaviors. Encouragement, awareness, and acceptance is the key.

Coping Strategies for Parents of Children with Autism

To cope with the stress of caring for a child with autism, it's important to have a support system, avoid comparing your child to others, and create a predictable and stable routine. An essential part of any coping strategy is self-care for parents to avoid burnout.

The Role of Education and Therapy

Education and therapy play a significant role in helping children with autism. Jerome is attending a specialized educational program that allowed him to develop more new skills. Therapy also helps him understand when somebody will stroke him, for example, because before, it would make him uncomfortable, but he's improved over time.

Dementia's Devastating Demands **The Dark Truth About Caregiving**

Caregiving for a loved one can be an incredibly challenging and difficult experience, both physically and emotionally. But what happens when the person you are caring for begins to show signs of dementia? Gertrude, a 78-year-old with chronic conditions, had been under the care of Vanessa, a full-time caregiver, for three years. But when the signs of dementia started to appear, their caregiving journey took a devastating turn. This is Gertrude's story.

Gertrude was a fiercely independent woman, but her chronic conditions made it difficult for her to carry out daily tasks. Vanessa had been recommended to Gertrude by a friend, and she started working as her full-time caregiver, coming in daily for five hours. Vanessa was a caring and attentive caregiver, providing Gertrude with all the assistance she needed. In the beginning, the relationship between Gertrude and Vanessa was one of mutual respect and camaraderie.

Things began to change when Gertrude started showing signs of dementia. At first, it was small things like forgetfulness or confusion, which Vanessa didn't think

much of. As time went by, Gertrude's condition started to deteriorate. She would require more attention and assistance, and Vanessa wasn't prepared for the mental changes that accompanied dementia.

As Gertrude's condition worsened, Vanessa became increasingly frustrated, impatient, and irritable. She found it difficult to deal with Gertrude's behavior, which was out of character and, at times, seemed completely irrational. Gertrude would accuse Vanessa of mistreatment and stealing, even though it was clear that Vanessa was doing everything within her power to take care of her.

Vanessa soon realized that Gertrude's behavior was the result of dementia-induced paranoia, and this manifested in different phases of dementia. Gertrude could be combative in one instance and then very docile and cooperative in another. These mood swings required Vanessa to be on alert all the time, which was mentally exhausting.

Gertrude's dementia demands captivated Vanessa's life. She stopped doing normal activities, stopped going out to see friends and became fully immersed in caregiving. Gertrude demanded all of Vanessa's time leaving no room for any breaks or time of rest. The situation worsened when Gertrude became physically abusive and struck Vanessa several times. This led Vanessa to feel helpless, and she didn't know how to provide care to an unresponsive and violent patient. It changed her life and was a turning point in their relationship.

Gertrude passed away a few months later. The experience left Vanessa shattered both emotionally and mentally. She was left with a feeling of resentment toward dementia for taking the person she had known. Gertrude had been with her on this journey for three years. During that time,

both women relied on one another for emotional support. In the end, Gertrude's dementia consumed them both, leaving behind an ugly ending to their relationship.

The story of Gertrude and Vanessa highlights the difficulties and complexities of caregiving, especially when dementia is involved. It's never an easy task to provide care for someone who has lost an important part of themselves. But with patience, understanding, and compassion, caregivers can make the journey a little bit easier.

Frequently Asked Questions: (FAQs)

What is dementia?

Dementia is a collective term used to describe a variety of symptoms associated with a decline in memory or other thinking skills severe enough to reduce daily functioning.

What are some common signs of dementia?

Some of the most common signs of dementia include forgetfulness, difficulty remembering names, places, or recent events, and difficulty communicating.

What are some strategies for coping with difficult behavior in patients with dementia?

There are several strategies caregivers can use to manage difficult behavior in patients with dementia. These include redirecting the patient's attention, reframing the situation positively, validating the patient's feelings, and staying calm and positive throughout.

How can I manage my own stress levels while caring for a loved one with dementia?

Caring for a loved one with dementia can be a stressful and demanding experience. Caregivers should try to take regular breaks, practice self-care, and seek support from friends, family, or a counselor if needed.

Finding Joy in Caregiving

One way to find joy in caregiving is to focus on the positive moments. Even if your loved one is having a bad day, there are always small blessings to be found. Maybe you shared a laugh over a silly joke, or they ate a good meal that you prepared. Take time to appreciate these moments and cherish them.

Embracing the Journey

As a caregiver, one of the most important things you can do is to embrace the journey that lies ahead of you. Caring for a loved one, whether it's an aging parent or a child with special needs, can be an incredibly demanding experience. However, it's also an experience that can be incredibly rewarding, both for the caregiver and the person being cared for. We'll explore the importance of embracing the journey of caregiving, recognizing that it's a long-term commitment filled with ups and downs along the way. We'll also examine the rewards of caregiving and discuss how you can find meaning and fulfillment in this demanding but ultimately fulfilling role.

“UNDERSTANDING AND
ACCEPTANCE ARE ESSENTIAL.”

The Ups and Downs of Caregiving

Caregiving can be a roller coaster ride, with highs and lows that can be difficult to navigate. There will be times when you feel overwhelmed, exhausted, and frustrated – times when you question whether you're up to the task of providing care. But there will also be moments of joy, connection, and profound

meaning that make the experience deeply gratifying. The key is to recognize that both the ups and downs are a normal part of the caregiving journey, and that embracing them both is essential to finding purpose and fulfillment in your role.

The Rewards of Caregiving

Despite the many challenges of caregiving, there are also countless rewards that come with the territory. For many caregivers, the most powerful reward is the deep sense of connection and purpose that comes from caring for a loved one. When you're providing care for someone you love, you're helping them navigate a difficult time in their lives, and that can be an incredibly meaningful experience. Additionally, caregiving can also bring tangible rewards, such as financial compensation or access to support services that can help ease the burden of care.

Unexpected Humor

Being a family caregiver comes with its share of difficulties, but there are also moments of unexpected humor that can help brighten even the darkest days. I remember a time when my elderly mother, who was suffering from dementia, began to walk around the living room with her slippers on the wrong feet. At first, I was worried that something was seriously wrong, but then I couldn't help but chuckle at her quirkiness. It was a small moment of levity that reminded me that there was still joy and humor to be found in our shared journey.

“OFTEN, FAMILY MEMBERS
BECOME CAREGIVERS FOR A LOVED ONE
WHO NEEDS ASSISTANCE”

Sunday Shoes

The story of Aunt Joanne and her nephew Brian is one that carries humor and the warmth of family love in it, a funny story of caregiving of a demented elderly aunt by her devoted nephew.

Aunt Joanne is a 96-year-old woman with dementia, living with her 52-year-old nephew. Aunt Joanne has her senior moments, often mixing up her things, her routine, and sometimes even her shoes. Her nephew or someone in the family is always around to help her.

“EMBRACE THE JOURNEY
THAT LIES AHEAD OF YOU.”

One morning, Brian was helping Jo with her morning routine, preparing for the day, as he had done many times before. Jo asked her nephew to get her coffee, a regular request every morning, and the nephew started brewing the coffee. Jo went to the living room to read the daily papers while the coffee was getting ready.

When the coffee was finally ready, and the nephew went to the living room to serve Jo, he saw her sitting on the couch with a worried look on her face. She was wearing two different types of shoes. One black one and one brown one.

After greeting her and placing the coffee mug on the table, he pointed out to her, “Aunt Jo, I believe you are wearing two different shoes today.”

Aunt Jo looked down at her feet, puzzled for a moment, and then exclaimed, “Oh dear! I must have put on my shoes in the dark this morning!”

“But why did you put on your church shoes this morning?” he gently inquired.

Just realizing it wasn't Sunday, she cleverly replied, “Well, I just wanted to make sure they still fit.”

Brian couldn't help but chuckle at her response, and the two shared a good laugh together. From then on, Brian made sure to double-check Aunt Joanne's shoes before they left the house each day just in case she decided to get dressed “in the dark” again.

Joanne continues to live with her nephew, and they share many funny moments together, even in difficult circumstances. The story is a reminder of the importance of family, the warmth of love, and learning to appreciate the funny moments in our lives.

The Beauty of Simple Pleasures

As a caregiver we need to learn to appreciate the beauty of simple pleasures. Taking a walk outside or sitting in the sun can seem like small acts, but they can bring a sense of peace and serenity amidst the chaos of caregiving. Sitting on a bench and listening to the birds chirping, watching the children playing, and feeling the warmth of the sun on your face are invaluable experiences that can drastically change your perspective. It's the simple pleasures of life that can make a vast difference.

Creating Meaningful Shared Experiences

As a caregiver, it's important to find ways to create meaningful shared experiences with your loved one. Even simple activities like watching a favorite movie or cooking a favorite meal together can create lasting memories and bring a sense of bonding and connection. Sometimes in the darkest times of caregiving, a bright light can come shining through. The following is one such experience:

The Power of Cooking With Love

Leonard always wanted to be a chef. He watched all the cooking shows growing up including Emeril Lagasse and Paula Dean to name a few. He loved the way Emeril would say “bam” when he added spices to his cooking.

Leonard was fortunate to go to The Restaurant School at Walnut Hill College in Philadelphia where he took classes in Culinary Arts and Restaurant management, hoping to open his own restaurant one day.

Of course, life has its way of diverting our plans. He met a beautiful young lady, Victoria, had a whirlwind romance and got married all in the same year. Leonard would cook for family and friends but lost his dream of owning his own restaurant. Having to support his growing family he traded his chef's skills for a job with Tastykake Baking company making Krimpets, Juniors and other delectable pastries.

Leonard and Victoria were a fun-loving couple, spending time downtown Philly eating at not just the elegant restaurants but some of the counter tops at Reading Terminal for lunch. Of course, they would always buy fresh produce and poultry while at Reading Terminal and Leonard would once again feel like a chef at home preparing meals for his family.

One day after having a routine physical, Victoria received devastating news that every couple hoped they would never receive: stage four breast cancer. The dreaded disease progressed rapidly and soon, even with all the treatments available, she was placed under hospice care.

The aids and hospice staff were more than comforting and supportive through the entire ordeal. Leonard too, found himself cooking meals not only for Victoria, but

shared with those who were at their home at the time. It became a beloved ritual for Leonard to prepare a chef's specialty every single night for his wife, and the hospice staff and aids.

And then it dawned on everyone. Victoria, although obviously declining, kept her appetite up to be able to enjoy the exquisite meals prepared by her loving attentive husband. Even Leonard remarked, "I thought surely by now she wouldn't be able to eat solid foods but look at her; she's enjoying every bite." Of course, he would have to carefully cut some the salmon and other portions into smaller pieces for Vicky, but the flavor and ambiance was as grand as ever.

Vicky finally succumbed to the relentless disease which broke the heart of everyone who cared for her. But then something miraculous happened. Leonard, by taking such care of her by meticulously preparing her meals, never missing a day, revived his dream of being a chef. With a portion of the insurance that they had purchased when they first were married, he was able to acquire and run his own gourmet restaurant. By combing his skills learned at both the restaurant school and Tastykake his restaurant, appropriately named Vicky's Grill and Bakery became the go to place to eat and socialize downtown. When caregiving for loved ones even through the tragedy of losing someone near and dear, it can prove to be a wonderful rewarding life experience.

Discovering Moments of Grace

Moments of grace can be found in unexpected places, and as a caregiver, it's important to stay open to them. Whether it's a friendly face, a kind word, or a shared smile, these small acts of kindness can make all the difference in a caregiver's day.

I recently needed to make an appointment for a minor medical procedure. I called the scheduler for the MRI department and was immediately put on hold. After being on hold for what seemed inhumanly longer than usual, I became very irate. Finally, a real live voice announced themselves with the customary apology for the long wait.

**"THE JOB OF A CAREGIVER IS
A NOBLE ONE."**

I suddenly had a choice to make. Make her pay for the multiple annoying on hold messages or turn the situation around to work for my benefit. I quickly responded to her barrage of verification questions, but paused when she asked if I had any metal in my body, such as fragments from gunshots, etc. "Well, I haven't visited Philly lately, since the bulletproof vest I ordered was back ordered." I could hear a slight chuckle as she continued her "interrogation". "Sir, what's your height and weight?" It was then I decided to get creative, just for the fun of it. "Well, my height is 5'9", and my weight is 215, but I can't seem to get rid of this gut!" I went on to explain, "I tried all types of ways from fasting to making concoctions that guarantee weight loss, but nothing is working. Do you have any suggestions?"

We continued our joking for a few minutes, secured an appointment and I was assured that the gut situation would not be part of my medical history. By the end of the call, we were both appreciative of the humor that came out of a potentially volatile situation. I was able to go back to my caregiving duties with a smile, for a change.

As caregivers, we must never underestimate the power of moments of grace in providing a sense of joy and meaning in our daily experiences. By staying open to the moments of humor, connection, and kindness that come our way, we can navigate the challenges of caregiving with a greater sense of hope and optimism.

“CAREGIVERS MAY FEEL
FRUSTRATION.”

Finding Meaning and Fulfillment in Caregiving

To find meaning and fulfillment in caregiving, it's important to approach the role with mindfulness and intention. This means taking the time to reflect on your motivations for caregiving, and thinking carefully about the values that guide your approach to care. Approaching caregiving as a spiritual practice, and being mindful of your own needs and limitations, can help you find deeper meaning and fulfillment in the role. Additionally, it's important to seek out support and connect with other caregivers, who can provide a valuable source of community and encouragement.

Remember, caregiving is a long-term commitment that comes with both challenges and rewards. By embracing the journey of caregiving and facing both the ups and downs with mindfulness and intention, you can find deep meaning and fulfillment in this important and fulfilling role. Whether you're caring for a loved one with a chronic illness, or providing support for an aging parent, remember that the journey itself can be its own reward, even when things are difficult.



Chapter 2: The Silent Struggle:

Unveiling the Emotional Turmoil of Caregivers

As a caregiver, you are a hero for the person you care for, but often an unsung silent hero for society. The job of a caregiver is a noble one, but it can also be strenuous and draining. Caregiving can take a toll on one's mental, physical, and emotional health. Being a caregiver can be an emotional roller coaster, with many ups and downs. Caregivers are often responsible for the physical, emotional, and social needs of their loved ones, which can be a stressful task. We will explore the hidden emotions of full-time caregivers, the pain points they face, and practical solutions to help them cope.

Here are some of the emotions that caregivers commonly experience:

Anxiety and stress: Caregiving can be a source of anxiety and stress, particularly if the caregiver is responsible for managing complex medical or financial issues. Caregivers may worry

about their loved one's health and well-being, and they may also worry about their own ability to cope with the demands of caregiving.

Frustration and anger: Caregiving can be frustrating and stressful, especially when the person being cared for is uncooperative or difficult to manage. Caregivers may feel angry or resentful at times, particularly if they feel that their efforts are not appreciated.

“OFTEN A CAREGIVER
WILL EXPERIENCE BEING
UNAPPRECIATED.”

Guilt and self-doubt: Many caregivers experience feelings of guilt and self-doubt, particularly if they feel that they are not doing enough to care for their loved one. They may question their own abilities and feel guilty if they need to take a break or ask for help.

Joy and fulfillment: Despite the challenges, many caregivers find joy and fulfillment in their role. They may feel a sense of pride and accomplishment in caring for their loved one, and they may also find meaning and purpose in their caregiving role.

Love and affection: Caregivers often have a deep love and affection for the person they are caring for. This love can be a source of joy and fulfillment, and it can give caregivers the strength and motivation to continue caring for their loved one even when it is seemingly impossible.

Sadness and grief: Caregivers may experience feelings of sadness and grief as they watch their loved one's health decline. They may also feel a sense of loss as they give up their own personal goals and dreams to care for their loved one.

Overall, being a caregiver can be a complex and emotionally draining experience, with many ups and downs. It is important for caregivers to take care of themselves and seek support when needed to help manage the emotional demands of caregiving.

“CAREGIVERS MAY FEEL
HELPLESS.”

Uncovering the Hidden Emotions of Full-Time Caregivers:

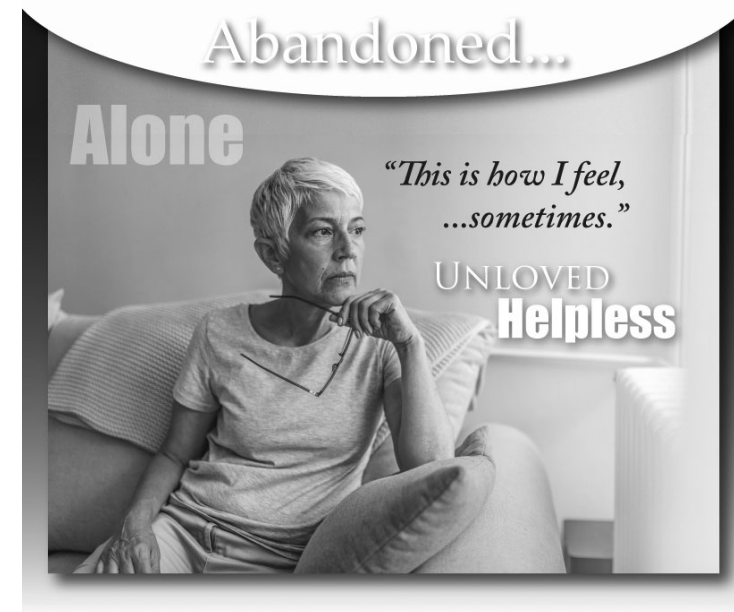
When caring for a loved one, full-time caregivers are likely to experience a range of emotions. They may have to deal with feelings of abandonment, anger, anxiety, depression, exhaustion, fear, frustration, grief, guilt, helplessness, hopelessness, loneliness, regret, stress, and worry to name a few. Caregivers may feel guilty because they are unable to provide the level of care they want to. Grief may arise because of the loss of a loved one's abilities or the decline in their health. Fear may surface because of worrying about the future and what it may hold. Frustration may occur from the lack of control when dealing with someone else's health. Furthermore, caregivers may feel anger towards the person they are caring for and towards themselves.

Perhaps the following story will help reveal some of these emotions and the process that causes many caregivers to experience.

In the upcoming section, we'll delve into 15 emotions frequently encountered by full-time caregivers.

- Abandonment
- Anger
- Anxiety
- Depression
- Exhaustion
- Fear
- Frustration
- Grief
- Guilt
- Helplessness
- Hopelessness
- Loneliness
- Regret
- Stress
- Worry

ABANDONMENT



The feeling of being abandoned or abandonment according to full-time caregivers can be described as a sense of isolation or being left alone to manage the responsibilities of caregiving without sufficient support or resources. Caregivers may feel overwhelmed, unsupported, and emotionally drained, as they often have to sacrifice their own needs and desires to provide care for their loved ones. These feelings can be intensified when caregivers feel that their efforts are not recognized or appreciated by others and when they lack access to adequate resources such as respite care, counseling, or financial support. Overall, the feeling of abandonment can be a significant source of stress and emotional burden for full-time caregivers, and it is important for them to seek out support to prevent burnout.

These feelings may arise due to a variety of factors, including the caregiver feeling like they are not receiving enough support

or recognition for their efforts, or feeling like they are carrying the burden of caregiving alone.

Here are some ways that feelings of abandonment can present themselves in caregiving, as well as some strategies for managing these feelings:

Emotional distance: Caregivers may feel emotionally distant from their loved one, particularly if their loved one is unable to express gratitude or appreciation for the care they are receiving.

Social isolation: Caregivers may feel socially isolated if they are unable to participate in social activities or if they feel like they cannot leave their loved one alone.

Resentment: Caregivers may feel resentful toward family members or friends who are not helping with caregiving responsibilities, leading to feelings of abandonment.

Burnout: Caregivers may experience burnout if they feel like they are carrying the burden of caregiving alone, leading to feelings of exhaustion and emotional depletion.

“CAREGIVERS MAY FEEL
RESENTFUL.”

Reasons A Caregiver May Be Abandoned

Often one who becomes the sole caregiver may be abandoned by the rest of the family. **Some possible reasons include:**

Lack of awareness: Some family members may not fully understand the extent of care that is required for the person in need, or they may not understand the burden that the sole caregiver is facing.

Distance: Family members who live far away from the person in need may not be able to provide physical support and may not fully appreciate the challenges of caregiving from a distance.

Personal issues: Family members may have their own personal issues or commitments that prevent them from providing the necessary support, or they may have strained relationships with the caregiver or the person in need.

Lack of resources: Some family members may not have the financial or other resources to provide support, or they may not have access to the necessary resources to help the caregiver.

Burnout: Caregiving can be emotionally and physically exhausting, and some family members may feel overwhelmed and unable to provide the necessary support.

It's important to note that every family is unique, and there may be other factors at play that contribute to why some family members may abandon the sole caregiver. It's important for families to communicate openly and honestly about their needs and limitations, and to work together to provide the best possible care for their loved ones.

Even when the caregiver is not literally abandoned, often the feelings of abandonment surface. It can happen when the caregiver feels burned out or overwhelmed by the demands of caregiving, or when they feel that they are not appreciated or valued. It can also happen when the caregiver is dealing with their own personal problems or when they feel that their efforts are not making a difference.

Whatever the cause, abandonment is a serious issue for both the caregiver and the person they are caring for. It can lead to feelings of guilt, anxiety, and depression, and it can also impact the quality of care that the caregiver is able to provide.

Signs of Abandonment

There are several signs that a full-time caregiver may be experiencing abandonment.

These include:

- Feeling overwhelmed or unable to cope
- Feeling like nobody appreciates their efforts
- Feeling guilty or ashamed about their role as a caregiver
- Becoming impatient or irritable with the person they are caring for
- Feeling resentful of the person they are caring for
- Neglecting their own self-care, such as not eating properly or not getting enough sleep.

If you are a full-time caregiver and you are experiencing any of these signs, it is important to seek help.

Abandoned, Yet Still Committed

Gregory had always been close to his grandfather Arthur. They would spend hours talking about the old days, sharing stories and laughing together. But as Arthur began to age and his health declined, Gregory found himself taking on more and more responsibility for his care.

At first, it was just small things like picking up groceries or driving Arthur to doctor's appointments. But as Arthur's condition worsened, Gregory found himself becoming a full-time caregiver, with little support from his family.

Despite his best efforts, Gregory felt like he was constantly struggling to keep up with Arthur's needs. He would spend long hours each day helping him with everything from bathing and dressing to managing his medications and ensuring that he was getting proper nutrition.

Despite his best efforts, Gregory felt like he was constantly struggling to keep up with Arthur's needs. He would spend long hours each day helping him with everything from bathing and dressing to managing his medications and ensuring that he was getting proper nutrition.

To make matters worse, Gregory's wife was struggling with the caregiving responsibilities as well. She had initially been supportive of his decision to care for Arthur, but as the demands of caregiving grew more intense, she began to feel overwhelmed and resentful.

One day, Gregory's wife told him that she was leaving. She said that she couldn't handle the stress of caregiving and that she needed to focus on her own needs for a while. Gregory was devastated by the news, feeling like he had lost not only his wife but also his support system.

As time went on, Gregory became increasingly isolated and overwhelmed. His family members, who had initially

“OFTEN ONE WHO BECOMES
THE SOLE CAREGIVER
MAY BE ABANDONED
BY THE REST OF THE FAMILY.”

promised to help, seemed to disappear when he needed them most. He was left alone to figure out how to care for his grandfather and manage his own emotions at the same time.

Despite the challenges, Gregory remained committed to caring for his grandfather. He knew that Arthur relied on him, and he didn't want to let him down. Over time, he found support in unexpected places, such as online caregiver support groups and local community organizations.

Although the journey was difficult, Gregory persevered. He learned to prioritize his own well-being and seek out the support he needed, and he continued to care for his grandfather with love and dedication until the end.

Caregiving can be an overwhelming and exhausting experience, especially when it feels like you're doing it alone.

If Gregory feels abandoned by his family, it may be helpful for him to reach out to them and express his feelings. It's possible that they simply don't realize how much he is struggling and may be willing to offer more support if they understand the gravity of the situation. Alternatively, there may be reasons why they are unable to help, such as work or other family commitments.

In addition to reaching out to his family, Gregory may also want to consider seeking support from outside sources. There are many organizations and resources available to caregivers that can provide guidance, advice, and emotional support. For example, the National Alliance for Caregiving offers a wealth of resources for caregivers, including support groups and educational materials.

Finally, it's important for Gregory to take care of his own well-being as well as that of his grandfather. Caregiver burnout is a real risk, and it's essential for Gregory to take breaks and find ways to recharge his batteries. This may mean taking advantage of respite care services, asking friends or neighbors for help, or simply taking some time for himself to relax and recharge.

It's important to note that abandoning a caregiver can have serious consequences for the person receiving care. If you are a caregiver who is struggling, it's important to reach out for help and support before making any decisions about stopping care.

Feelings of abandonment can have a significant impact on caregivers, who are often responsible for providing ongoing care and support to others. Caregivers who feel abandoned may experience a range of negative emotions, such as anxiety, depression, anger, and resentment. They may also feel overwhelmed and stressed, particularly if they feel they are solely responsible for providing care and support.

“CAREGIVERS MAY FEEL ANXIETY.”

In some cases, caregivers may feel abandoned by the person they are caring for, particularly if that person is unable to express gratitude or appreciation for the care they are receiving. Caregivers may also feel abandoned by family members or friends who are not providing the support or assistance they need.

Feelings of abandonment can also lead to caregiver burnout, a state of physical, emotional, and mental exhaustion that can

result from prolonged stress and the demands of caregiving. Caregiver burnout can cause a range of symptoms, such as fatigue, irritability, and decreased motivation.

If you are a full-time caregiver and you feel like you are experiencing abandonment, it is important to take action.

Some strategies that may be helpful include:

- Seeking help from a mental health professional
- Prioritizing your own self-care needs
- Reaching out to family and friends for support
- Talking to the person you are caring for about your feelings
- Considering taking a break from your caregiving role if necessary.

“CAREGIVERS OFTEN HAVE A DEEP
LOVE AND AFFECTION
FOR THE PERSON
THEY ARE CARING FOR. .”

Remember, abandonment is a serious issue, but with the right strategies and support in place, it is possible to overcome abandonment and continue to provide high-quality care to the person you are caring for. If you are experiencing abandonment, remember to prioritize your own needs and seek help when necessary.

Frequently Asked Questions: (FAQs)

What is abandonment in full-time caregivers?

Abandonment in full-time caregivers occurs when the caregiver feels like they are on their own and unsupported, leading to negative effects on both the caregiver and the person they are caring for.

What are the causes of abandonment in full-time caregivers?

Abandonment may be caused by burnout, feeling unappreciated or undervalued, dealing with personal problems, or feeling like their efforts are not making a difference.

Can abandonment in full-time caregivers be overcome?

Yes, abandonment can be overcome through seeking emotional support, prioritizing self-care, setting boundaries, developing a support system, and keeping a positive mind-set.

What are the signs of abandonment in full-time caregivers?

Signs of abandonment may include feeling overwhelmed or unable to cope, feeling like nobody appreciates their efforts, becoming irritable or impatient, and neglecting their own self-care.

Why is it important to address abandonment in full-time caregivers?

It is important to address abandonment in full-time caregivers because it can have a profound impact on both the caregiver and the person they are caring for, leading to negative consequences for everyone involved.

About the Author

R. Lee Moore, Sr.



Introducing R. Lee Moore, Sr., an exceptional author with a captivating background. Hailing from Philadelphia, he is a proud graduate of both Central High and Philadelphia College of Art, (now University of the Arts). To further expand his knowledge and understanding, Ronald pursued an MDiv from the esteemed Southern Baptist Theological Seminary in Louisville, Kentucky.

Ron possesses a diverse range of experiences in caregiving, which has shaped his compassionate nature. As a Chaplain Candidate at Homestead AFB in Florida, he assumed the vital responsibility of visiting hospital patients, providing them with spiritual support. Additionally, he completed a unit of Clinical Pastoral Education at Louisville General Hospital, further enhancing his caregiving skills. Notably, he served as a food server on the cancer unit at HUP, the renowned hospital of the University of Pennsylvania.

The extent of R. Lee's dedication to caregiving becomes evident through his personal experiences. He devoted several years to caring for his beloved mother until her transition, displaying unwavering commitment and compassion. Currently, he serves as the primary caregiver for his remarkable 102-year-old aunt, a role he has assumed for the past nine years.

Beyond his caregiving endeavors, R. Lee's creativity shines through, complemented by an engaging sense of humor. This unique combination allows him to effortlessly connect with those he cares for, bringing joy and comfort to their lives.

Driven by his passion for teaching, R. Lee Moore authored his first book titled **"Think Feel Speak Write Do: A Guide To Fulfilling Your Purpose."** This compelling work exemplifies his desire to empower others, offering invaluable insights and guidance to help individuals unlock their full potential.

R. Lee Moore, Sr., is not just an accomplished author, but a remarkable individual whose genuine care and contagious enthusiasm leave an indelible impact on the lives he touches. His life's work is a testament to his unwavering dedication to others and his commitment to helping individuals discover their purpose.

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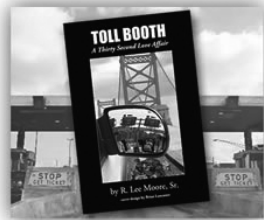


A Guide to Fulfilling Your Purpose...

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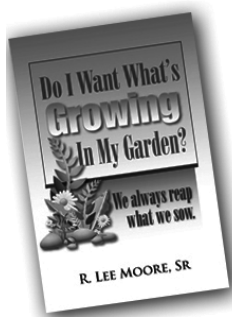
Coming soon... 2024!

(not yet published)



Tollbooth - A Thirty Second Love Affair

Relationships can happen when least expected. Travel through this exciting drama with Dexter Wells and Charles Rouseau as life and serendipity unfold—beginning at the Toll Booth.



Do I Want What's GROWING In My Garden?

"Every act we commit has an effect on the world around us. Knowing this we should make a conscious effort to sow good seeds so that we will want what's growing in our 'gardens' "You ALWAYS reap what you sow.

Why Won't They Just DIE!

Discover the emotional journeys
of full time caregivers...



A MUST READ!

Captivating stories that will resonate with anyone who is, has been or will be a full-time caregiver. It reminds us that mental and emotional self-care are critical in full-time caregiving.

When a caregiver experiences the thought, but refrains from voicing it, "why won't they just die!" they are not actually expressing a wish for the death of their loved one. Rather, this expression is a way of venting their frustration and feelings of helplessness.

Caregivers provide care out of love and obligation, but it can be exhausting, especially when the recipient's needs are demanding.

It's important to understand the context in which caregivers use this expression. It's often said in a moment of overwhelm, a time when the caregiver feels that they've reached their limit. It's also often said out of a sense of desperation, a situation where they feel like they're running out of options.



"Why Won't They Just DIE!"

*Stories of hardship and hope
for Full-time Caregivers
by R. Lee Moore, Sr.*



ISBN