

# Taking Care of You Series

## Taking Care of You #8: Emotions

Providing care for someone else can be very emotional. Some of the emotions you may experience include: guilt, anger, and resentment. Please know these emotions are normal and you are feeling them for a reason, to help you understand what is happening to you.

Your emotions contain important messages you can learn from, such as when you are no longer enjoying something you previously did or are very irritable toward the person in your care. You can examine these feelings and take action. You may need to:

- Be more assertive and ask for help that you need
- Make a change in your caregiving situation
- Find ways to reduce your stress
- Talk with your doctor about how you are feeling

It is very important to remember it is not selfish to focus on your own needs when you are a caregiver. It actually is a very important part of your job as a caregiver. Maintaining your own health and well-being will allow you to provide better care.

### Trainings Available

The following family education/support classes are available free of charge from the Alzheimer's Association of Greater Cincinnati. Advance registration is required. Below is a list of places and times. The educational series for all listed locations is "What Families Need to Know...When the Diagnosis is Alzheimer's Disease or Related Dementias." Call (513) 721-4284 to register.

#### **Vinton County**

*Place:* Vinton County Senior Center,  
31935 State Route 93  
McArthur, Ohio 45651

*When:* Mondays: March 3, 10, 17, & 24  
from 2:00 pm to 4:00 pm

#### **Highland County**

*Place:* Highland District Hospital,  
1275 North High Street  
Hillsboro, Ohio 45133

*When:* Mondays: April 7, 14, & 21  
from 5:30 pm to 7:30 pm

#### **Brown County**

*Place:* Northern Brown Senior Center,  
St. Martin Hall, 20864 State Route 251  
Fayetteville, Ohio 45118

*When:* Thursdays: March 6 & 20  
from 1:00 pm to 3:00 pm

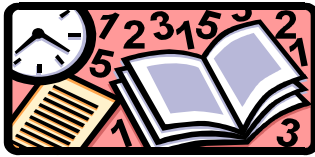
#### **Scioto County**

*Place:* United Scioto Senior Center  
121 Market Street  
Portsmouth, Ohio 45662

*When:* Tuesdays: April 8, 15, 22, & 29  
from 2:00 pm to 4:00 pm

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

**"Services Provided on a Non-Discriminatory Basis"**



# QUICK QUIZ

Bathing is a part of good hygiene, however it can be dangerous when the person in your care does not have good mobility and the bathroom does not have well-placed grab bars. Read this issue and answer True or False to the questions below.

### Circle T for TRUE or F for FALSE:

- T F 1. Frequent bathing keeps the skin moist and prevents chapping.
- T F 2. It is a good idea to make the room hot before bathing.
- T F 3. When bathing a person, start washing at the cleanest part and work toward the dirtiest.
- T F 4. When guiding a person into the tub, let them hold on to you and use the grab bars as a last resort.
- T F 5. Terrycloth wash mitts are better for washing the body than a washcloth.
- T F 6. When using a shower, spray and clean the less sensitive parts of the body such as the feet first.
- T F 7. When drying the person, it's better to have them stand while you towel him or her off.
- T F 8. Choosing a variety of colors in your fruits and vegetables will give you a variety of vitamins and nutrients.
- T F 9. Keeping fruits and vegetables in the refrigerator preserves their nutritional value as long as they aren't spoiled.
- T F 10. Steam vegetables only till they are tender, not until they lose their color.



Answers  
1. F, 2. F, 3. T, 4. F, 5. T, 6. T, 7. F, 8. T, 9. F, 10. T

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