



Grandparents Corner

February 2018

Tips for Grandparents

Grandparent-led households develop for many reasons. Although commendable, the positive and negative factors associated with this arrangement, including the grandparents' physical and mental health as well as their commitment and loyalty to their families, should be considered.

- Be proactive. Meet with agencies and school officials to prepare for the arrival of your grandchildren into your home. Complete as much paperwork as possible to ensure their arrival and new routine occur as seamlessly as possible.
- Network with other grandparents raising their grandchildren. Regular conversations with other grandparents who are also raising their grandchildren can provide a great support as you are able to encourage and give confidence to each other.
- Research. Become familiar with resources in your area. If none are available to meet your family's needs, advocate for change.
- Form relationships with your grandchildren's schools. Be an active presence in the schools, volunteering and making sure to attend parent-teacher conferences and other school-based activities whenever possible.
- Regularly attend doctor's appointments. Make time to ensure your physical and emotional needs are met. Be in touch with your health and feelings. Take time to get adequate amounts of healthy food, rest, and exercise.
- Take a time out. It is normal to feel overwhelmed and anxious at times. Arrange for respite care services from friends, neighbors, or agencies before they are needed. That way, the resources will be available when contacted in the moment.
- Take time for yourself. Frequently indulge in activities that you enjoy. Make time to relax, and participate in fun things that make you smile and bring you happiness.
- Have a sense of humor. Parenting does not come with a handbook, and grandparenting is no different. Laugh often.
- Apply for financial assistance if available. Meet with the local social services agencies and others to apply for financial assistance to help defray childrearing costs.
- Listen to your grandchildren. The adjustments may have been difficult for you, and even more so for your grandchildren. Allow them time and space to talk to you about how they are feeling. Seek help if needed, for your grandchildren and yourself, to cope with these feelings.
- Enjoy the journey. You are to be commended for raising your grandchildren, regardless of the situation. Enjoy small victories and celebrate you and their accomplishments along the way.

Pressure sores or bed sores happen when a person lies or sits in one position too long. People might get them from bed rest or sitting in a wheelchair. Read the issue and answer True or False to the questions below.

1. *The skin breakdown starts from the inside, works up to the surface, and can happen in as little as 15 minutes. T F*
2. *Pressure sores that are not treated can lead to hospitalization and can require skin grafts. T F*
3. *Urine left on the skin cannot cause sores and infection. T F*
4. *To reduce the chance of infection, wear disposable gloves when providing care. T F*
5. *Never position the person on his or her bony parts. T F*
6. *When the person in your care is sitting, encourage changing the body position every 15 minutes. T F*
7. *Shingles is a viral infection but does not cause a painful rash. T F*
8. *Congestive heart failure and liver, kidney and thyroid diseases can cause edema. T F*
9. *People with Alzheimer's may get upset when somebody touches them. T F*
10. *If you see pressure sores in your daily checking of the skin, wait and see if it gets worse before alerting the health care team. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. F 8. T 9. T 10. F