

# To You...It's About Being a Daughter Again



**By: James Griffith,  
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And today, just like yesterday, there are no easy answers about how to fit her mom into the never-ending juggling act that, for her, is just a typical day.

This is the life of the family caregiver - who equals one in every four Americans, according to various studies. New evidence and interviews with long term care family caregivers reveal a disturbing trend of debilitating stress that often accompanies this role, although most still say that, in spite of the challenges, the job also comes with many rewards.

A recent stress test conducted by Home Instead Senior Care demonstrated that of the 8,000 family caregivers who participated, more than three-fourths (76 percent) reported their aging loved one's needs to be overwhelming, 91 percent said they have episodes of feeling anxious or irritable, 73 percent have disturbed sleep patterns and 56 percent seem to become ill more frequently.

It's no secret that the majority of today's aging seniors are cared for by their daughters, and that this sandwich

generation is in need of support. At Home Instead Senior Care, the owners, staff and trained Caregivers understand the wide range of today's aging issues and are dedicated to helping reduce the strain. The breadth of our services range from Alzheimer's care, to bathing and personal care, cleaning, meals, transportation and compassionate companionship. Please call 314-862-4663

anytime or visit our website: [www.homeinsteadcare.com](http://www.homeinsteadcare.com). After all, wouldn't you simply like to be a daughter again?

**Testimonial:**

*Thank you so much for your support and concern for Mom and Dad. You have always been there when I needed your help and everyone there has been so helpful and professional. You have a wonderful group of people working there. Thanks so much.*

~ Norm

She awakens in the morning still exhausted after a fitful night of sleep and immediately feels overwhelmed. There's the report due at work today that she hasn't had time to prepare, her son's afternoon soccer practice and a school board meeting that night.

And, she's also a family caregiver for a senior - meaning she has to find time for her mother, who lives alone at age 84.

Her mother can't drive anymore, or reach into the cupboard to pull out a cereal box, or even see well enough to take her correct medication dosages.



*To us, it's personal<sup>SM</sup>*

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