

Caring for Caregivers

As a former caregiver myself, I can tell you that we are thrust into an unknown and we often find ourselves just trying to get through each day. We don't often spend a lot of time thinking about – or even dealing with – our own needs. Then... the loss. We lose our loved one and we are again thrust into the unknown... picking up the pieces of our shattered hearts and again just trying to get through each sad horrific day.


One of our amazing caregivers, Melanie Cohoon Cade, wrote the wise words below. Melanie lost her beautiful husband recently and knows firsthand how caregivers are affected.

If you're the caregiver/loved one, remember there are so many around you who are willing to help.

If you're the patient, please help your caregiver get the help they need by reaching out to those in your family/friend circle.

If you're the friend or family member, please PLEASE reach out without being asked. OFFER to help in some way without asking "what do you need?" Our caregivers/loved ones need so much from others but don't often know what they need until they get it.

Melanie's words ~

I have been asked by so many, how could I help another widow since you have gone through this. My response: Whatever it is you decide, don't ask "what can I do to help?" and leave it at that.. because she/he may not even know what she needs. I didn't! My sister had to remind me to shower and drink water. My daughter played secretary for me. Friends brought meals. You could provide lawn care, housekeeping tasks, pick up prescriptions, sit with the patient so the care giver can do their own chores. Or just free up chores so she/he can spend every last blessed minute them 

PS... I know we all get busy, but don't just do it once... be consistent. Not "one and done." We really don't know what we need. So "let me know what I can do for you" during and right after means well... but we don't know. I love yall. Yall have been so supportive to me and soooo loving!!

#careforcaregivers