



# HONORING OUR ELDERERS

Angel Corps' goal is to enrich the lives of its clients and employees. Sometimes that goal is achieved in unforeseen ways.

Submitted by Margeaux Corrao

The stereotypical caregiver is a woman in her 40s or 50s, working outside of the home and caregiving up to 20 hours per week for a family member. That's not an easy commitment. It is probably for this reason that caregivers report having difficulty finding time for themselves, managing emotional and physical stress and balancing work and family responsibilities. Often these stereotypical caregivers are also caring for their elders, children and possibly grandchildren, too.

Caregivers make choices for others multiple times a day. Some decisions are great and others not so great. How can a caregiver improve her

*"People will forget what you said. People will forget what you did. But people will never forget how you made them feel."*


*-Maya Angelou*

decisions to better accommodate themselves and those she cares for?

First, caregivers must confess how they feel about the responsibility of caregiving. To confess means to talk about or admit something that makes you embarrassed or ashamed. An example would be confessing that you are reluctant to be a caregiver. If you are a reluctant caregiver, you must accept your reluctance and forgive yourself. As you make necessary decisions, you have to acknowledge that the reluctance is there, but you can't allow it to influence your decisions.

Here are a few suggestions on how to work through those feelings of reluctance.

- **Seek out a professional counselor or pastor.** Someone in this position may be able to assist you with your emotions and figure out how those are influencing your choices.
- **Begin journaling.** You may discover a pattern or a trigger in your writings to assist you in learning if you need to change.

- **Confide in a friend.** A friend willing to listen may be just what you need. Not sure you're ready to open up to a friend? Try reaching out to a support group for caregivers.
- **Participate in daily meditation.** Start by confessing and forgiving yourself for yesterday's mistakes, then commit to a new day of wiser choices.
- **Make one choice at a time.** If it is not life or death, take the time that is necessary to make a wise decision. 

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## ANGEL CORPS

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Number of employees: 150+  
Years in business: 13

Products and Services: Specializing in non-medical home care including personal care, bathing, meal preparation, light housekeeping, laundry and maintaining social interaction.