Health care professionals face caregiver burnout

Q. My wife is a social worker at a local bospital. In addition, the is belong to care for her aging parents living in their own bone. I'm concerned about her own physical and emotional health, but the maintains she is fine. Maybe she will listen to advice from you.

A. Having almost the identical experiences I can relate to how you and your wife feel. I have found that most health care professionals are not only practicing in their field but also are responsible for the care of one or two frail parents, grand-parents, a spouse, child or friend. Health care professionals have a tendency to feel that they can do it all and unfortunately other family members may assume that their

The Oakland County Parks and Recreation Commission will conduct a public hearing on the proposed 1991 budget of \$10.5 million.

The hearing — designed to obtain public imput — will be at 9 a.m. Wydnesday, Dec. 5, at the commis-

around Oakland

Public hearing on parks \$\$\$

professional relative can handle everything. This is not necessarily true and the stress of double duty caregiving, at the office and at home, can cause serious health and emotional problems. Caregiver burnout is often the result.

Therapist Leonard Felder, co-author of a new book, "When a Loved fone is Ill: How to Take Better Care of Your Loved One, Your Family, and Yourself," suggests that the sooner you recognize the symptoms of caregiver burnout, the sooner you can aleviate it by practicing what you preach at your job and seeking assistance using your professional confacts. Respite care, support groups, meal services, homemaker service and support groups are available.

sion's main office at 2800 Watkins Lake Road, Waterford. Lake Road, Waterford.

The commission provides facilities for camping, boating, nature programs, golf, tennis and cross-country skiing. Programming is also provided for the senior citizens and

on aging

Renee Mahler

Dr. Felder offers these specific clues that should warn you if you are getting close to burnout: Do you tell other people you are fine if it's not true, are you not getting treatment for any type of your physical discomfort or feelings of exhaustion or depression, are you losting interest in friends, hobbies or outside activities you have always enjoyed, do you cled impatient and short-tempered with people you see daily, do you

the handleapped.

It operates nine parks: Addison Oaks in Addison Township, Groveland Oaks in Armington Hills, Groveland Oaks in Armington Hills, Groveland Oaks in Armington Hills, Groveland Oaks in Armington Holland Oaks in Carbotton, Orden Godere Oaks on Carbotton, Orden Madison Heighta, Springlied Oaks in Davisburg, Waterford Oaks near Pontiacand While Lake Oaks near Pontiacand While Lake Oaks near Pontiacand While Lake Oaks near Pontiacand County Parks and Recreation Commission, 2800 Watkins Lake Road, Waterford, MI M2328, Information available at 858-0906.

take your family member's condi-lion personally, do you get angry at family or friends who tell you to abow down or that you deserve a break?

The warning signs of a stress over-load not only apply to beath care professionals but to all caregivers. It is very important to remember that no one can be expected to or expect themselves to do it all. There are services that can help and responsi-

Crisis agency needs helpers

Common Ground, Oakland's 24hour crisis center, needs volunteers
to provide telephone and face-toface counselling.
Volunteers do not need experience, although they will be accreened.
Training will be provided.
Common Ground, which has provided crisis intervention for 20
years, also needs volunteers to handie clerical and computer work. Experience is not necessary.
An orientation session for prospective volunteers will be held at 7:30
p.m. Wednesday, Dec. 5, at the Common Ground offices at 751 Hendrie
Boulevard in Royal Oak.
No appointment is necessary, Additional information is available
through Liz Christopher at 543-3050.

thing can ano sould be delegated the agencies and organizations offering help and to other family members. You cannot take care of other people's needs without considering your own.

Q. My 79 year old father lives in his own apartment. He takes several drugs and I am encerned that he may not be taking his medications correctly. Do you have any suggestions I might pass along to him concerning drug usage?

A. The Nitional Lestitute of Dark

correctly. Bo you nave any suggestons I might pass along to bim concerning drug usage?

A. The National Institute on Drug
Abuse, a division of the U.S. Department of Health, Education and Welfare, has published a list of Do's and
Don'is, concerning the taking of
drugs, that is useful for everyone.
The Do's are: tell your dectors about
all the medicines you are taking and
about any allergies or sensitivity you
may have to any drug, be certain you
understand all instructions before
starting to use a drug tochding when
to take it, with what, how long to
to take it, with what, how long to
to take it, with what, how long to
color, make certain you takeon
cocur, make certain you takeon
medicines when you are supposed to,
call your physician it you notice any
men symptoms or side effects, keep
drugs in airtight containers and
store them properly, and keep a
record of all drugs and vaccines you
are sensitive or allergie to. The
don'ts are: take more, or less, than
the prescribed amount of any drug,
stop taking a drug without checking
with your doctor even if you leel better, take drugs prescribed for somcone else or give yours to someone
else, transfer a drug from its origimal boutte to another or keep old or
expired medicines in your medicine
cabinet.

Drugs can provide great benefits
but with these benefits also come as-

Drugs can provide great benefits but with these benefits also come se-rious risks. Drugs are powerful sub-

stances and if they're not used carefully, the consequences can be serious. Because elderly people generaly take more medicines than anyone else, they naturally run a higher risk of having problems with drugs. Many of these risks can be prevented if medications are used correctly.

prevented if medications are used correctly.

Q. Last year, the Aliabetmer's As a sociation had a great fund-raining that included sampling of all kinds of chocolate. Are they planning on repeating it again this year?

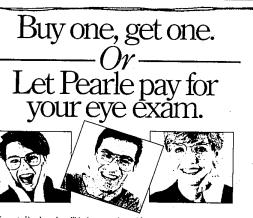
A. The 5th Annual Chocolate Jubilee, presented by the Alzheimer's Association of Metropolitain Detroit, will be held this year on Dec. 2 at the association of Metropolitain Detroit, will be held this year on Dec. 2 at the association of Metropolitain Detroit will be held this year on Dec. 2 at the association of Metropolitain Detroit is called Chocolate and Diarroms control in the chocolate displays and samples, by the area's finest chocolatiers, many local jewelers, who belong to the Diamond Information Center will be displaying 41,000,000 of their beautiful and the control of the Chocolate and Diamonds event. Patrons will get a preview of the displays prior to the actual opening of the fund-raiser. The doors will be open to the general public 2-4 p.m. Tickets are \$25 per person. All proceeds go to the Alzheimer's Association.

For tickets or additional information call the Alzheimer's Association.

For tickets or additional information call the Alzheimer's Association.

p.m. Renee Mahler is a gerontologist and the director of Communications and Admissions at a Rochester Hills nursing facility. Send your questions to her at Observer & Eccentric, 805 East Maple, Birminghlam, MI 48009.

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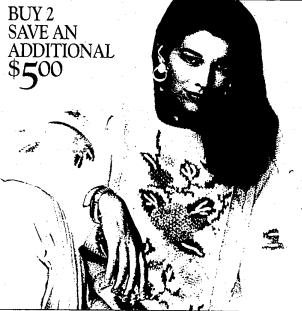
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