

# THE PERSPECTIVE OF THE PERSON RECEIVING CARE

Like you, the person you are caring for is experiencing a wide range of emotions due to the changes and losses he/she is experiencing. In order to understand these emotions fully, you need to know what they may be.

As a normal adjustment to new health concerns, the person you are caring for may experience:

- A sense of losing control over their life because of their condition. In an attempt to try to maintain control, they may resist your attempts to care for them. This is a common reaction to the loss of independence.
- Fear of becoming dependent and a burden to the family.
- Sadness from a changed self image.
- Fear that old friends will distance themselves.
- Anger and frustration towards their condition (which at times can be misdirected).
- Denial of the condition or its lasting effects.
- Fear of becoming isolated from the world, since they may no longer be able to get around as easily as they once did.

**With time and support, your loved one can adjust to their new situation. As a caregiver, you can encourage them to get involved in something outside the home such as a day program, support group, or leisure activity. This can provide an outlet for their emotions and can help them feel less alone and helpless.**

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**WE CAN HELP**  
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