

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.

WE CAN HELP



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