



November 2017

300 W. Wilson Bridge Rd., Ste 250, Worthington, OH 43085 | (614) 471-0085



November 2017 Newsletter

Dear Clients and Referral Partners,

Welcome to our November 2017 Newsletter. As the holiday season rapidly approaches, this month reminds us of a certain admirable class of people we see all the time in our practice at Browning & Meyer Co., LPA: Family Caregivers.

November is celebrated as **National Family Caregivers Month**. An estimated 90 million Americans number in this group, providing "care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age," according to the Caregivers Action Network, a nonprofit organization that began promoting the annual national recognition of family caregivers in 1994.

The theme for the celebration this year is "Caregiving Around the Clock." That's so appropriate, because as we know, the job of caring for a loved one really never ends. As CAN reports, this care ranges "from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease."

Please check out the "Caregiving Around the Clock" graphic at right or the Caregivers Action Network website. We salute and honor all of you dedicated, caring people. At Browning & Meyer, we stand ready to meet your legal needs on all these life journeys – whether you are a family caregiver, a person receiving such care, or someone without a family member readily available to help meet your care needs.

Thank you for continuing to read our monthly



Richard F. Meyer

National Family Caregivers Month 2017

CAREGIVER ACTION NETWORK (CAN)

Caregiving Around the Clock

The theme for National Family Caregivers Month November 2017 is "Caregiving Around the Clock"

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer's or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

- Morning: Getting off to work.** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day before getting yourself out the door for work.
- All Day Long: Managing medications.** Up to 70% of the time, the family caregiver – not the patient – manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date [medication list](#).
- During the Workday: Juggling caregiving and work.** Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.
- Evenings: Family time and meal time.** Ensuring that you get proper [nutrition](#) will help you maintain strength, energy, stamina, and a positive attitude. [Nutrition](#) is as important for you as the caregiver as it is for your loved one. Caregiving affects [the whole family](#).
- Late at Night: Taking time for yourself.** Late at night might be the only time you get a few minutes for yourself. Make sure you take time to [rest and recharge](#). The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.
- The Middle of the Night: Emergency room visits.** Have you ever had to take your loved one to the emergency room in the middle of the night? [Be prepared](#) ahead of time with what you need to know and what you need to have with you.

During National Family Caregivers Month, we recognize the challenges family caregivers face when their loved ones need

Caregiving Around the Clock!

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newsletter. We hope you find the topics of this month's articles (below) interesting and informative. Please find more such information at our website, ElderLaw.US and contact us there or through our Facebook page or Twitter account, if you prefer.

Sincerely,

Richard F. Meyer
Browning & Meyer Co., LPA
www.elderlaw.us | 614.471.0085



Social Security Beneficiaries Will Receive a 2 Percent Increase in 2018

In 2018, Social Security recipients will get their largest cost of living increase in benefits since 2012, but the additional income will likely be largely eaten up by higher Medicare Part B premiums.

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Use Your Will to Dictate How to Pay Your Debts

The main purpose of a will is to direct where your assets will go after you die, but it can also be used to instruct your heirs how to pay money that you owe.

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New Yorker Article Highlights Abuses in the Guardianship System

Serious problems with the public guardianship system in the United States can lead to elder abuse, according to an in-depth article in The New Yorker.

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What To Do When a Loved One Passes Away

Whether your spouse has just passed away or you have lost your mom or dad, the emotional trauma of losing a loved one often comes with a bewildering array of financial and legal issues demanding attention.

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