Resources

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner

By Patti Atkins

Thank you, caregivers

November is National Family Caregivers Month, a time to pause and recognize the millions of family members, friends and neighbors who care for and support someone they love.

To the caregiver who gets up early to make breakfast, stays up late worrying, drives to appointments, manages medications, prepares meals, makes phone calls, fills out paperwork or simply sits beside someone who needs company: We see you.

We see the countless things you do that may go unnoticed. We see the patience it takes to answer the same question again, the strength it takes to navigate difficult days and the love behind the small acts of kindness that make someone's day a little easier.

We know that caregiving can be rewarding and challenging at the same time. It can bring joy and a deeper connection with someone you love, as well as stress, fatigue, uncertainty and sometimes loneliness.

That's why this month is about more than saying thank you. It's also a reminder that you don't have to do it alone.

If you are caring for a family member, friend or loved one in Clark, Cowlitz, Klickitat, Skamania, or Wahkiakum County, the Area Agency on Aging & Disabilities of Southwest Washington is here to help.

"This month, give yourself the same care and attention you give to others."

AAADSW's Family Caregiver Support Program can help you find information, resources, education, support groups, respite care and other services that may make your caregiving journey a little easier.

Not sure where to start? Reach out. You don't have to have all the answers or even know exactly what you need. Team members will listen, help you explore your options and connect you with resources, education and support.

This month, give yourself the same care and attention you give to others. And when someone asks, "How are you doing?" consider answering honestly.

Patti Atkins, APR, is the communications coordinator for the Area Agency on Aging & Disabilities of Southwest Washington. AAADSW serves Clark, Cowlitz, Wahkiakum, Skamania and Klickitat counties, connecting older adults, adults with disabilities and family caregivers to community resources designed to offer choice, improve quality of life and respect independence. For information, visit www.HelpingElders.org or contact the Aging & Disability Resource Center at 360-694-8144 (toll-free: 888-637-6060) or ClarkADRC@dshs.wa.gov.

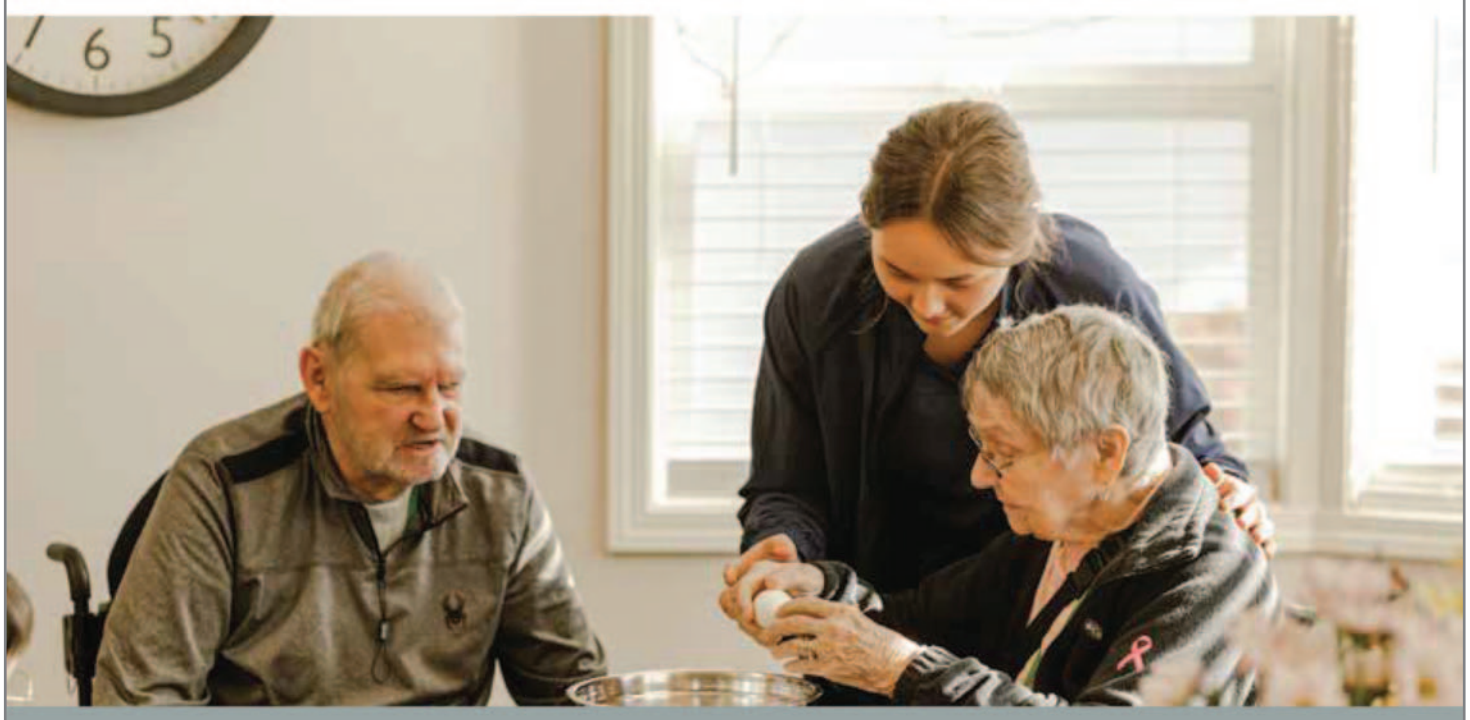
5 Essential Tools of ESTATE PLANNING

Get Started with this FREE DOWNLOAD
https://pwpelderlaw.com/sma-tools

Five essential tools in an estate plan can determine its effectiveness for your life and family. Each tool serves a unique purpose, and when crafted and coordinated well, they create a comprehensive plan to empower a fulfilling life.

Pettis Webber Pacific P.S., Elder Law Attorneys
1500 D St., Vancouver, WA 98663

BELAMOUR



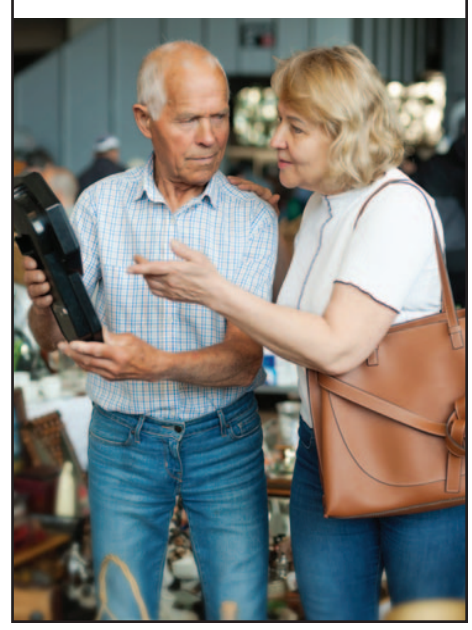
EXCEPTIONAL CARE. A PLACE TO CALL HOME.

Not just a facility—a home filled with warmth, dignity, and personalized care.

AT BELAMOUR CARE, WE PROVIDE:

- Personalized, 24/7 Assisted Living & Memory Care
- Small, Intimate Homes for comfort & connection
- Engaging Activities & Home-Cooked Meals
- Compassionate, Trained Caregivers Who Feel Like Family

FIND A BELAMOUR CARE HOME NEAR YOU.

BELAMOURCARE.COM 360-845-6082

70% of respondents said they patronized a business they saw advertised in the paper.
For advertising information, call Barb Maynard at 360-750-9900.
www.themessengerwa.com