

# Aging Well Newsletter

Lutheran Counseling Services



## The Caregiver

“The first time I became fully aware that Jean was having a memory problem was when we moved back to Massachusetts and she could just not orient herself to our new environment. She could not follow directions to the supermarket and home. It was not a difficult trip but it baffled her. She just got lost each time she went grocery shopping.”  
Ralph Fletcher (2013)

Ralph and Jean’s story is a familiar one for caregivers. The journey starts with small changes like how to get to the supermarket. These small changes mark the beginning of a long personal and difficult journey to the end

of a beautiful life. It is a journey that both the caregiver and the patient were not anticipating whether the disease be dementia or cancer or Parkinson’s or a myriad of other diseases that mark a slow journey to the end of life. The reality is that there are at least two people who are suffering from the disease, the patient who is afflicted and the caregiver who steadfastly works to attend to the increasing needs of his/her loved one. Most often the focus is on the patient. The needs of the caregiver are put into the background. One of the greatest worries of most caregivers is that they will not be able to meet the demands of caregiving.

At Lutheran Counseling Services, we recognize this worry and offer mental health counseling services for caregivers and other family members who are dealing with the mental and physical demands of caregiving for a loved one. In addition to a Caregivers’ Support Group and individual therapy sessions LCS is currently offering an on-call service Tuesday-Thursday from 9am-5pm.

### References:

The ABC’s of Caregiving, Fletcher, Ralph, (2013)

Family Caregiver Alliance, [www.caregiver.org](http://www.caregiver.org) Services to help!

## Services to help!

LCS is currently offering an on-call service Monday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. Seniors First clients have access to free mental health services. Call us to find out more.

**AGING  
WELL**

**TRY THIS  
TIP!**

Write a  
Gratitude List

Challenge yourself this month to write gratitude lists. Start with writing 5 things, places, or people you are grateful for, then 10, and see how many you can come up with by the end of the month!



**(407) 644-4692**

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:

<https://lcsfl.com/how-to-help/>