



Supporting Each Other

April 2021

Senior Management Services

Caregiving is a difficult job, but even more so in a Covid world. These days have been trying for anyone identifying as a caregiver. Even the supports that we have relied on in the past have now been taken away and it is difficult to see how we will continue to survive this isolation and reach for support in familiar places.

While our network of friends can be a good support to us, there is value in connecting with others who share the understanding of caregiving. Peer-to-peer groups are available through many organizations in your area. These groups can be a wellspring of ideas and support.

**Today there are more people over 65 than teenagers and a higher number of people over 85 than under five years old. Demographics don't lie. We are becoming an older nation. It shouldn't be news to anyone, but because we strive to put off, ignore or hide aging, we tend to also turn a blind eye to the aging around (and within) us. Because of this, we are "unexpected" caregivers. We either say our parents are "just aging," or we blame all their issues on aging. Aging, in and of itself, is not the problem; rather, it's the diseases that can accompany us into older age that cause loved ones to need care.*

These issues and more are affecting a larger number of caregivers each year. Whether through the Alzheimer's Association or your local Area Agency on Aging, finding a group of caregivers may be the next right step in your wellness. In our Covid world, many of these may be available online from the comfort of your own home.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.