



Inspir | CARNEGIE HILL

MODERN SENIOR LIVING

OVERCOMING GUILT AS A CAREGIVER

You are not alone. Anyone who has cared for a loved one at any point in their lives—from infant to elderly—knows that this is hard work. But that hard work is never underappreciated. Despite it all, we know that many caregivers still experience guilt for a variety of reasons, including an overwhelming feeling from the responsibility to a resentment towards siblings or spouses who don't help. Whatever the reason may be, we understand. We're here for you, just as you're there for them. Here are a few helpful tips to guide you through these varying emotions.

IT'S NOT YOUR FAULT.

It is not your fault that this happened. But it is easy to overwhelm ourselves when it becomes top of mind. We start thinking—What if I had called the doctor sooner? What if I had realized it quicker? You must remind yourself that you did not cause this, nor can you change it. You are doing your best and that is all you can do. Just breathe.

IT IS OKAY TO FEEL...

Angry, frustrated, or disappointed about this new reality. We encourage you to communicate with your friends, family, or others who have experienced something similar. It is important to allow yourself to have an emotional reaction to what you are facing without letting those feelings consume you. Try to attend educational seminars or support groups to help you develop new strategies for coping.

CELEBRATE LIFE AND ITS JOYS.

Enjoy the little moments that make you feel alive: your loved one's smile when you play their favorite song, a warm breeze on a sunny day, a delicious meal with your family, the smell of clean laundry, anything, really, as long as it makes you happy. Keep a gratitude journal—every night, write down things that happened throughout the day that you are grateful for.

YOU CAN'T DO IT ALL.

It is important to remember to establish boundaries. Learn when to ask for and accept help. We know it might not be the same for someone else to step in, but if their intentions are pure, accept the help and enjoy a much-deserved break. There will come a time when you will need to ask for professional help, and that's okay, too. Our loved ones' needs may go beyond what we are capable of doing on our own. It is important to remember that it doesn't make you a failure. Envision yourself as an advocate and as a part of your loved one's care team.

FIND A SUPPORT GROUP—AND JOIN IT.

Support groups can help you communicate your concerns and provide much-needed comfort when you need it most. Oftentimes, participating in support groups can lead you to gain important new perspectives and valuable resources. In addition, it offers an opportunity to help others by sharing your own experiences. Most of all, it reminds you that you are not alone. And, you may even make a new friend in the process.

**We're always here to help.
Contact us for more information.**



1802 Second Avenue | New York, NY 10128

LEASING GALLERY: 1450 Lexington Avenue | New York, NY 10128 | 646.978.9040 | InspirSeniorLiving.com