

## Care Giving is Stressful



Research is now proving what most caregivers already know – providing care for a loved one is very stressful. Researchers have found that long-term care giving for elderly relatives or spouses, especially those with dementia, causes harmful levels of the protein interleukin-6. High levels of interleukin-6 can possibly lead to greater risk for heart disease, arthritis, diabetes, osteoporosis, certain cancers, and other age-related illnesses.

“Care giving is a risky business,” according to professor Ronald Glasser of the Ohio State University Medical School. “Stress of caregivers is psychologically and physically aging them more than their non-care giving counterparts.” Other studies have shown that elderly caregivers for severely ill spouses had a higher risk of dying over a four year period than non-caregivers. Likewise children experience more depression as they increase their level of help for their elderly parents.

What can be done to ease stress levels for caregivers? Support groups are helpful as they give caregivers an opportunity to share their experiences with others facing similar challenges. The Del Oro Caregivers Resource Center is a non-profit agency that can help family caregivers find a support group, provide education, and even respite care. Their phone number is (916) 971-0893.



**Craig Falk, President, Craig Cares, a home care company dedicated to helping you live independently at home. Give us a call today! (916) 782-7121**