



Caregiver Corner

Spouse Caregivers

by Diana Wood

Well, here is something I'm sure you didn't anticipate when you made those vows...for better or worse, in sickness and health. Being a caregiver was probably the furthest thing from your mind. Your life was full of romance, excitement, hopes and dreams. Fast forward to a time when one of you becomes ill and needs help. That shifts the spouse into a caregiver role whether they are prepared for it or not. But keep in mind that it also shifts the care recipient into having to be taken care of. Both roles can often bring up feelings of guilt,

inadequacy and overwhelm. It's more important than ever to maintain good communication. Let your partner know how you are feeling and allow them to do the same.

Social ties also start to suffer as it gets more difficult to get out and about for both individuals, but it is very important to maintain friendships. If you are used to going out for brunch...have your friends over instead. Even if you are unable to cook there is always take out. If you are accustomed to having big get togethers, try scaling it down so it's more manageable or ask for help. If seeing the world was on your bucket list

try watching travel programs on TV or better still, invest in a virtual reality machine. These days they are quite affordable and I hear they are awesome. If you and your partner usually go for walks together try staying in and playing a game instead. Just google 'games for couples' and you will be amazed at the options.

And keep in mind that caregivers need to care for themselves as much as caring for their spouse. Those beautiful marriage vows were recited by two people, not just one.

Terrace Hospice has several support groups. Give us a call to see how we can help.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



Terrace Hospice Society <http://caregiversofthenorthwest.org>

#207 - 4650 Lazelle Ave Terrace, BC V8G 1S6 · Phone: (250) 635-4811