



# Age Old Wisdom

## CARING TOO MUCH?

It's been said that caregiving is the fastest growing unpaid profession in this country. The average "informal" caregiver is a 46-year-old woman, who spends about 20 hours per week caring for her mother while maintaining a full- or part-time job. Of those caring for a loved one over the age of 65, the average age is 63, and one-third of this group are in poor health themselves. Regardless of age, caregivers must balance their time and energy since the competing demands of work, family life, and caregiving place them at higher risk for depression and chronic illness. At some point, caregivers and other family members must think about shifting the responsibility of caring for a debilitated loved one to professionals.

If you have a loved one who requires more care than you are able to provide personally, Deutsches Altenheim is here for you. We offer the utmost in care options for your senior loved one. To learn more, contact us today. We will arrange a meeting and tour of our senior community at 2222 Centre Street, West Roxbury. *We will exceed your expectations!*

P.S. Caregivers whose own health needs are met and who get needed support are in a better position to look after themselves and their loved ones.