



**Mark Sheets**

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For more information go to

[www.comfortkeepers.com/richmondwest-va](http://www.comfortkeepers.com/richmondwest-va)

or call (804) 750-1123.

## Caring for a Loved One — Help!

**Question:** My mother, who is 81 years old, has dementia and lives with us. I love her very much and am glad she is with us, but I'm getting very tired. Not only do I care for her, but I also care for my own family and find my patience is running out with everyone. I feel I'm reaching a breaking point. What should I do?

**Answer:** You are not alone! Caring for an aging parent is a great concern to millions of Americans. In fact, statistics show that adults will spend more years caring for a parent than for a child. What you are feeling is very normal.

It is very important that you take care of yourself! If you neglect your own health or life, you will become less effective as a caregiver and in your other important relationships. If friends and family are not available, consider a professional companionship and personal care agency, such as Comfort Keepers. A regular, weekly schedule of help that you can count on can make all the difference.

Comfort Keepers provides assistance to those in need of respite

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