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**German:** Die Welt von: Holistisches Gesundheit & Gute Nachrichten (watch for future translation of articles)

### Local Gold Medalist Nurse runs first ever 24 hours shift to draw attention that caregiving is a 24 hours responsibility..... Caregiver's Cliff Notes offers a road map to what 76 million baby boomers need to know about finding quality care outside of a nursing home!

Debbie turned the ringing alarm off. It was 6:00AM and time to get herself ready for the day. Her son would be there soon to help her shower and dress her husband Jim. Her son came every day before work to help because Debbie, at 75 years old and suffering with arthritis, could not lift Jim out of bed or help him to the shower. This has been the daily routine since Jim's stroke 3 years ago.

When her son leaves for work, Debbie spends the day caring for Jim's needs. At the end of the day, the son returns and they do it all over again, this time getting Jim ready for bed.

Debbie is one of the 65 million unpaid family caregivers in America today who provide over \$450 billion worth of care. Current research shows that the family CAREGIVER like Debbie DIES either BEFORE or SHORTLY after the person they are caring for due to the stress associated with caregiving.

On the foot heel of AARP's report that suicide rates have surge amongst baby boomers because of the stress of caring for their aging loved ones, Stella Nsong President of the CAREgiving Institute (a 501 c 3 organization on Ohio) stepped up for CAREGIVERS by creating The National Caring 4 The Caregiver week.

The goal of this holiday is two fold: first to raise awareness of that fact that caregiving is the new silent killer of people, relationships and careers and secondly to encourage family caregivers to take time for selfcare and stress management so that they do not die early.

She kicked off this special movement by working the first ever 24 hour shift to draw attention to the fact that caregiving is a 24 hour responsibility. Yes, she worked 24 hours straight during which she was interviewed by both AM and FM radio stations across the country, she visited the elderly in the community, worked with a hospice nurse in caring for a newly admitted hospice patient, helped a local geriatrician find 24 hours care for a patient, she visited a nursing home inside of a convent to help deliver medical supplies to the nuns who live there, she held a caregiver coaching session which ended with some stress relief and relaxation for the attendees. 20 hours into her caregiving feat, she counselled a caregiver in Italy on the oncology unit at



Nova hospital via telephone.

**CAREGIVING TODAY IS LIKE SMOKING 20 years ago.** 20 years ago people smoked not knowing that it could shorten their lives and today, caregiving is the greatest act of love but it could kill you in a few years unless you plan for care and you take time to care for yourself daily.

To raise funds for the caregiver programs at the CAREgiving Institute, Stella Nsong authored the book called The Caregiver's Cliff Notes: 27 Things To Do When Your Parents are Losing Their Independence.

The Caregiver's Cliff Notes is succinct, concise and to the point with simple and actionable steps to help caregivers prepare both legally, financially and emotionally for their roles as caregivers.

Chapter 2 covers the role of a care manager: What To Do When Everything Has Hit The Fan. A care manger can serve as a liaison between the facility, the family and the legal system to explore solutions for the discharge planning process. Chapter 5 discusses 5 things

Stella cheers attendees at the National Caring 4 The Caregiver Week kick off event.

to do when your parents are resistant to care. Chapter 7 details how to delay or avoid nursing home placement and chapter 9 walks you through the process of determining the amount and level of care needed in an assisted living and how to choose the right facility for your loved one. Chapter 10 helps everyone put their own individual long term care plan into place. At the end of each chapter there is a check list and by the time the caregiver gets to the end of the book and has checked all the boxes, he/she will have everything needed to provide a good quality of life and safe care for a loved one. The Caregiver's Cliff Notes is an easy read in 2-4 hours. It is available in paperback at local book stores nationwide. **It is available on amazon and in book stores nationwide.**

For bulk orders of The Caregiver's Cliff Notes or to request sponsorship information for the National Caring 4 The Caregiver Week, contact the CAREgiving Institute at 440-358-1718.

STELLA NSONG has been a geriatric care manager for more than a decade. She is the president of the CAREgiving Institute a 501 c 3 organization whose mission is to Provide Resources and Options for Today's and Tomorrow's Elderly and the publisher of its official newspaper, the Elder Care Cliff Report. You can contact Stella Nsong at 440-358-1718 or by emailing to [Ohcpc@caregivinginstitute.org](mailto:Ohcpc@caregivinginstitute.org)

#### The Caregiver's Cliff Notes:

**27 Things To Do When Your PARENTS Are Losing their Independence**



by Stella Nsong  
RN, CMC, CDP, LTCP

Endorsed by the State of Ohio Elder Care Planning Council