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## **PRESS RELEASE**

**FOR IMMEDIATE RELEASE**



## Caregiving and Anger Community Program

(South Haven, Michigan) October 10, 2007 - Hospice at Home in South Haven and South Haven Area Senior Services are providing an educational program for caregivers. The free program focuses on Emotional First Aid for Caregivers and takes place on Tuesday, October 23 from 5:30 – 7:00 pm, at the Warren Senior Center located at 540 Williams Street, in South Haven.

“Each year more people find themselves taking care of a parent, spouse, child or another family member. No one starts out as an experienced caregiver. As time goes by, caregivers find they may be overwhelmed, overworked and start to experience burnout and guilt,” states Ray Llorens, group facilitator. “One of the most common causes of caregiver burnout is the changing of roles that happens between adult children and their aging parents. The dynamics that keep a family together suddenly change, and the line that separates parental and child roles become blurred. Another cause of caregiver burnout is the expectations the caregiver has for the outcome of the care giving. Often the rewards are intangible and far off, and the lack of control he or she feels over the situation is compounded by other factors such as lack of finances, little or no family support, or poor management and planning skills,” continues Llorens.

This program will give participants the tools they need to prevent caregiver burnout. The program will highlight taking care of one’s self first and providing resources for caregivers to plan for long-term care giving.

Hospice at Home is the non-profit community hospice focusing on the patient and

family regardless of the patients' diagnosis, treatment choices, life expectancy, or ability to pay. It provides quality care to people adjusting to living with a serious disease through the Palliative Care program, to people facing life-limiting illness, to people anticipating the death of a loved one, or to people healing their grief after the death of someone significant. Hospice at Home places an emphasis on the emotional, social, and spiritual needs of those needing care and those receiving support services. Serving Berrien, Cass, Van Buren, and Allegan Counties, the care is coordinated by a team of physicians, nurses, home health aides, social workers, spiritual care counselors, bereavement coordinators, and trained volunteers. Extending this care, Lory's Place, a bereavement and education center that builds hope and strength for every grieving family, is available to anyone in Southwest Michigan or Northern Indiana.

For more information about the Emotional First Aid for Caregivers Program or Hospice at Home contact Terri Dotson at 269-637-3825 or 1-800-637-3820; or go to [www.hospiceathomecares.org](http://www.hospiceathomecares.org).

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