

*Connecting Caregivers to Answers and Support*

## News And Articles

### [What Is the Best Height for Bathroom Grab Bars?](#)

The Americans with Disabilities Act (ADA) offers guidance on grab bar installation, but ideally, these supports should be placed at a height that feels most comfortable and secure for the person using them. [Read More »](#)

### [Things You Can and Can't Do With Power of Attorney](#)

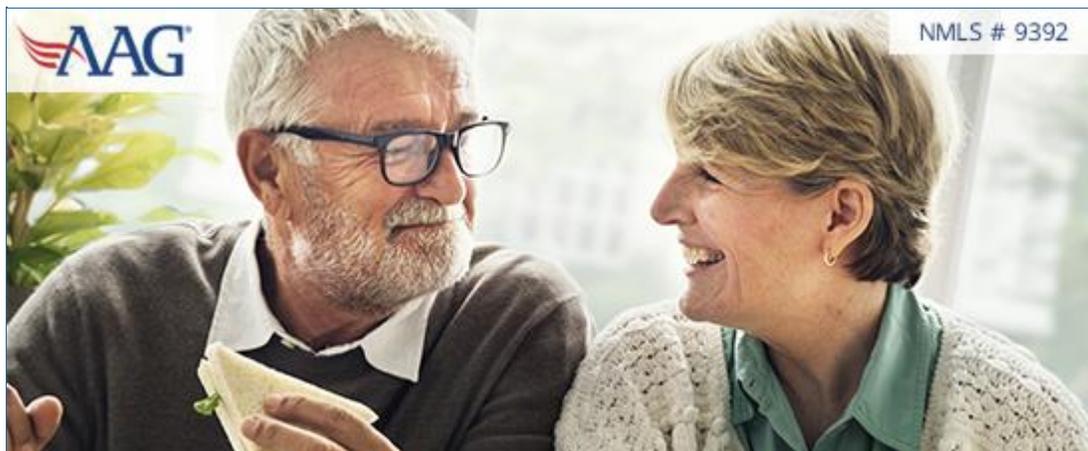
Whether you've been named as someone else's power of attorney (POA) or you're looking to appoint one for yourself, it is crucial to know what responsibilities and limitations come with this designation. [Read More »](#)

### [Coping With an Elderly Loved One's Distorted Sense of Time](#)

A senior's ability to judge time often changes, whether due to advancing age or a disease like dementia. But, when a loved one's time management quirks infringe on a caregiver's schedule, tensions can rise. [Read More »](#)

### [Compassion Fatigue: When Caregivers Go Beyond Burnout](#)

Although caregivers are often cautioned against the dangers of burnout, there is an even more serious phenomenon called compassion fatigue that can be detrimental to both care providers and recipients. [Read More »](#)



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## Questions and Discussions From Caregivers

**Q:** Help before the vultures take it all! Any advice?

I feel like our hands are tied until she is completely incapacitated.

**Q:** What is the best way to handle cleaning my dad after a bowel movement?

I'm new at this and don't know what to do.

**Q:** My mom has gone from sweet to "Hell on Wheels" in 2 days. Any suggestions?

My mom is on Alzheimer's medication, she's 79 and lives at home with my dad.

**D:** Preparing for a visit...

I hate to admit that I'm dreading this trip.



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## [Get Hired as a Caregiver](#)

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