



Grandparents Corner

April 2012

Grandparents as Parents Again

Grandparents across the country, regardless of income, background, or race, are becoming parents again!

Many grandparents are raising their grandchildren because of family complications such as teenage pregnancy, death, divorce, substance abuse, incarceration, abandonment, AIDS, and child abuse. Kinship care represents the most desirable out-of-home placement option for children who can't live with their parents. It offers family preservation and the greatest level of stability by allowing children to maintain their sense of belonging.

Kinship care refers to the temporary or permanent arrangement with a relative or nonrelative adult who has a long-standing relationship or bond with the child.

It is estimated that as many as 86,000 children in Ohio are being raised by grandparents.

There are several gifts children bring into our lives. Welcome these gifts and encourage them in your relationship with your grandchildren:

- Energy
- Optimism
- Laughter
- Activity
- Love
- Youthfulness
- Satisfaction

Some characteristics you, as a grandparent, bring to the relationship include:

- Maturity
- Unique wisdom that comes from years of experiences
- Stability
- Family roots

There are also challenges that come with raising children again:

- Feelings of shock and sadness
- Less energy
- Financial obligation
- Behavior problems
- Legal help
- Parent involvement

Source: Ohio Department of Job and Family Services - www.odjfs.state.oh.us. The Ohio Department of Aging - www.state.oh.us/age. The Ohio State University Extension "Aging in Ohio".

Regardless of the type of arrangement, the kinship caregiver's voluntary commitment to devote their lives to the children in their care is a courageous, life-changing decision. If you find yourself needing support, further resources, or other problem-solving techniques, call the Caregiver Support Program at the Area Agency on Aging District 7, Inc. at 1-800-582-7277.

For most adults, moderate alcohol use is up to two drinks per day for men and one drink per day for women and older individuals. (One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.) However, people taking certain over-the-counter or prescription medications and people with medical conditions that can be made worse by drinking should never drink. Test your knowledge by answering True or False to the questions below.

1. A senior drinking more than three drinks a day is at an increased risk for serious health problems. T F
2. There is a greater risk of dying of stroke or heart attack if a person has one or more hangovers a month. T F
3. Alcohol is the major cause of serious liver disorders: many important medications are processed through the liver and liver damage can make it much harder to control some illnesses. T F
4. Alcohol does not affect diabetes. T F
5. As long as a senior drinks the same amount as they did when they were younger, they are not at risk. T F
6. Aspirin taken with alcohol increases the chance of stomach bleeding. T F
7. Seniors are especially vulnerable to prescription drug addiction. T F
8. Cough syrup does not contain alcohol. T F
9. Alcohol can worsen anxiety and depression. T F
10. Alcohol-related diseases are not serious and will not shorten a person's life span.
T F

KEY: 1. T 2. T 3. T 4. F 5. F 6. T 7. T 8. F 9. T 10. F