



Grandparents Corner

February 2014

“When the Honeymoon is Over”

When you first take your grandchildren in, there’s a honeymoon period where the change of environment and absence of stress from the old living situation gives your grandchild the chance to show his or her best side, which is great. Sadly, all too often, the honeymoon ends, and problem behaviors can emerge that disrupts the family balance.

Having custody of your grandchildren because of parental addiction, abandonment or neglect brings a whole set of other problems to deal with. The child is already programmed to deal with the negative environment they come from, and may not be ready to move into a family situation where there are boundaries and rules. What you have to remember is that when your grandchildren move in with you, you are their new family. Trying to change the behavior is very hard and there are generational difficulties, as well as physical problems with caring for children when you’re older. Your energy levels and mental flexibility may not be what they were when you were parenting young children yourself.

Grandparents are committed to their grandchildren - they have lived their lives, and have worked hard and are now dealing with their own health and financial problems; however, feel obligated to take on the responsibility of raising their grandchildren. Many behaviors that grandparents have to address today were not part of the youth culture 30 to 50 years ago.

The first step to help deal with these problems is to seek help. This can include outside the home in a counselor’s office, local support groups, school counselors, or a reliable on-line support group.

Remember, before you can take care of someone else, you have to take care of yourself first.

- Ask for help
- Take care of your needs
- Express your feelings
- Educate yourself on the problems
- Avoid isolation
- Talk with professionals
- Look for signs of burnout
- Give yourself a treat
- Take time for yourself

Source: [http:// www. empoweringparents.com/raising-grandkids.php](http://www.empoweringparents.com/raising-grandkids.php)

QUICK QUIZ

Caregiver Assistance Newsletter - February 2014

A good Plan of Care helps ensure a smooth transition home and to minimize stress for both the caregiver and the care receiver. Care planning provides a “road map” to guide all who are involved with a person’s care. Answer True or False to the questions below.

1. A Plan of Care is a record of the care and treatment a person needs after a hospital stay.
T F
2. When the Plan is kept up-to-date, it provides a clear record of events that is helpful both in solving and in avoiding problems. T F
3. Medical information is not confidential. T F
4. To be heard, speak in a normal tone, facing the person, and making eye contact.
T F
5. Shouting helps when a person has difficulty hearing you. T F
6. Sundowning is when those with Alzheimer’s disease may become more confused, restless, or insecure late in the afternoon or early evening, when the sun is going down.
T F
7. A person is better understood when talking at eye level. T F
8. Medications do not cause insomnia. T F
9. People with Alzheimer’s do not have a higher risk of falling. T F
10. Sundowning can be worse after a move or change in routine. T F

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