

Episode #6: Caregiving with Carol

Part 2 of my conversation with Carol Bradley Bursack

Carol Bradley Bursack is a columnist, author, blogger and consultant on aging and caregiving issues. Carol spent over 20 years caring for a total of seven elders which served as the catalyst for her book *Minding Our Elders: Caregivers share their personal stories*. Her website, *Minding Our Elders* includes her blog as well as links to helpful agencies, articles of information and comfort, links to support groups and resources for caregiver, boomer and elder needs. She is a regular contributor to industry leading blogs as well as the forum moderator at *AgingCare.com*. And I have to say she has kept me company in my search for information virtually, through her website and her articles as well as her thoughtful responses to questions on AgingCare.com.

- 2:01 "Getting in" with PLWD
- 4:05 Insensitivity of doctor
- 5:21 Compassion/empathy in caring
- 8:40 Isn't it just like raising children
- 10:22 Importance of support groups like Daughterhood
- 10:55 Carol's book
- 15:22 When people come to interact and person is "fine"
- 16:55 Sadness and grief that occurs
- 23:33 We are doing the best we can
- 24:26 Compassion for ourselves
- 26:30 Safety vs psychological health
- 27:32 Every caregiver is unique shouldn't criticize choices
- 29:14 Resilience in caregiving getting through each day
- 32:03 Caregiving with children
- 36:15 The effort it takes to be a caregiver
- 38:08 Would you do it again or want someone to do what you did?
- 38:40 Would you want your kids to do it for you?

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