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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