

The Gift of Caring

**Saving our Parents (and ourselves) from the
Perils of Modern Healthcare**

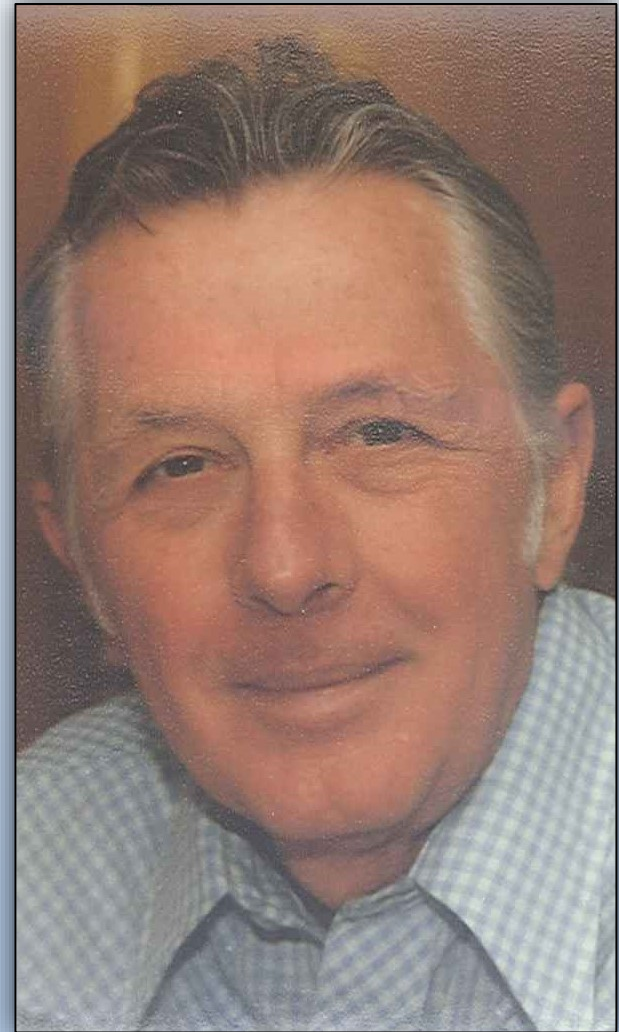


Marcy Cottrell Houle, MS, and Elizabeth Eckstrom, MD, MPH

My Parents – Active into their late 70's



George Cottrell, MD



Every day, 10,000 people in the United States turn 65.

Persons over 65 are now the fastest growing segment of the US population.

Of that group, the greatest increase is in the 85-plus category.

By 2030, there will be 70 million people over age 85, or 1 in 5 Americans.

In 2013, 66 million Americans were caring for an aging parent.

By 2035, it is estimated that the *majority* of middle-aged children and spouses will be caregivers.

Margaret Jean Cottrell



STRATEGY #1:

FIND YOUR TEAM



STRATEGY #2:

DEVELOP A SELF-CARE PLAN



STRATEGY #3:
Remember: YOUR FIRST JOB IS *NOT*
TO BE A CAREGIVER,
BUT TO BE A
FAMILY MEMBER



STRATEGY #4:

WATCH FOR RED FLAGS THAT YOUR OWN
HEALTH IS SUFFERING



STRATEGY #5:

LOOK FOR OUTSIDE HELP



STRATEGY #6:

TURN TO YOUR FAITH AND COMMUNITY



STRATEGY #7:

TAKE TIME TO REFLECT



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