

## **“Mama Peaches and Me” Takeaways: Part 1**

Within the book, Chaney offers 9 tips that he considers critical for anyone taking on the caregiver position for a family member. To start, a caregiver is an individual who provides care for another person in need – an aging parent, a spouse, child, or friend. While caring for someone that you love or are close to can seem like an easy thing to do, there are many challenges that come along with it and this book hopes to spread knowledge, information and resources to make the life of a caregiver a bit more manageable. This excerpt provides some of the important things to note from the “Mama Peaches and Me” book. Part 1 of “Mama Peaches and Me” takeaways will focus on the first 5 critical caregiver tips:

**Embrace change-** as the older adult under your care is going through their changes, you will go through many of your own. Embrace the idea of changing daily habits or lifestyle choices that may be put on hold while caring for your older adult.

**Provide fewer choices-** sometimes, older adults may find it difficult to process information and come to an answer or solution quickly. Chaney suggests limiting the amount of options or choices provided to the older adult and to have more patience in order to limit frustrations between both parties.

**Be prepared to make difficult choices-** being a caregiver, you may experience times when you need to make a decision that the older adult under your care might not agree with. This can lead to a lot of stress for the both of you. You will be challenged with making important decisions every day, this task will never end.

**Don’t wait to make necessary plans-** caring for an older adult often means that they are in a position where they cannot care for themselves. Because of this, caregivers should be prepared in case something were to go wrong. Discussing finances, medical decisions and other end-of-life issues may be difficult but is necessary.

**Be prepared for strained relationships-** caring for an older adult, especially a family member, can cause strain in your relationships with family and friends. Having to dedicate so much of your time to being a caregiver can mean that you are less invested in other relationships that may be important to you. When it involves a family member, there may be differing views on what is best for the individual needing care. Finding outside resources can be very helpful to maintaining relationships and making sure that you are providing the best care possible for your older adult.

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