

Deborah Valiton-Carnish

Recently, the Adult Center for Enrichment caregiver education program held a 6 week educational session which focused on different issues caregivers may face as they care for their loved one. Each week a group of caregivers with diverse situations gathered together to share and learn with one another. One woman, caring for her husband, shared she was offered a nice get away vacation with her daughters. It would only be for a few days and they arranged for the couple's son to stay with her husband so she could enjoy herself and have some much needed time away. While she was sharing, it became clear her decision to go was not easy, she was very reluctant to leave her husband even for a few days and expressed her feelings openly.

One of the other caregivers in the group spoke up and shared her story revealing she is a long distance caregiver for her mother. She communicated with the group that recently she was given the privilege to spend time with her ailing mother while her sister, her mom's primary caregiver, went out of town for a few days. Her perspective revealed the importance for family members to be offered the opportunity to share special moments with their loved ones. Special moments within a family can arise when caregivers take time for themselves and offer other family members a chance to serve in their place.

It was a beautiful time of spontaneous sharing which created a safe atmosphere where diverse viewpoints assisted the reluctant caregiver to make a decision for herself and go on vacation. The result as reported when the caregiver returned was her son and husband had a special time together and she stated, "all went well while I was away, I am so glad I went, I had a wonderful time".