

“Why Do I Feel So Frustrated and Guilty?”  
excerpts from So Far Away: National Institute on Aging

“I didn’t realize that not being nearby every day would be so stressful.” You might think that being far away gives you some sort of immunity from feeling overwhelmed by what is happening to your parent, but long-distance caregivers report otherwise. Feeling frustrated and angry with everyone, from your parent to the doctors, are common experiences. Anger may be a sign that you are overwhelmed, or trying to do too much. If you can, give yourself a break: take a walk, talk with your friends, get some sleep—try to do something for yourself.

You may feel worried and anxious about your parent being so far away. And you might feel guilty about almost everything- not being closer, not doing enough, not having enough time with your parent, and perhaps even a little jealous of caregivers who live closer.

Taking care of yourself may be the last thing you’re thinking about at this time. If you are like most long-distance caregivers, you already have many people that rely on you: your spouse, children, grandchildren, as well as friends, coworkers, and colleagues. However, remember you have to take care of yourself before you can take care of others. Caregiver support groups can relieve your sense of isolation and will give you a chance to share stories. State by state care resources and support group information may be found through the [Family Care Navigator](#) website. Local resources can be found on [St. Martin’s Friends Making Connections Resource List](#)

By focusing on what you are able to contribute, you may be able to free yourself from some of the worry.

\*If you are the local primary care giver and would like to know how to care for your loved one at home, please consider

**Spring 2014 Hands-On Caregiver Classes at Thomas Nelson Community College  
4601 Opportunity Way, Williamsburg, VA**

**Sessions: Wednesdays ,April 16, 23, 30, 2014 from 1:00-4:00**

**Register by April 5, by calling (757) 825-2767**

**One low fee of \$35. Covers three sessions, American Red Cross Workbook and DVD, supplies and refreshments. Scholarships and respite care for your loved one are available.**

Next week: Advanced Care Planning