



**HomeCare & Hospice**  
Main Line Health®

Well ahead.®

## The Private Duty Community

February 2015

### Don't be a Martyr: Care for the Caregiver

Caregivers of older and disabled loved ones are often very selfless people. They sacrifice precious time, money and energy to assist someone they love. But is it possible to be too selfless as a caregiver. Many studies suggest caregivers experience increased mortality rates as well as more illnesses and injuries than similarly aged persons not caring for dependent loved ones. Once a family member commits to care for an older loved one, it is common for care giving to consume that person's life. Tunnel vision takes over and care giving can become the caregiver's sole identity.

[More Details](#)



### What is the Difference between Dementia and Alzheimer's Disease?

Understanding the differences between Alzheimer's and dementia can be confusing. The terms and definitions of these conditions are frequently thought to be interchangeable as patients, families and caregivers come to believe that one simply means the other. Doctors and other healthcare professionals have even been known to contribute to this confusion as they tend to prefer using the word "dementia" when "Alzheimer's Disease" (AD) is the appropriate diagnosis. "Dementia" simply sounds less frightening.

[More Details](#)

#### Newsletter Spotlight

**Don't Be a Martyr:  
Care for the Caregiver**

**What is the Difference  
between Dementia and  
Alzheimer's Disease?**

**Client Testimonials**

**Pearls from the Farm...**

### Client Corner!



**Our Clients Benefit when we work together!**

*Do you have a client success story with  
Main Line Health Private Duty Services?  
Let us know at [mcdonaldd@mlhs.org](mailto:mcdonaldd@mlhs.org)!*



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*Here is what folks are saying about us...*

***"You have been so helpful to us. Thank you for such great care."***

**- Mr. T.**

### Pearls from the farm...

*"Timing has a lot to do with the outcome of a rain dance."*

**Questions or Comments?** Email [mcdonaldd@mlhs.org](mailto:mcdonaldd@mlhs.org) or call 484.580.1534