

Care For Caregivers

“Better/Worse” Caregiver Tips

(NAPSA)—Good and bad things happen to everyone. “For Better or For Worse” creator Lynn Johnston brings the good and bad times of her life into her comic strip, such as the strokes suffered by her Grandpa Jim character.

“My mother-in-law actually suffered the stroke,” Johnston



tells *Caring Today* magazine.

“I wanted to explore the concerns of the caregiver, so I wanted the stroke to be manageable yet extremely frus-

trating. My own neurologist is a stroke specialist, so...we discussed the concerns that follow strokes.”

Through experience, Johnston gained greater respect for those in her care. Her father-in-law, for instance. “He was a joy to be with. I admired him for his ability to endure the illness without complaint.” She also learned caregiver lessons. “A caregiver really cannot complain,” she notes. “You bear your difficulties with silence often. Yet you really are imprisoned along with the person you’re caring for. Unless other family members take on some responsibility, you don’t get out. Your entire life becomes your home and whomever it is you are caring for.”

Her advice for caregivers?

- Find someone you can talk to who will listen without judgment.
- Get time to yourself.
- Hire trained help. “One person cannot do it all without losing some quality of life, if not all of it,” she insists.

For the complete *Caring Today* interview with Lynn Johnston, go to www.caringtoday.com.