

HOW DO YOU KNOW WHEN YOU NEED MY HELP?

By Donna Deos

How do you know when you need my help?

Great question! In March of this year I wrote to you about “The Eventuals of Life”™ and what it is that I do to help people. Now, all these months later I’m going to give you a clue about when you should be looking to call on me for my expertise and assistance. [If you missed that article and want to access it go to: <http://thebowtimes.com/news/wp-content/uploads/2016/04/aging03-2016.pdf>]

In a nut shell, it’s never too early to reach out. If you’ve been to my website you know that I have an initial consultation fee and a part of that fee is able to be applied to any program or services you decide to sign up for. However, that’s not the only way to access me. You can always call 224-4178 (1-855-772-2622) or email me at contactus@donnadeos.com. I am happy to answer your question. The telephone does usually go to the voicemail system, but hang in there, you will reach me or be able to leave a message and I will get back to you promptly. Also, my personal extension is 701.

I do find that most people wait to reach out to me until they are facing the crisis head on. Not the best tactic, but one I can still help you navigate. It really is better to reach out to me when...

For the senior citizens themselves:

...you first realize that your home is becoming too much work and you find yourself trapped and struggling to get everything done

...things that used to take you hours to do now take days to complete

...you or a spouse receive a diagnosis of a terminal illness

...you or your spouse receives a diagnosis of a memory impairment of any kind, Alzheimer’s, dementia, or any other. Even if you are concerned about your memory and the doctors tell you it is “age related memory loss,” it could very well be more than that and something we need to look into helping you find ways to deal with. The idea is to help you be comfortable with your



life and what is happening to you, not just to slap a label on it or chock it up as normal. If you are uncomfortable then we should look into it.

...if you are scared for any reason

...if your adult children are concerned about you and are expressing that to you

...if your adult children don’t understand what you are going through or what you are considering doing – making changes is hard on both of you and you are coming from different places in life so often they don’t understand

...if your adult children, friends or neighbors are making you feel like you shouldn’t be living alone anymore

...if you have a vision impairment that affects your quality of life and your abilities moving forward, like macular degeneration or any other progressive visual impairment

...if you are lonely

...if you are depressed

...if you are caregiving for your spouse – caregiving is very hard work and it sneaks up on you, the sooner you reach out to me the sooner we can work on ways to help with your load and find ways to keep you from burning out

...if you just feel like you would like to reach out to me and you don’t really know why. Trust your instincts. No one knows you better than you do.

Remember, I want to help. When you reach out to me or hire me to represent you, that is what my intention is and that is exactly what I will do. You are not alone. I am here to help. I will always keep your best intentions in mind.

For the adult children:

...you are starting to notice things

are different with your parents: they aren’t acting the same, they don’t look the same, their car has more dents and dings than you remember, the home or yard seem less under control than usual, they don’t remember things as you do or you think they should, etc.

...you are becoming concerned about them for any reason

...when one of them is the caregiver for the other

...when you are caregiving for your loved one – even if it is just a couple of things that you help with – that is how it all starts out

...when friends and neighbors of your loved one reach out to you with their concerns

...when your parents start to lose lots of friends or family members (to either moving away or death or for any other reason as well)

...when seemingly minor incidents occur to them. Minor incidents lead to major ones down the road. They are warning signs that need to be heeded. Things like falls, broken limbs, dental issues, mobility issues, balance issues, etc.

...when your parents seem sad, lonely or depressed

...when their energy seems to be less than it used to be

...when they are super excited to see you and they chatter your ear off every time you visit (they are likely lonely)

...when they get medical diagnoses of any sort, but particularly visual impairments, memory impairments, Parkinson’s, Congestive Heart Failure, Strokes or TIA’s (mini strokes), Fibromyalgia and Cancer.

...when their mobility is decreasing (their ability to walk and get around)

...when their clothes look dirty or smell unpleasant

...when you want to know how to approach them about something and just aren’t sure how you should go about it

...when you aren’t sure if their affairs are in order (like will, trust, powers of attorney, living will and so on) and you don’t know how to address it with them

...when you feel like they are against you in everything you are suggesting they consider

...when they are argumentative or combative with you and you feel like you are just trying to help

...when they are acting like nothing is wrong but you feel differently

Remember, your parents want your love and support. They don’t want to stress you out, concern you or be a burden. That is one reason why helping them can be so difficult. They want you to see them as confident, capable and independent not someone needing help due to diminishing abilities. They want you proud of them, just like you want them proud of you and your abilities.

For well-meaning friends, relatives and neighbors:

...any time you have a concern for someone else that you think I can help with

...any time you have questions about what you can or think you should do to help someone else

...any time any of the other information above seems to fit and you aren’t quite sure what to do about it Really, folks, any time at all that you want or feel like reaching out to me, please do it. That’s what I am here for. Remember, your questions and concerns are very likely ones that others have. By raising them to me, I can address them here in my articles, or in my newsletter, or my blog and we can reach a lot of other people out there who have similar concerns. No question is silly or a waste of my time or yours. So, don’t be shy! I look forward to hearing from you and being able to share the information with others.

Oh, and if you would like to receive my monthly newsletter that goes out by email you can go to www.DonnaDeos.com. On the very first page you just scroll down below my intro video and the initial paragraph of information and there will be a box that says “Stay Informed & Inspired!” you can sign up there to receive it. If you would like to receive my sporadic blog posts via email you can either sign up for the newsletter or, if you just want to receive the blogs, you can go to www.donnadeos.com/blog-blog and on the right hand side there is a box to opt into those as well. Thank you! I look forward to hearing from you. Until next month, take good care.



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