



## Living through change

*by Josie Padro*

“Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next.”

—Gilda Radner



As summer winds up, many of us feel like a new year is beginning. It’s a transition we make year after year and it can be a relief to return to a more regular routine.

Other transitions in life are less predictable and less easy to deal with. Taking on the caregiving role can trigger a whole series of changes—adjusting work hours, rescheduling or reducing social activities, changing accommodations.

The person being cared for may experience sudden or gradual deterioration in their condition and even an improvement may mean change. For example, someone being discharged from hospital may need extra help or equipment when they return home.

**Whether it’s a change for the positive or not-so-positive, we can try to deal with it in a number of ways:**

1. Stay focused on the present. Much of the discomfort that accompanies change is due to fear of the unknown.
2. Do something that you find comfort in: take a walk, meet with a friend, enjoy a cup of tea.
3. Develop a support network. Cultivate relationships with family and those in your community. Attend a caregiver support group to find others who can relate to your experiences.
4. Have patience with yourself. Adapting to change takes energy and effort.
5. Think about your past experiences with change and what you did that helped you cope successfully.
6. Try to focus on the things you are grateful for. You may try keeping a gratitude journal, which has been linked to improved health.