



Linda Fodrini-Johnson, MA, MFT, CMC is the Founder and Executive Director of Eldercare Services and is a Fellow and President Elect of the National Association of Professional Geriatric Care Managers.

## Mothers and Daughters

As Mother's Day fast approaches I wonder, what does it mean to have an adult mother/daughter relationship? It could mean guilt, disappointment, resentment, or it could mean having a loving relationship, almost a friendship, and feeling safe and secure. These feelings can flow from mother to daughter or from daughter to mother. The dynamics of a long life and a long relationship with your mother or with your daughter can affect quality of life in the later years.

Your early relationship might have been totally different than this late life relationship. However, conflicting relationships with animosity and a lack of forgiveness have very little chance of changing no matter what the other does or tries to do. An exception is with mothers who develop dementia and forget the early relationship and only relate to the now wonderful daughter who visits.

This change in personality without a healing forgiveness process is often confusing to the adult daughter and can make caregiving challenging. If and when this

happens, it is often best to consult a Professional Geriatric Care Manager who is a licensed therapist to work out the feelings and quite possibly develop the love that was missed in childhood. This can be an emotional rollercoaster if the journey is embarked upon without guidance.

According to statistics found on the Family Caregiver Alliance website ([www.caregiver.org](http://www.caregiver.org)), daughters provide most of the caregiving. In fact, the latest Alzheimer's Association report stated 75% of care in California is given by women. Daughters can spend more of their adult years caring for a parent than caring for their own children. The best way to be a daughter and have a life is to set limits and be sure that self-care is part of your daily routine. It is easy to be totally absorbed by a needy parent that you love. Part of a healthy equation is to give equal time to caring for yourself. If you would like a worksheet on finding a healthy balance, please call our office and we will gladly send you a copy of the "Healthy Balance" worksheet.

Mothers who allow their adult children to experience their own lives, separate from attending to

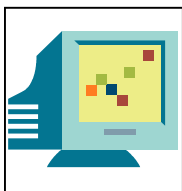
all of Mom's needs, are mothers who create self-confident and successful daughters. Daughter's that allow their mother's to live the life they chose, without being overly protective and controlling, give dignity to their aging parent.

Loving a daughter and seeing her grow into a wonderful woman is rewarding. Receiving love from a parent who was encouraging, supportive and affirming is a gift. No matter what the journey, we all have made mistakes and wished we had done something differently. Late in life can be a time to resolve and forgive those errors and bring about a higher level of intimacy and genuine love between mother and daughter.

**To discuss how we can help or to request our Healthy Balance Worksheet please call us toll free at (866) 760-1808**

### Mother & Daughter Relationship List

1. Consult a Care Manager that is a licensed therapist
2. Request our Healthy Balance worksheet
3. Set limits on Caregiving and practice self-care
4. Allow your mother to live as close as possible to her chosen way of life



Have a question about elder care?

"Ask the Expert" on our new and informative website at [EldercareAnswers.com](http://EldercareAnswers.com)

ADDRESS SERVICE REQUESTED

1808 Tice Valley Boulevard  
Walnut Creek, CA 94595



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## *Community Classes*

### Walnut Creek

#### **Families Dealing with Dementia**

Friday, May 15, 2009 from 9 AM to Noon

#### **Dementia– Middle of the Road**

Tuesday, June 16, 2009 from 6 to 8:30 PM

#### **Caring for an Aging Family Member**

Friday, July 17, 2009 from 9 AM to 3PM

#### **Hands on Caring**

Friday, July 24, 2009 from 9:30 AM to Noon

#### **Dementia– In the Thick of It**

Friday, August 21, 2009 from 9 to 11:30 AM

**Class Registration:** Please call at least 3 days ahead

## *Support Groups*

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

#### **Caring for An Aging Family Member**

2nd Thursday of every month from 7 to 8:30 PM

1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM

605 A Chenery St., San Francisco, CA 94131

**Cost for Support Groups and Classes:** None

**Support Group Registration:** Not required

For more information regarding classes and support groups, please call (925) 937-2018, (415) 469-8300 or email us at

**info@EldercareAnswers.com**

Eldercare Services has offices in Marin, Oakland, San Francisco and Walnut Creek, CA.

Visit us on the web at <http://www.EldercareAnswers.com> for more information.