

Of Interest to All My Dearest Caregivers

I'm sorry you have to go through all this unpleasantness every day, and I regret that I am the cause of it. I hate not being able to do so many things for myself. It's awful to be totally dependent on someone else. I feel ashamed that I can't go to the bathroom on my own. It's frustrating to be fed by another person. I'm absolutely disgusted that I am unable to get a tissue up to my face, so I can blow my nose. Being helpless does things to one's feeling of personal worth. Worst of all is knowing how you hate being my caregiver. I see the resentment in your eyes and I hear it in your voice. I know that deep down you wish not to be bothered with me. Well, I wish the same. Surprised? I have no choice, but I have to live out the years that have been allotted to me. I'm sorry that the job of caring for me has fallen on your shoulders. I wonder which of us carries the bigger burden...

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