



# **Please Be Patient. I'm Just a Caregiver: Well Prepared But Maybe Ill Prepared.....**

*Eric Semple, Betsy Semple*

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Betsy and I (Eric) were taught that finding a need and filling it is a prerequisite for a meaningful productive life. Ours is a second marriage that entailed melding 3 2 children under the age of 10 into one family and maintaining a strong growing relationship for the two of us at the same time. The first goal has had its moments but the second has gained strength over the years. Thanks to friends who sent us (newly weds) to a weekend Marriage Encounter Seminar. As a result we became deeply involved: writing presentations, leading weekends, mentoring and training others to do the same. Gradually a worldly need became fixed in our minds. %u2018There has to be a way to make this available to anyone.%u2019 A way to learn the techniques for recognition, description, sharing and empathetic acceptance of feelings arising from the emotional needs inside all of us. But without the associated costs, arrangements and time commitments for attending a weekend seminar.

Our attempts over time met numerous stonewalls especially when rocking the boat with professionals in the field. So becoming frustrated by criticism we started teaching a communication/relationship class as part of the Job and Life skills program called %u2018Soup of Success%u2019 run by Church Community Services here in Elkhart Indiana. It%u2019s on Google.com! We used our personal outline and our years of experience with Encounter and a handout version is on hold at present Because%u2026.

Suddenly a whole new area of need became apparent to us. As we age, wear and tear can impact the human lifestyle. For us Betsy finally had both knees replaced and the day she was discharged from Hospital a mammogram revealed Brest Cancer. Although we could continue to work with the Soup of Success group study of the vast amount of Cancer material and talking with other patients revealed another need. Nothing is out there that covers the sharing and understanding of feelings in this area.

The communication challenges between Patients and Caregivers when long-term care becomes a fact of life. %u2018Please Be Patient, I%u2019m just a Caregiver%u2019 (PBP) is the guide that presently very few people have. According to AARP there are 65 million such relationships in this country and it%u2019s increasing annually. Unfortunately there is an increase in divorce suffered within relationships that come under this pressure also.

Part 1 of PBP chronicles events, some times with humor or jest, frustration or fear but it illustrates our coping mechanism %u2013 the sharing of feelings during a scary time. It shows both sides of the situation and we hope will be of help to others. There is little discussion of physicians, facilities, therapies or diagnosis nor is there a list of do%u2019s or don%u2019ts. Other books are full of this advice but none discuss feelings and for that reason PBP is different.

Part 2 leads readers step by step on how to recognize and share feelings etc. without self or other judgment. They are invited to use a journal, read examples and discover how valuable the process can be. Eventually to understand that feelings are neither right nor wrong, good nor bad, they just are! We cannot guarantee relationship growth for others but we grew closer to each other thru this time of our lives and we have the bills to mull over as well.

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