

Asset Protection Law Newsletter



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A FREE LEGAL UPDATE FOR ELDERS AND SAME SEX PARTNERS WHO SEEK ASSET PROTECTION ♦ NOVEMBER, 2015 EDITION

Family Conflict: The Stress of a Family Feud on You

Your adult daughter has been feuding with your grown son for several years. This situation is upsetting you more and more. How do you tell them what this is doing to you?

Typically, people in this type of feud are unaware of how much it affects people other than themselves. This is a situation where you need to get the person to see your side of things.

First, think about exactly which aspects of the feud disturb you. Is it when they fight in front of you, or when they criticize the other when she/he isn't around? Address the specific issue with each of them separately.

For instance, "Joe, when you fight with Debbie in front of me, it really makes me sad. I know the two of you don't get along, and that probably isn't going to change, but I don't think I can be around the conflict anymore.

When you're around me, just try to be nice to each other, OK?" If this doesn't work, then the best strategy will probably be to avoid situations when the two people are together.

Tell each of them individually that you won't be attending gatherings where they are both present.

If the issue is them talking about each other when the other isn't present, then just gently redirect the conversation every time it happens.

Physical Signs of Caregiver Stress

"If I could just get some good sleep, maybe I wouldn't feel so tired all the time and this headache would go away."

When you're a caregiver it's easy to forget about your own needs. After all, you're a caregiver not a me-giver. Right?

Well, yes and no. As difficult as it might seem, you need to pay attention to yourself too.

Why? A study found that family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a caregiver's life.

So how do you know if caregiver stress is affecting you? Look for these common physical signs of caregiver stress:

- Disturbed Sleep
- Back, shoulder or neck pain, muscle tension
- Headaches
- Stomach/digestive problems (upset or acid stomach, cramps, heartburn, gas, irritable bowel syndrome, constipation, diarrhea)
- Weight fluctuation (gain or loss)
- Loss of hair
- Fatigue
- High blood pressure, irregular heart beat, palpitations
- Chest pain
- Perspiration

- Skin disorders (hives, eczema, psoriasis, tics, itching)
- Periodontal disease, jaw pain
- Reproductive problems/infertility
- Weakened immune system suppression: more colds, flu, infections
- Sexual dysfunction/lack of libido

If you are experiencing some of the signs listed above, consider talking with a healthcare professional that can help you to evaluate your situation.

You are not alone. Getting support will help reduce caregiver stress, as well as reduce the associated risks of ongoing stress.

News You Can Use

2015 FLORIDA MEDICAID LIMITS

Gross Monthly Income Limit for Medicaid Applicant:	\$2,199.00
Personal Needs Allowance:	\$105.00
Asset Limit (Individual):	\$2,000.00
Asset Limit (Couple):	\$3,000.00
Medicare Part B Premium:	\$104.90
Community Spouse Resource Allowance:	\$119,220.00
Minimum Monthly Maintenance Income Allowance:	\$1,966.25
Maximum Monthly Maintenance Income Allowance:	\$2,980.50