

# 3 Types of Caretakers

**Which one Are You?**



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## Disclaimer

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## Introduction



Do you do for others, sometimes at your own expense, even before you do for yourself? You truly are an Advocate.

Synonyms for the word advocate are, supporter, believer or sponsor. Examine your life, I am sure, like it or not, you fit in one of those

definitions.

An advocate is defined as a person who helps supports or acts as an activist for someone else. Sometimes the "business of advocacy" pays, but more often it does not. More often we just thank a higher being for putting us in a position to be where and when we help. I believe that advocacy is an accepted, and many times, expected, human instinct. Whether or not we realize it, we have all been an advocate for someone at sometimes in our life. If you think not, just continue living and reading.

[These are examples of,](#) what I think an advocate is and their roles as I see them. Keep in mind that we are all advocates or caretakers at some time in our lives. I write this to tell you things that I have learned in my years of of being a caretaker (Advocate) to my children, grandchildren, my mother, father, spouse & relatives and friends. [\(More\)](#)

## Self Advocate



Remember, you must advocate for yourself, that is, take care of of yourself before you can take care of someone else.

Keep in mind that we are human and have limitations, as a result, we can only do as much as our own physical and mental health allows us to do.

Being a caretaker will break you, if you let it.

Take the "Power" from your life so that you can give it to others

Are you the "go to" person in your group? Does everyone seek your advice? Be proud of this position given to you by others but don't allow yourself to be worn out", "burned out", or "fatigued". Don't allow yourself to get to the point that you feel you are being dumped upon, taken advantage of or are not being appreciated. [\(More\)](#)



## Life Advocate



Advocacy is, or almost always is, instinctive. You do what you have to do when you have to do it. I raised 3 children, 6 grandchildren I taught elementary school for 35 years. I was a fierce advocate for each one in my care. Think about who you have helped over your lifetime.

I taught, helped, advocated for them through their early years and even now that they are adults. I made major decisions for them, even:

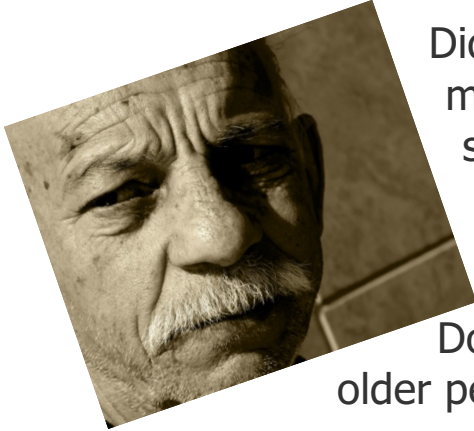
- the school they would attend,
- the religion they practiced. I guided them as to
- the time they went to bed each night and
- the time they woke up in the morning.

Think about it, you are and have been a Life Advocate throughout your life. You just didn't realize it.



## Senior Advocate

You have certainly advocated for an elder person in your lifetime. Children and elders require the most care and we do for them without even thinking about it.



Didn't you give a parent good advice about health matters? Did your elderly next door neighbor need some help one day and you happened to be the one to help her/him? --You've been a Senior Advocate!

Do you remember clarifying a letter or notice that an older person did not understand? Tell us about it.

People of all ages need help. It is up to the people around them, relatives, friends, spouses, Social Workers or sometimes Lawyers to be their champion, spokesperson, even their defender.

Did you step up to the plate when you were needed? Aren't you a pro at taking care of others, young or old?--You're a [Senior Advocate. \(More\)](#)

It doesn't matter which type of advocate you identify with. An Advocate is and advocate, and there is no getting around it. Always remember, I order to help others, you must take care of your own needs first. Remember, as you give, so shall you receive.



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