

Soundbite Script – Caring for the caregivers

Sara Mattillion, daughter

"My mom was a firecracker," says Mattillion, a registered dietitian at OSF HealthCare Saint Anthony Medical Center in Rockford, Illinois. "She was definitely very spunky and quirky, full of life, love and energy for everyone." (:12)

Sara Mattillion, daughter

"It was one of the most awful things I've experienced in my lifetime. But we felt supported by hospice. Everybody that surrounded my mom was also surrounding my brother and I. Taking care of somebody who's dying, and you know they're dying, is hard. It's emotionally taxing, mentally and physically." (:25)

Barb Johnson, OSF Hospice manager

"We're there throughout the entire time. I always say that we walk beside the family and the patient, we don't go in and take over. We provide a lot of education, not only on what the disease is, but how that family member is going to take care of their loved one." (:24)

Barb Johnson, OSF Hospice manager

"We provide as much attention to the family as we do the patient. Because the family is the one that really takes care of the patient, and we're asking these people to do things that other people have gone to school for. To administer medication and to help them go to the restroom and change their clothes. For many of our families, this is a brand-new area that they're encountering." (:33)

Sara Mattillion, daughter

"She said that she didn't know what she did to deserve so many angels around her. She really appreciated everyone who was visiting her. How personable they were, and just how real everyone was being with her. She was able to connect with each person that came into the house." (:20)

Sara Mattillion, daughter

"My mom said that it gave her a sense of peace and a renewal of energy that she needed to keep going for the time that she did. It was fantastic." (:39)

Barb Johnson, OSF Hospice manager

"It takes an emotional and physical toll on people to care for someone. What we always tell family members is most important is that they take care of themselves first. Because if they don't take care of themselves, they're not going to be able to take care of their loved one." (:17)