

The little things of life

Most people know that my husband Kola and I own a home care company. Our company, HisGrip Home Care, sends nurses to take care of people at home and help them continue to live independently at home. Our clients, whose ages range from 9 to 89, use us because they are unable to do a lot of things for themselves. These tasks, known as activities of daily living, include taking a shower, getting dressed and feeding themselves. This job has made me appreciate the little things of life a whole lot more than I did before. I am thankful that I don't have to wait for someone to take me to the bathroom or use an electronic device to convey my thoughts because a disease has removed my ability to speak. I do not have to breathe through a ventilator and I can wear whatever I want to wear and not just adaptive clothing to make it easier to go the bathroom.

How much do we really appreciate the little things of life? I think we are all guilty of taking things for granted so much that we forget these things. The other day, a couple of radio hosts lost their jobs for making a joke about someone who had Lou Gehrig's disease. The writer and producer of a movie was heavily criticized for a line which wishes another character gets the Lou Gehrig's disease. A well-known rapper recently came under fire for a distasteful reference to Parkinson's disease in one of his songs. We are just as guilty in everyday talk. How many times have we said things like, "I was so scared, I almost had a heart attack", or we jokingly use dementia to include humor when people are struggling to remember things: "Are you having a bout of dementia?"

Close your eyes and put yourself in the shoes of someone who is unable to do anything for themselves due to a debilitating illness. Imagine waking up in the morning and hearing the sounds of everyone around you getting ready for their day. You can hear the TV in the background and you can hear someone making breakfast. You want to get up and get dressed. You actually really need to go to the bathroom. You can hear someone cooking breakfast for you but you really prefer to have a cup of coffee first. Maybe even read a book while you drink the coffee and watch something else on TV. But you are not able to. You have to sit and wait for your caregiver to get you up, get you dressed and feed you whatever has been cooked for that day. You realize that you don't have the ability to make those decisions anymore. You have lost the power to do those little things in life for yourself and so you just let someone else make those decisions for you. THAT is the life of thousands of people who suffer from certain diseases EVERY day. And remember, I did say that their ages range from 9 to 89 so they are just not old people. I would like to digress for a minute to recognize caregivers all over the world. May God bless you and continuously reward you for your labor of love. May His banner of protection be around you every day of your life in Jesus' name. Amen.

So what is my point here? My point is that we should never take anything in life for granted. We should be thankful every day for the ability to do things for ourselves. We should stop sweating the small stuff in life and always keep things in perspective. What small stuff are you sweating? Do you have a caregiver that goes above and beyond? Let us hear from you.

Nike Aremu

Owner\President – HisGrip Home Care