

Caregiving Advocate Cheryl Ginnings to be Featured on CUTV News Radio

LAWTON, OKLAHOMA, UNITED STATES, April 12, 2017 /EINPresswire.com/ -- Caring for a loved one in need is a truly thankless job often done purely out of a sense of love and responsibility. According to the Center for Disease Control, more than 34 million unpaid caregivers provide care to someone age 18 and older who is ill or has a disability. Further studies estimate one in five of households are impacted by caregiving responsibilities

But who is caring for the caregivers? Anyone who has served as a caregiver can tell you that it is a profound experience, fraught with emotion, overwhelming stress and even guilt.

“Caregivers often forget to care for themselves,” says Cheryl Ginnings. “There are few if any resources available to support these individuals. The burden is so great.”

Ginnings is the author of *It Takes Courage to be a Caregiver* released in December and available on Amazon.

Caregivers struggle when they are thrust into the role of being responsible for others. It might be a newborn child with special needs or an aging parent with Alzheimer's or Dementia. Who can these caregivers speak to about their new role? Where can they find support? Ginnings offers tips to care for yourself and your loved one and remain balanced.



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Cheryl Ginnings

“Most people keep it to themselves,” says Ginnings. “When they are stressed out, they need someone they can talk to, someone outside of the family. Often, all they really need is to be reassured they're doing a good job.”

Ginnings' experiences caring for her son with cerebral palsy and helping care for several family members inspired her to create the Courage to Overcome Program, connecting caregivers to help them understand the problems caregiving

families face. Ginnings serves as a voice for those “who have no voice.”

“If you are a caregiver you already belong in my club,” says Ginnings. “You're not alone. You're not the only person going through this. It just feels like you are. What I try to do with my Courage to Overcome Program is to find out how they found the courage to do what they're doing. Most of the time people don't think they're courageous. But you are when you're caring for someone.”

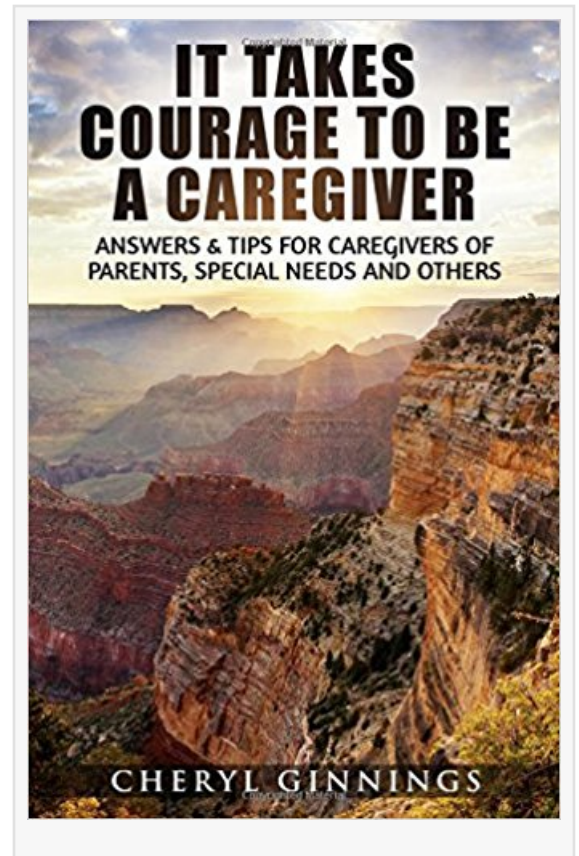
CUTV News Radio will feature Cheryl Ginnings in an interview with Doug Llewelyn on April 14th and April 21st at 1pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Cheryl Ginnings, visit <http://www.CourageToOvercome.club> and <http://www.cherylginnings.com>

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