Claudia’s Story

Claudia was busy juggling PhD classes, planning her career and thinking about starting a family when she got a phone call that changed everything. Her mother was having serious cognitive difficulties and, in just a day, it was evident that she could no longer work nor live alone safely.

“My mom had a very successful career,” Claudia says. “She lost everything in such a short period of time. I can only imagine how devastating that would be.” Claudia was just 32 when her mother moved in and she became a caregiver. Claudia struggled to find good, affordable care until a colleague referred her to United Way and immediately, the stress and fear began to subside.

Through United Way, Claudia found a day center where her mom would be safe and cared for, and would get social interaction. She found people who shared their knowledge and resources, and who listened and cared.

“One of the most valuable things was the caregiver support,” Claudia says. “I don’t think I would have been able to, on my own, accept that it was OK to find additional help for my mother because of the tremendous guilt and how horrible the whole situation was.”

When Claudia and her husband found out they were having a baby, Claudia realized she needed additional help caring for her mother. United Way was there again to help her find special housing and services that met the family’s needs and put Claudia at ease.

“This is the best thing for my mother at this point,” Claudia says. “It’s been a good match for her, and it’s helped me see a light at the end of the tunnel.”